



香港卓護義工協會有限公司

會員通訊 2025 年 9 月

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主席的話



主席 周鳳珠女士

2024 年,我們獲得社會福利署頒發:傑出義工團隊獎及香港義務工作發展局頒發香港義工獎 2024:非商業機構-銅獎。所有獎項證明我們 760 位會員的努力是被肯定。我們以「護理精神、互愛社群」的宗旨完成了 86 次貼身的服務,希望弱勢社群能遠離疾病、身體健康!醫護專題講座是我們其中一個最受歡迎服務,今年我們安排了 3 次護齒及 2 次貧血護理的專題講座,更為長者安排免費檢查牙齒及血色素。護齒講座前後,護士亦會分析長者的牙齒衛生狀況及護齒知識,經數據證實護齒講座能夠有效地改善長者的口腔衛生。研究結果亦在醫院管理局研討大會 2025 中發表。2024 年 12 月 5 日,我們邀請到心胸肺外科顧問何嘉麗醫生向 83 位醫護人員講解“Surgical Treatment of Aortic Aneurysm & Dissection”。本會更安排該講座的延續醫學學分(CME)的申請。



2025 踏入第 12 年的卓護義工協會,我們的服務已經遍及香港各區包括上水、屯門、香港仔等。本會的護理相關義務工作亦吸引各大學的護士學生加入本會。資深護士義工在提供義工服務時亦要扮演師父的角色指導學生,各資深護士亦不辭勞苦帶領護士學生服務弱勢社群希望本會的精神能薪火相傳。貧血講座推出後深受各長者歡迎,多謝新儀公司借出 2 部驗血色素的 Hemocue 機給本會。參加講座的長者接近 7 成有貧血情況,講座後三個月再次評估血色素及貧血症狀均有明顯改善。貧血講座將會繼續推行。

執行委員



周鳳珠女士
會長



麥潔雲女士
副會長



王倩嫻女士
秘書



鄧美儀女士
司庫



許玉儀女士
會員事務



沈文萍女士
活動策劃



呂麗珊女士



黃麗輝女士



古倩華女士

希望長者能了解預防疾病的重要性。我們會繼續努力為基層市民大眾提供優質義務醫療健康護理及提供健康資訊的服務,秉承護理精神互愛社群的宗旨服務社會!



2024 活動項目	次數
「陪你講」電話關懷空中送暖行動	36
健康檢查及教育	18
獨居/隱蔽長者家居探訪及健康檢查	8
心臟病人教育系列	7
牙齒保健講座	3
高血壓講座及工作坊	3
八段錦氣功班	2
貧血講座	2
聽障病人教育系列	2
預設醫療指示、舒緩治療	1
DIY 健康月餅	1
醫療人員教育講座	1
法律講座 - 認知障礙症的財產管理	1
物資捐贈	1



會員心聲



2023 年是我踏入護士生涯的開始，雖然我是登記護士學生但仍然有機會加入香港卓護義工協會。這短短的二年其間，在卓護的資深護士義工帶領下我能夠參與在社區的義務護理工作及主持病人教育講座。親身感受到孤苦長者及貧窮病患人士在社區生活的苦況，令我對“施比受更有福”有深刻的體會，更要立志成為一位對社會有貢獻的白衣天使。現在正式成為登記護士，雖然在醫院工作非常繁忙但仍會抽空參與卓護的義工活動，以護士專業繼續服務弱勢社群。



謝嫻霞姑娘

登記護士

服務機構評語

在過去一年裡，香港卓護義工協會以愛心和專業知識走進社區，與中心緊密合作，為愛民邨長者、護老者及認知障礙症長者提供健康支援。

黃卿蘋

循道衛理楊震社會服務處

愛民長者鄰舍中心服務經理



義工們為長者進行血糖、膽固醇等健康檢查，並耐心解釋，幫助長者了解健康狀況，學習改善方法。發現區內不少長者存在肥胖問題，義工進一步

講解飲食控制與運動的重要性，提升了長者對健康生活的關注。這些服務讓長者及照顧者更清楚如何應對日常健康挑戰，進一步增強了健康意識。

卓護義工團隊中更是身體力行，為獨居或雙老家庭提供到戶探訪服務。他們為長者進行血壓檢查、家居安全檢視及藥物整理，讓長者即使足不出戶也得到專業健康管理。對於長期缺乏醫療支援的長者，義工及時發現高血壓等問題，提供建議，避免健康惡化。另外，有一位癌症病人需要頻繁到醫院覆診，導致覆診期和藥物安排出現混亂，護士悉心整理了覆診時間表及藥物處理，減少了錯過覆診或誤服藥物的風險，讓長者感到安心。

在探訪中發現一位長者出現認知混亂的情況，藥物存放雜亂甚至未服藥卻誤以為已服。義工即時與照顧者分享管理建議，並通知中心社工，讓中心與照顧者共同跟進，改善照顧方式，讓長者的健康得到改善。這些細心的行動，為照顧者感受到更多支持和實質的幫助。

