



香港復康會
The Hong Kong Society
for Rehabilitation



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust
同心同步同進 RIDING HIGH TOGETHER

e2Care 康程式

make your self-healing e-way

Peter Poon

Deputy Chief Executive Officer

The Hong Kong Society for Rehabilitation

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June 17, 2017

The Hong Kong Society for Rehabilitation since 1959



Mission: Through rehabilitation services for person with disabilities and older persons, we advocate an inclusion society

Core Services: Accessible Transportation & Travel; Self-management Support and Self-help programs; Day care & Rehabilitation services; Long-term care services; Community-based rehabilitation and Professional training programs; Vocational training and employment support, social enterprises, Research and Advocacy work.

HKSR has been designated as one of the WHO Collaborating Centres for Rehabilitation since 1986 under the leadership of Prof. Harry Fang (Father of Rehabilitation)

Our Objectives

To train Rehabilitation Professionals and promote Community-based Rehabilitation in Mainland China and the Western Pacific Region



世界衛生組織復康協作中心
WHO Collaborating Centre
for Rehabilitation



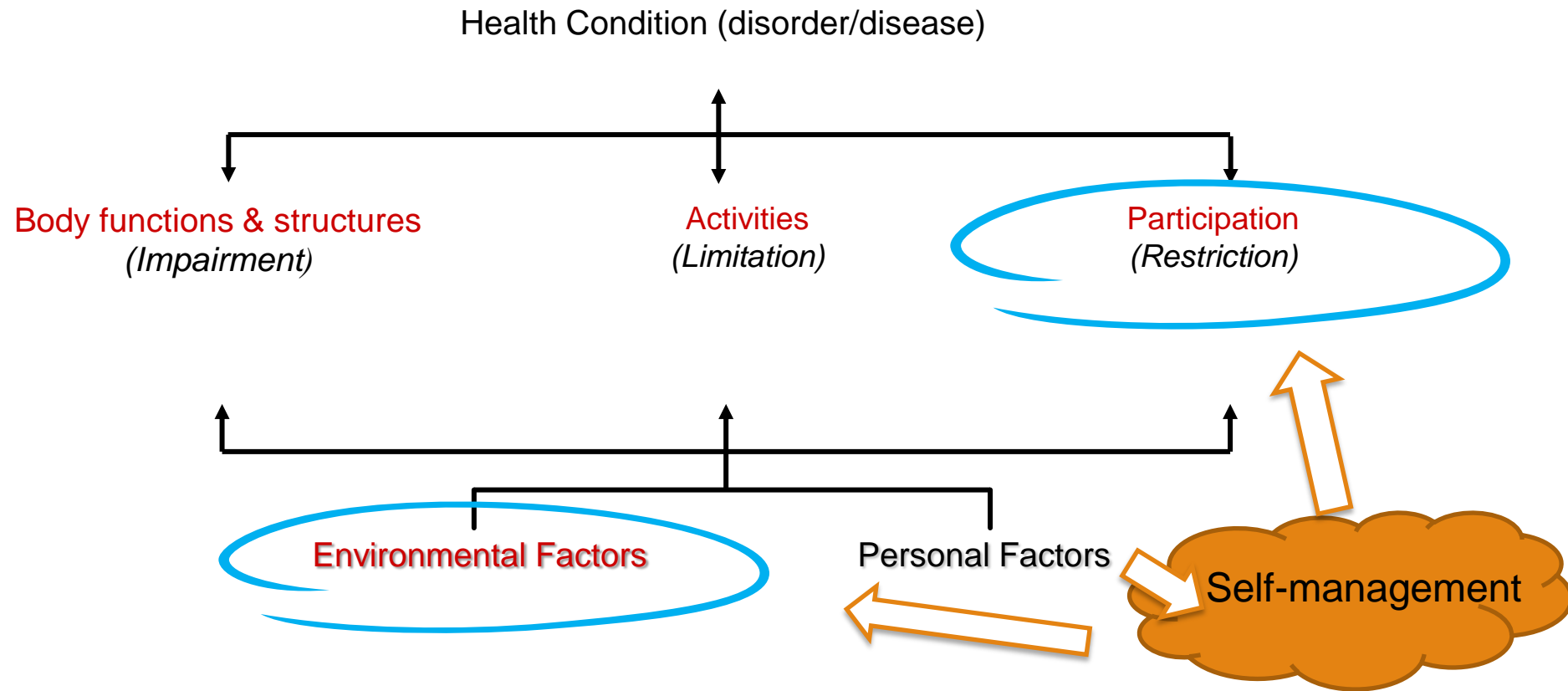
Have trained over 30,000 Rehabilitation Personnel's in the past 30 years in Mainland

