

主辦機構：



Jockey Club Institute of Cancer Care
香港大學賽馬會癌症綜合關護中心

捐助機構：



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust

本中心的「賽馬會綜合社會心理癌症護理服務」將會為到公立醫院求診的癌症患者及其家屬/照顧者提供免費的癥狀篩查及社會心理支援評估服務。

常見與癌症相關的癥狀

對癌病復發的恐懼

我在過去一個月內，經常擔心癌症會復發；當我想到癌病復發的可能性，其他令人不開心的事情或想法也會出現在腦海（死亡、折磨、家人所遭遇的結果）。

睡眠失調

我在過去一個月內，每週總有1至2次無法在30分鐘入睡；又或是在半夜或清晨醒來後，無法再次入睡。

疲倦

我在最近一週內，常常感到異常疲倦而妨礙到我正常工作、行走能力、或是令情緒困擾。

疼痛

我在最近一週內，經常因為疼痛而妨礙到我的日常起居、行走能力、或是令情緒困擾。

手腳麻痺

我在最近一週內，我的痛楚好像針刺或觸電般疼痛。

抑鬱

我在最近一週內，比往常的不愉快更多；或是總覺得未能享受從前享受的事物。

焦慮

我在最近一週內，經常感到神經緊張，或會有一種驚恐，好像有些可怕的事情會發生。

背景

隨著本港癌症發病率日趨上升，越來越多人要面對癌症的挑戰，以及接受不同性質的治療，當中包括痊癒後的預防性或維持性的治療。癌症康復者亦需要按身體狀況的改變而調整生活模式，再加上因工作及家庭崗位上的轉變，患者的復康路途可能十分崎嶇，所產生的癥狀及情緒困擾亦會大大影響復康進度。

有見及此，香港大學李嘉誠醫學院，在香港賽馬會慈善信託基金支持下，成立香港大學賽馬會癌症綜合關護中心，透過專職醫療服務及社區資源，為癌症康復者及其家人提供額外的癥狀管理及社會心理支援服務。

