



Common Mental Disorders Clinic 精神健康診所



新界東醫院聯網
NEW TERRITORIES
EAST CLUSTER

NTEC
Department of Psychiatry
新界東聯網精神科

Mental disorders as one of the common health problems in HK

精神科病患：香港其中一個常見的健康問題



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NOW READING

One in seven Hongkongers has a mood disorder, say a

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One in seven Hongkongers has a mood disorder, say authors of HK\$7m three-year survey

Family doctors should help diagnose patients showing signs of distress before they need to see a psychiatrist, authors of three-year study say

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公立醫院精神科輪候時間逾年

2015/03/23 09:22

近五年公立醫院精神科新症上升了百分之二十，輪候看醫生的時間愈來愈長，醫管局都指情況是嚴重的，「新聞刺針」找來一位排了一年的個案，她的經歷告訴大家現時的精神科資源有多緊張。

兩年前，被丈夫毆打的阿怡帶著女兒離開住所，返了娘家居住，她的父母都是精神病患者，同時要照顧父母和女兒，她的情緒愈來愈低落。

二零一三年四月，社工帶同阿怡去看急症，急症轉介她去看精神科，經分流後，

心態
決定境界

6人有1人 曾患精神病

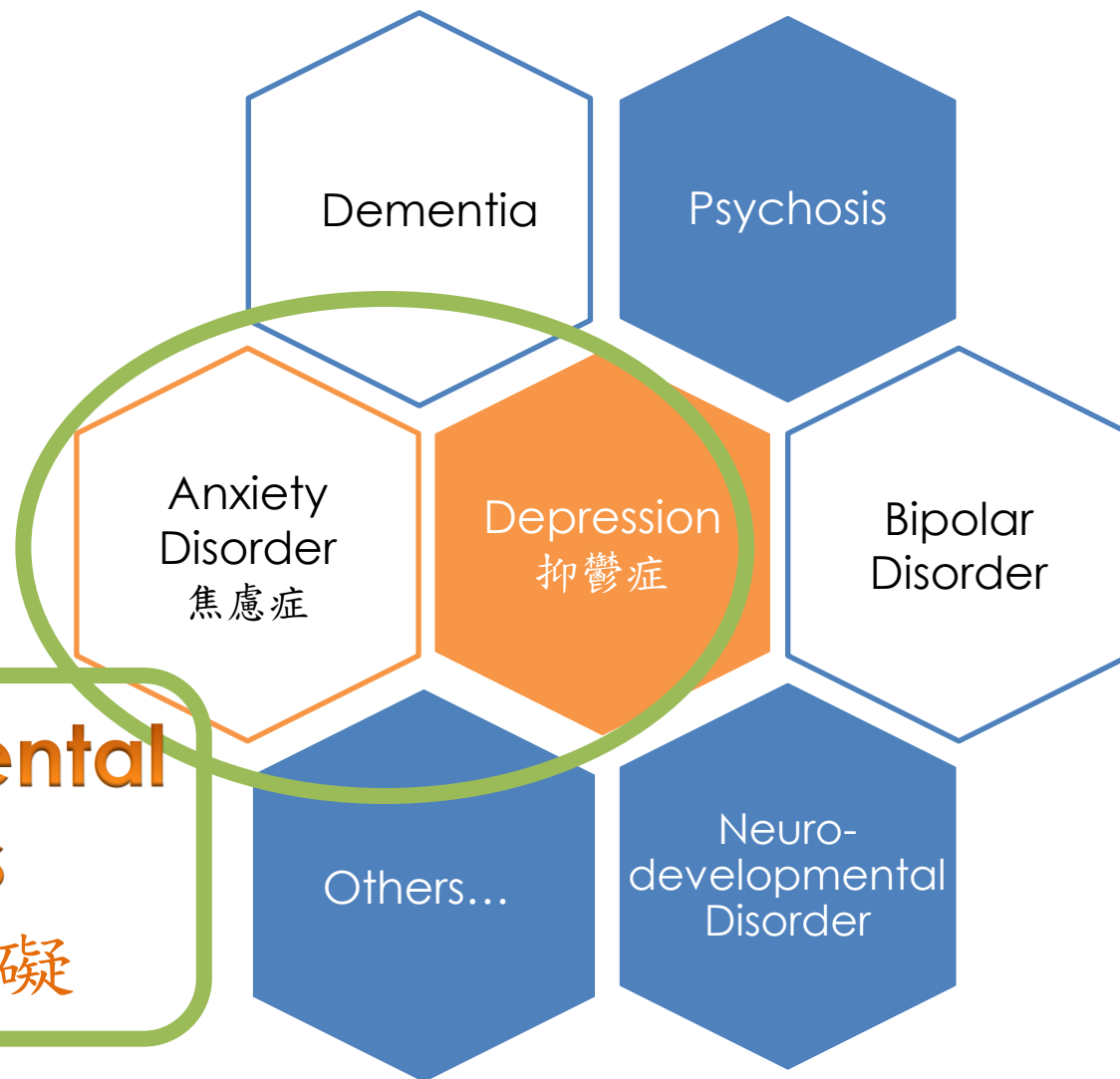
本港生活節奏急促，港人不但要應付繁忙的工作，更要面對持續上升的物價和樓價，不少人的精神壓力「爆煲」。「你有壓力，我有壓力」，在這個城市裏生活本身就存有各種大小不同的壓力。當精神壓力超出負荷時，會出現憂慮不安的徵狀，嚴重更會引致精神健康問題，尤其是男性在傳統上被定型為剛強的代