Rehabilitation of people with disabilities is a **process** aimed at **enabling** them to reach and maintain their **optimal** physical, sensory, intellectual, psychological and social functional levels. It provides disabled people with the **tools** they need to **attain independence and self-determination**. (WHO)

Self-Management Involves the person with the chronic disease engaging in activities that protect and promote health, monitoring and managing of symptoms and signs of illness, managing the impacts of illness on functioning, emotions and interpersonal relationships and adhering to treatment regimes

Gruman and Von Korff (1996)

The International Classification of Functioning, Disability and Health (ICF, WHO)



Changing needs and environment

HKSR has been facing a great challenge on its service provision with:

1. Emerging number of people with chronic disease, the age of first diagnosis is younger
2. Resources constraints and limitations for service development
3. Need to transform existing service delivery model to meet the emerging needs
4. Change in learning mode and behaviours

e2Care vs Internet Age

1. Active internet users in Hong Kong Population

- 79% of total population were users internet users in 2014
- 176% of total population have smart phone
- 58% of total population were active social media users



China, Hong Kong SAR Internet Users

5,442,101 Internet Users in Hong Kong (2016*)

Share of Hong Kong Population: 74.1 % (penetration)

Total Population : 7,346,248

Share of World Internet Users: 0.2 %

Internet Users in the World: 3,424,971,237



96% Of Hong Kong's Smartphone users browse the internet daily on their smartphones; this is the highest rate in asia.

Why e2Care Project?

1. Internet and Social Media Age
2. People used to e-information
3. Busy life style in HK, looking for fast and quick solutions including health information and management
4. Professional and trustworthiness info affect people decision on medical and health decision
5. Transformation of service provision in the information age



e2Care - Who do we serve?

People with diabetes, hypertension, obesity, stroke and other chronic health conditions. The health risk of these people will be significantly controlled if they change their living style in healthy way as soon as possible.

Middle age, working population, and have constraints to attend class physically.

Stroke survivors that would be benefited from a NEW form of speech intervention.



e2care Service Framework



A glance of e2Care.hk



你好, 简体中文 | English | A A A 輸入查詢字串 Q 登入 免費加入  

 **康程式** 自我管理, 身心力行 


外出曬曬太陽, 精神百倍! 小心做好防曬措施

康程推介

 自健工具

 自健食聊 營養師食譜 降壓

 自健食聊

 e2C電台

- 關節·我自理課程
- 關節·我自理課程
- 與狼共舞工作坊
- 風濕醫·患互動區

最新活動

康健自學

 康程式懶人包

 我的康程式

健康資訊

 e2CTV

 慢病資料庫

 e2C論壇

e2Care – What is available? (1)

Patient Management System

1. Member management module
2. Program management module
3. Volunteer management module
4. Assessment module
5. E-receipt module



e2Care-What is available? (2)

Learning Management System

- 9 Online Health Education Course Ware (Web base and Mobile version)

1. Diabetes
2. Hypertension
3. Weight Management
4. Stroke Rehabilitation
5. Speech Rehabilitation



e2Care-What is available? (3)

Learning Management System

- 10 Self Management Application (Web Base and Mobile Version)

1. One stop health record application
2. Monitoring glucose application
3. DASH diet application
4. Brainstorming everywhere application
5. Self-help booster game



e2Care-What is available? (4)

Cantonese Application cum System of Speech Rehabilitation (Adult)

Speech Rehabilitation Member Management System

1. Clinical assessment
2. Exercise prescription
3. Performance record



e2Care-What is available? (5)

Blended mode of speech rehabilitation



Positive Feedback from Users

2016/07/21 星期四 15:40

三高飲食運動 上網睇App自學活得輕鬆

讚好 分享 73 | Tweet



三高纏身，部分過份擔心病人可能「乜都唔敢食/做」，而另一方面覺得有病食藥就得的，又會繼續「乜都食/做」。事實上述兩個與高血糖（糖尿病）、高血壓或高膽固醇共存方法，都不正確，真正有三高應該點做？建議你上網睇App自學。

飲食運動：一站式自學

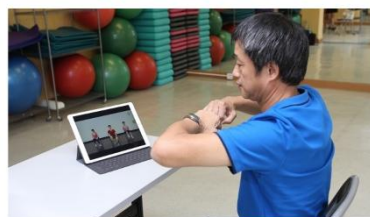
當下跟非病人的我，能夠解說得如此頭頭是道，他完全歸功於可上網篤篤篤的香港復康會「康程式e2Care」自學程式。