服務範圍

本中心為癌症患者及其家屬/照顧者提供有系統及專業的評估，並協助癌症患者舒緩身心困擾。相關服務涵蓋以下三個範疇：

- (i) 癥狀篩查及社會心理支援評估
- (ii) 癥狀處理及社會心理支援服務
- (iii) 系統化的跟進評估

使命

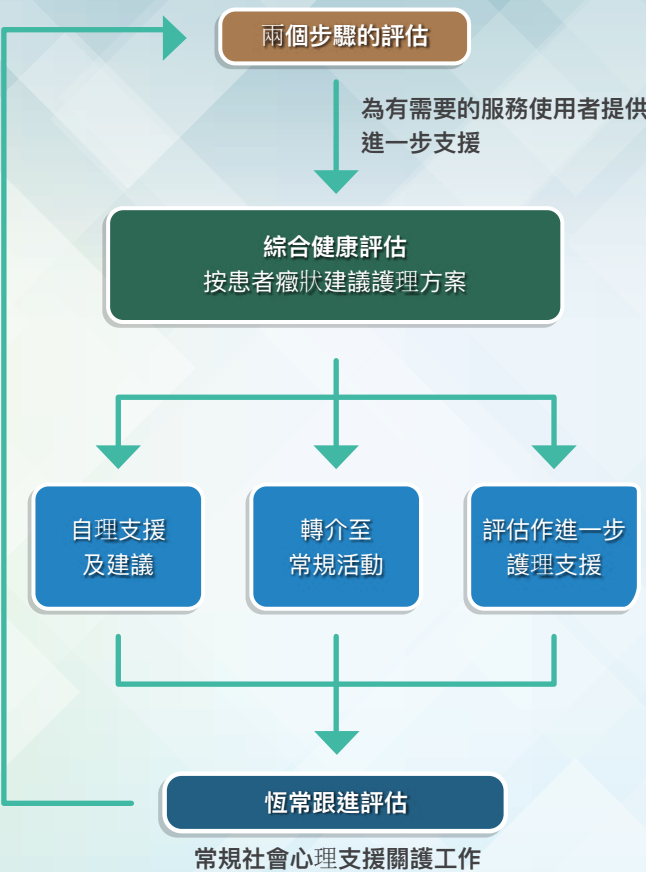
促進癌症患者及其家屬/照顧者享有社會心理支援服務的基本權利

將標準化的社會心理支援服務納入為常規的癌症服務中

服務對象

癌症患者及康復者
癌症患者家屬/照顧者

服務流程



查詢及轉介

本中心接受任何機構轉介，亦歡迎有需要人士查詢
電話: 3917 9606
電郵: jcicc@hku.hk
地址: 香港薄扶林沙宣道3號教學樓7樓728室

本中心於各區也設有服務地點，詳情請致電查詢

<http://jcicc.med.hku.hk/>

收費

專業支援收費如下：

專業諮詢服務收費（每次）

| 專業服務 | 服務內容 | 費用 |
|--------|---|---------|
| 註冊護士 | 綜合健康評估及癥狀護理計劃 | 港幣\$100 |
| 輔導員 | 綜合社會心理評估及輔導 | 港幣\$100 |
| 營養師 | 飲食評估報告連個人餐單 | 港幣\$100 |
| 運動專家 | 體適能評估報告連個人運動建議 | 港幣\$100 |
| 復康診所 | 由註冊護士、營養師及運動專家提供的綜合健康評估報告，及按需要與輔導員見面；另加一次跟進評估 | 港幣\$350 |
| 支援關護診所 | 由註冊護士、營養師、運動專家及輔導員為第三、四期癌患者提供的綜合健康評估，並按需要跟進 | 港幣\$400 |
| 工作坊 | 不同癥狀管理的工作坊 | 視乎工作坊而定 |

銜接癌症患者需要和社區資源

癌症患者、家屬及照顧者的需求評估

- 身體上關注的問題，例如痛楚、疲倦、睡眠問題和神經病變
- 心理上關注的問題，例如抑鬱和焦慮，擔心癌症復發
- 社會支援需要，例如參考其他康復者的經驗，與工作相關的問題
- 資訊需要，例如飲食營養，運動及如何維持健康的生活模式
- 心靈需要，例如癌症確診後的生活意義以及調整生活秩序

香港大學賽馬會癌症綜合關護中心

- 應用和推廣實證為本的癥狀評估及管理
- 為病人、家屬及照顧者提供即時心理教育及具治療效果的介入工作
- 向癌症服務機構員工提供專業培訓

社區資源

- 癥狀控制和心理支援的跟進
- 發展癌症患者/照顧者自助和互助支援網絡
- 協助家庭聯繫社區的支援
- 手術前的復康預備及康復支援
- 心靈支援及舒緩護理



HKUJCICC

HKUJCICC



查詢或預約 3917 9606

本中心之YouTube頻道 及Facebook 專頁：



Organised By :



Jockey Club Institute of Cancer Care
香港大學賽馬會癌症綜合關懷中心

Funded By:



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust

JCICC offers free-of-charge screening for psychosocial health needs to patients and their family/care givers under its "Jockey Club Integrated Psychosocial Cancer Care Service" programme.

Some Common Issues Encountered by Cancer Patients

Fear of Cancer Recurrence

During the past month, I worried about cancer recurrence. When I think about this, it triggers other unpleasant thoughts or images (such as death, suffering, or the consequences for my family and feelings of dread).

Sleeping Problem

During the past month, I had more trouble of getting to sleep within 30 minutes or I wake up in the middle of the night / early morning, and can't get back to sleep.

Pain

In past week, pain has significantly interfered with my general activity, walking ability, or mood.

Fatigue

In the past week, I felt unusually tired. This has significantly interfered with my normal work, walking ability, or mood.

Depression

In the past week, I felt I was much less happier than usual, and I no longer enjoy the things I used to enjoy.

Anxiety

In the past week, I felt tense or 'wound up'. I had a frightened feeling as if something awful is about to happen.

Neuropathy

In the past week, my pain felt like pins/ needles or electrical shocks.

Background

With the increasing prevalence of cancer in Hong Kong, more and more people are confronting the disease and receiving different types of treatments, including maintenance or prophylactic therapy. The pathway of rehabilitation of cancer survivors could be challenging because of the change of health status, life style, career aspiration or family position. Indeed, the physical symptoms and emotional concerns may present significant barriers to good rehabilitation.

As such, and supported by Hong Kong Jockey Club Charities Trust, the LKS Faculty of Medicine of the University of Hong Kong has established the Jockey Club Institute of Cancer Care, with the aim of providing additional support on symptom relief and psychosocial support and survivorship care for cancer patients, their families and caregivers through state-of-the-art professional service and community resources referral.