逾三成港媽精神健康響警號

A Variety of Mental Disorders

各種精神病患



Common Mental Disorders

一般精神障礙



香港精神健康調查
(HKMMS10)
@10HKMMS



香港精神健康調查
The Hong Kong Mental Morbidity Survey
2010-2013

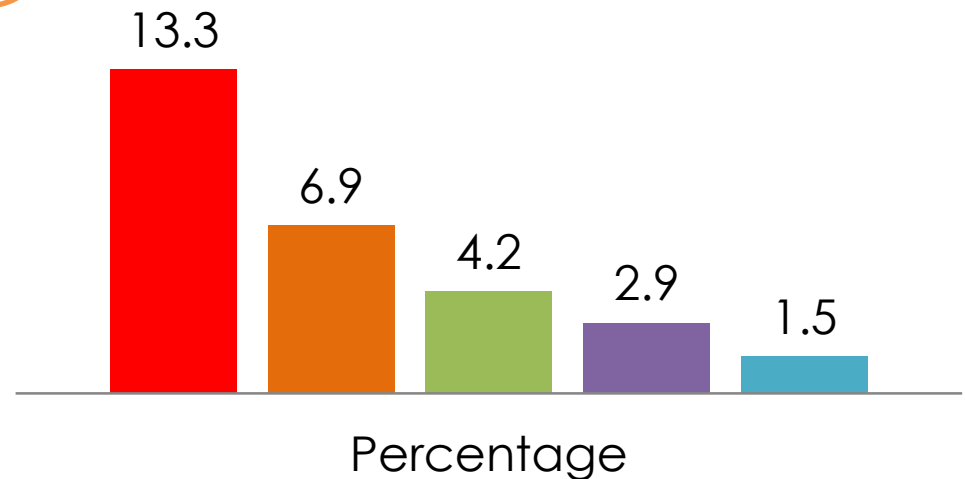
High prevalence of CMD in HK

一般精神障礙很普遍

The Hong Kong Mental Morbidity Survey (2010-2013)- Commissioned study by Food and Health Bureau

- Sampled > 5700 Chinese subjects aged 16-75
- 普查了超過5700個18-75歲的對象

- Total
- Mixed anxiety and depressive disorder
- Generalized anxiety disorder
- Depression
- Other anxiety disorders