“ 有糖尿有血壓，我的確有很多鍾意的食物要戒口，但原來只要識得揀、食量控制好，我仲有很多選擇，像麵包可吃麥包、餅乾吃無糖的、去茶記飲檸茶可用代糖，而煮粥用糙米升糖指數亦已無咁高。 ”

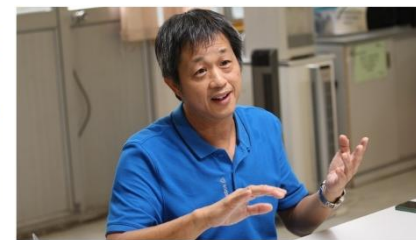
“ 程式裡設定好唔好中高强度運動給我揀，可不停重複睇清楚是才做，即使做坐著動手腳的帶氣運動，原來持續做得10多分鐘，一樣可以做到中等運動強度感覺（少少氣喘流汗又能說話），對血壓控制有幫助。 ”

新病友：學完知有啲好食

「最初是驗病量血壓『擲界』，醫生建議買血壓機自家監測，結果我日日早晚量血壓，量了近兩星期都是持續上壓150mmHg / 下壓110mmHg（正常血壓：120/80mmHg），高到自己都有點驚，便開始食血壓藥。」



坐著做的帶氣運動，阿成指持續做得10多分鐘，也會出一身汗。（攝影：黃建輝）



忽然成為慢性病患者，阿成曾經擔心到乜都戒口唔敢食。（攝影：黃建輝）

Positive Feedback from Users



- 中風病人李若堯(左)及李太梁潔瑜(右)。
- 梁潔瑜認為復康程式讓文字、語言重新輸入到丈夫腦中。

病人家屬：有助輸入知識

港台前節目主持李若堯家族有中風記錄，血壓偏高的他一直以中藥控制血壓，沒有吃西藥，終於2013年中風。態度正面的他一直積極進行言語治療，亦是e2care復康程式首批使用者之一。其太太梁潔瑜解釋，言語治療並不是單單要患者形容字卡這麼簡單，「中風病人會忘記如何使用嘴部肌肉，連發音也要重新學習，言語治療師曾利用不同粗幼的飲管、雪條棍等工具幫李若堯學發音。」



此外，中風後病人可能連理解力都會變差，例如會將「筆袋」理解成「筆」。復康程式的功能屬輔助性質，梁潔瑜認為有一定幫助，「有時我不在家，他就可自行用程式練習，讓文字、語言有更多機會重新輸入腦中，效果顯注。」

Service Beneficiaries (Sept 15 – March 17)

Offline Service Provision : 3,771 users



17/6 (星期五)

11:30am-12:00pm
健康濾水吸塵有妙法
 統籌機構：環球家電國際有限公司
 主講者：聶德逸先生 (德意居銷售經理)、姚啟超先生 (專業濾水顧問)

12:15pm-12:45pm
腦科患者：言語復康新趨勢
 統籌機構：香港復康會
 主講者：何韋琳博士




Service Beneficiaries (Sept 15 – March 17)

20,899 Users





**27,166 e2Care Registered Users
since March 2016**



15:28
2017/6/1
星期四
30°C
驟晴驟雨，帶備雨具外出，預防萬一。

康程推介



自健工具



動日
FITNESS

降壓食物大本營



K

最新消息

54,979 Visit since Sept 2015

- News! Fitness 運動日 三月
- News! 成人言語治療服務資訊日
- News! 香港復康會賽馬會康程式研討會
- News! Fitness 運動日 一/二月



自健食聊



e2C電台

最新活動

- 痛症計劃開展禮
- 風濕病的治療與運動
- 自主控糖ABC
- 心臟病自我管理課程(精華版)

康健自學



健康資訊



Lessons Learned



1. Use of smart phone or mobile device doesn't mean people have the skills to use them for health purposes
2. Environmental factors account for learning process
3. Marketing and promotion is “key” to success
4. Readiness of service providers
5. Offline training process “not equal” to online process
6. Prototyping, testing with end-users before programming
7. Cost for development and maintenance – sustainability
8. Evidence and effectiveness



What's next for HKSR-e2Care?

1. Enhance self-efficacy of people to use online platform for health management
2. Promotion, Promotion, Promotion
3. Exploration of technology advancement for existing imperfection
4. Sharing to facilitate “change” and discover best practice
5. Outcome evaluation
6. e2Care >>>>>>> e3Care