Scope of Services

JCICC's Psychosocial Health Care Service will provide structured, systematic and professional symptom & psychosocial assessment and support to relieve cancer patients' symptom & psychological distress. This service will have three components:

- (i) Screening for psychosocial health needs
- (ii) Symptom management and psychosocial support service; and
- (iii) Systematic monitoring



Mission

Promoting Psychosocial Care as Basic Human Right to patients with cancer and their families/caregivers

Incorporating Standardised Psychosocial Care into Routine Cancer Care

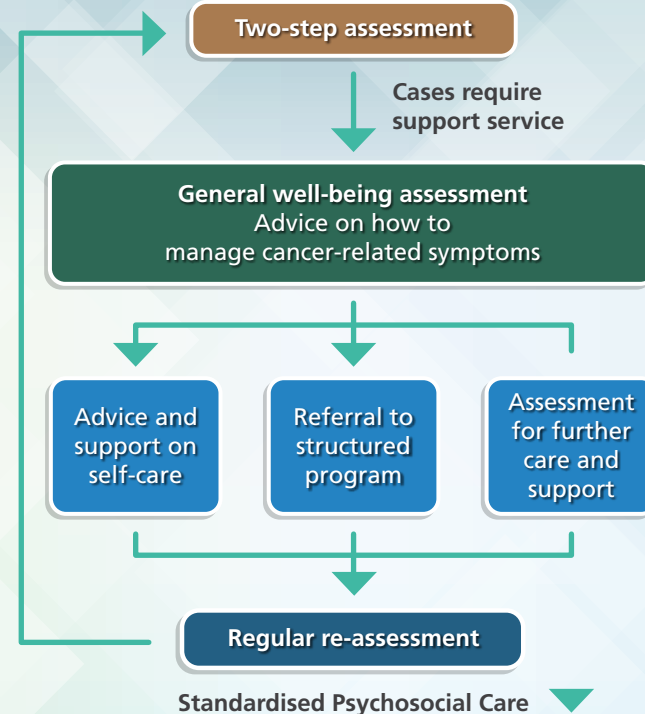
Visit our YouTube Channel and Facebook page:



Target Beneficiaries

Cancer patients and survivors
Family members/Caregivers of cancer patients

Service Pathway



Enquiries and Referral

We accept referral from any organization, and welcome enquiries from anyone in need
Telephone: 3917 9606
Email: jcicc@hku.hk
Address: Rm 728, 7/F, Academic Building, 3 Sassoon Road, Pokfulam, Hong Kong

Our services are available at various districts. Please contact us for more details.

<http://jcicc.med.hku.hk/>

Price

Professional support will be charged as follow:

Service Charge for Specialty Consultation per Visit

| Service | Service Content | Price |
|--------------------------------------|--|-----------------------------|
| Registered Nurse | Well-being assessment and symptom management plan | HK\$100 |
| Counsellor | Psychosocial assessment and counselling | HK\$100 |
| Dietitian | Dietetic consultation report and personalised meal plan | HK\$100 |
| Exercise Specialist | Physical fitness consultation and assessment report | HK\$100 |
| Survivorship Clinic | Multi-disciplinary health assessment and report by registered nurse, dietitian and exercise specialist, with consultation by counsellor if needed. The package includes 1 follow-up session. | HK\$350 |
| Supportive Care Clinic | Multi-disciplinary health assessment and consultation for stage III & IV cancer patients by registered nurse, dietitian, exercise specialist and counsellors. Follow-up sessions can be arranged as needed. | HK\$400 |
| Lymphoedema Consultation + Treatment | Lymphoedema management and light therapy session by registered nurse | HK\$200 |
| Workshop | Symptom management techniques | Varies depending on content |

Bridging Patients and Community Resources

Need Assessment and Targeted Management for Cancer Patients, Family Members/Caregivers

- Physical needs
e.g. pain, fatigue, sleeping problem, and neuropathy
- Psychological needs
e.g. depression and anxiety, fear of cancer recurrence
- Social needs
e.g. experience of other survivors, work-related issue
- Information needs
e.g. diet issue, exercise issue and healthy lifestyle support
- Spiritual needs
e.g. meaning-making after cancer diagnosis and refocus of life issue

The University of Hong Kong Jockey Club Institute of Cancer Care (JCICC)

- Application and promotion of evidence-based symptom assessment and management
- On-site psychoeducation and therapeutic interventions for cancer patients and their families/caregivers
- Professional training support to cancer care providers

Community Resources

- Extensive follow up on symptom control and psychological support
- Development of self-help and mutual support among cancer patients and caregivers
- Connecting family and social support in local community
- Pre-habilitation and rehabilitation support
- Spiritual support, and palliative care