除了健康支援，卓護還慷慨捐贈助聽器，幫助有需要長者改善生活質素。例如，一位獨居長者因聽力退化長期與人溝通困難，助聽器的捐贈讓他生活變得便利及安心與他人聯繫，重拾社區。

卓護團隊的服務還涵蓋了更多元化的服務，例如口腔衛生講座，幫助長者了解口腔健康的重要性，並提供個別跟進服務。另外，卓護的律師提供認知障礙症財產管理講座，增加長者及照顧者法律知識，幫助他們妥善規劃未來，避免因認知問題導致財產處理困難。這些服務不僅解答了參加者的疑問，也讓他們對未來的安排更加安心和有信心。

香港卓護義工協會的愛心付出，提供專業服務與社工的合作，從健康至法律知識，為社區提供了全方位的支援，讓服務更具多元化，滿足了不同長者和照顧者的需要。祝福卓護愛心與專業能繼續傳承，惠及更多有需要的人士！



歷年活動總結	活動次數	活動時間 (小時)	受惠人數
2013	39	358.5	1,394
2014	51	572.5	2,024
2015	84	1682	3,493
2016	76	694	2,251
2017	91	950.5	2,260
2018	86	859	2,049
2019	80	831	2,147
2020	44	615.5	1,368
2021	86	973	3,659
2022	86	837.5	2,051
2023	114	1,304.5	2,826
2024	86	1,075.5	2,410
	923	10,753.5	27,932



Nurses Voluntary Groups Conduct Oral & Dental Educational Programme to the Elderly at the Grassroots Communities

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Introduction
Today, Hong Kong is facing a shortage of dentists. However, elderly ignorance of oral health care. It may increase the risk of oral and dental diseases and reliance on dental services in Hong Kong.
To enhance the oral and dental health awareness and self-care ability of the elderly, HKCCVA had developed a series of oral care education programmes for the elderly in grassroots communities from February to October 2024.

Methodology
1. 2hrs Oral and dental health care educational programme
Participants: 74 with aged ≥ 65
Venue: NGO elderly centre x 3
I. 28/2/2024 Free Methodist Church Tak Tin IVV Club
II. 20/9/2024 Hong Kong Christian Service Bibo Oplis
III. 22/10/2024 Free Methodist Church Community Chest 5th Club
Speaker: Dentist / Education Officer (Dental Health Promotion)
2. Set up a mini-library in elderly centre to provide relevant oral and dental health information.
3. Train the trainer programme: Social workers in the elderly centers were invited to attend the oral and dental health care educational programme.
4. Lifestyle and behavior modification
All elderly with dental problems were counselled individually on lifestyle modification, particularly denture care, regular cleaning and oral care with regular check-up.
5. To assess the effectiveness of the educational programme, surveys were conducted before and 3 months after the programme.

Objectives
1. To increase the awareness of oral and dental health care for elderly in grassroots communities.
2. To enhance the self-care ability of elders with oral and dental problems through education.
3. To promote oral and dental health awareness of the elderly in grassroots communities through nurses voluntary groups.

Result & Outcome
3 training sessions were completed in 3 NGO elderly centers. Total number of participant was 74.
53 participants (94.3% female) with a mean age 76.1 (SD 1.44) completed the pre & post training surveys. The survey results were shown in the following table.

口腔健康相關行為	Pre-training (%)	Post-training (%)	Difference (post - pre) (%)
早晚刷牙的習慣	73.6	94.3	↑20.7
用含氟化物牙膏	50.9	83	↑32.1
用牙線或牙縫刷	28.3	35.9	↑7.6
用漱口水	1.9	17	↑15.1
用洗潔精清潔假牙托	0	100	↑100
有定期做口腔檢查	37.7	62.3	↑24.6
平均	32.1	65.4	↑33.3

口腔健康狀況：
Pre-training (%) Post-training (%) Difference (post - pre) (%)

口臭	67.9	34	↓33.9
牙齦出血	58.5	35.9	↓22.6
牙齒敏感	66	49	↓17
平均	64.1	39.6	↓24.5

◆After training, it was found that correct oral and dental care behaviors changed significantly increasing by an average of 33.3%.

◆Common oral and dental problems were significantly reduced by 24.5% after training.

Positive feedbacks were received from participants. Elderly opined that through the training, they were better equipped with knowledge and skill on oral care and prevention of dental problems.

Conclusion
• The study highlighted that more than 64% of elderly individuals who participated in the grassroots communities dental educational programme experience common dental health issues. However, following an educational programme, correct oral and dental care behaviors improved by 33.3%, and the occurrence of common dental problems decreased by 24.4%.

• Increased awareness and optimal education are essential to reduce the risk of dental diseases and reducing reliance on medical dental services in Hong Kong. Regular oral and dental health care educational programme at grassroots communities will be arranged by HKCCVA.

• To enhance public health awareness, HKCCVA organises different voluntary health promotion activities, to better serve grassroots communities.

清潔牙齒 點只刷牙咁簡單?

護理口腔 長者要識
Oral Health Care Our Seniors Must Know

Acknowledge 香港卓護義工協會有限公司 Hong Kong Credible Care Volunteers Association Limited