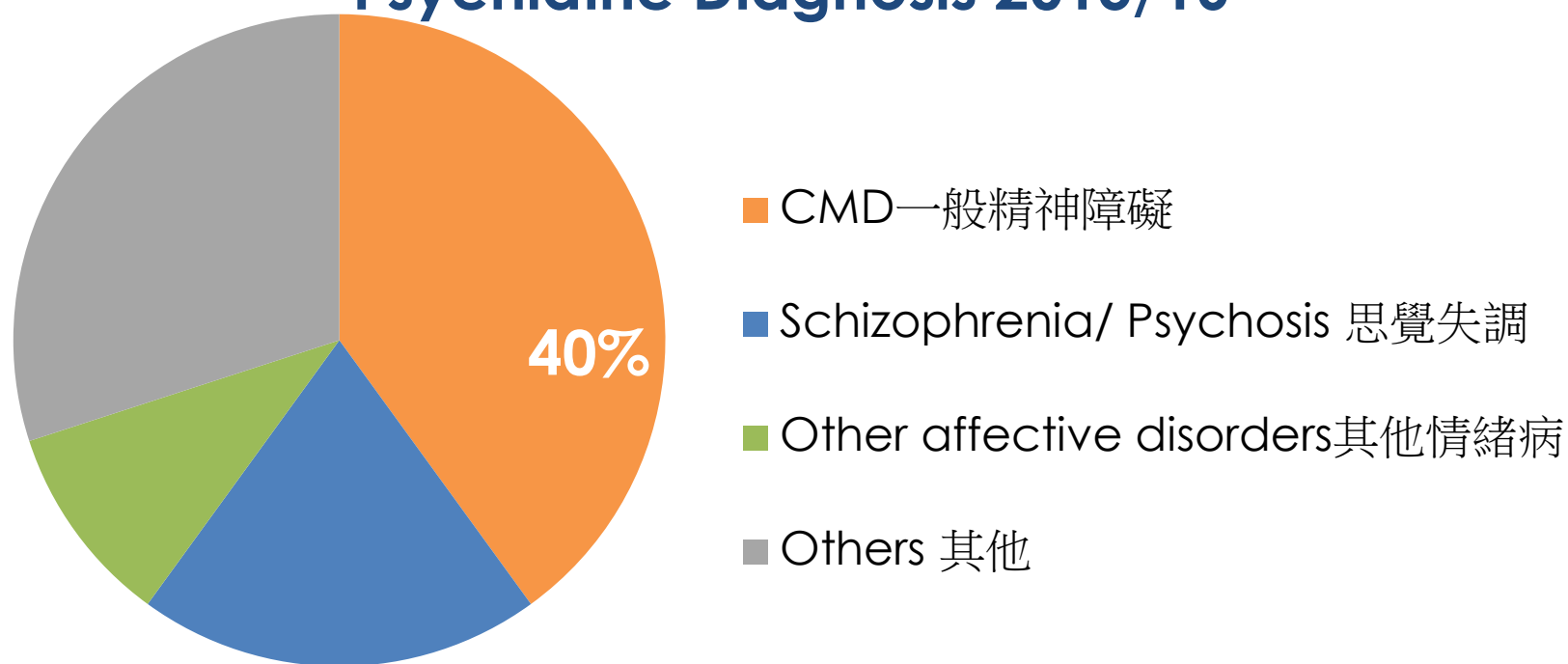
Lam LCW et al. Soc Psychiatry Psychiatr Epidemiol (2015)

CMD As the Major Service Users in HA

一般精神障礙患者是醫管局主要服務對象



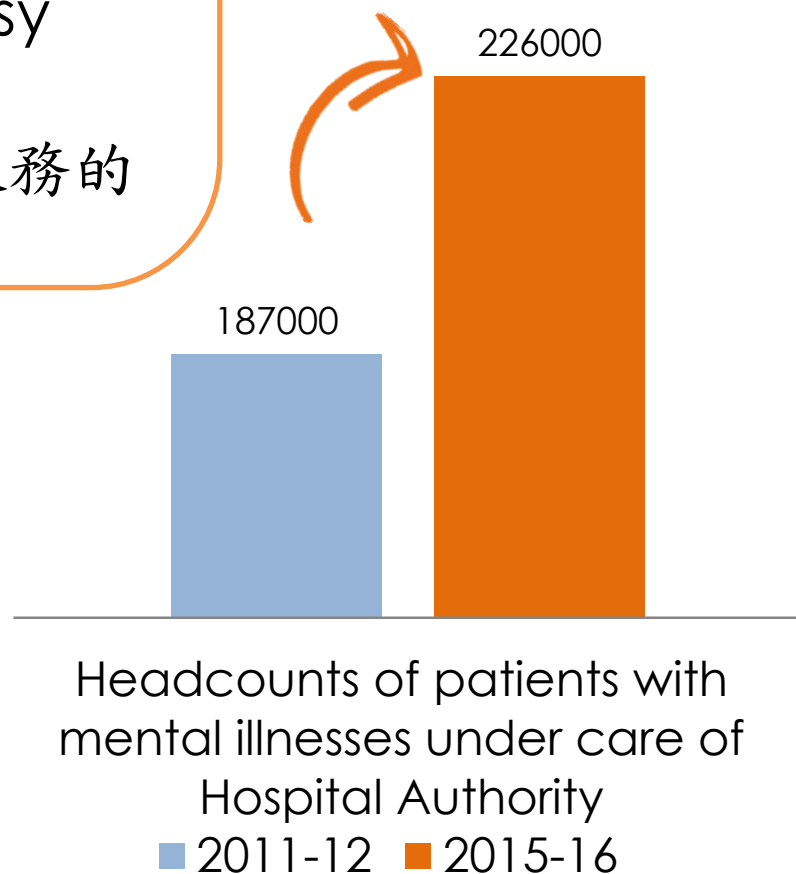
Service Users According to Major Psychiatric Diagnosis 2015/16



Growing Demand on Public Psychiatric Services

公共精神科服務的需求不斷增長

Over 20% increase in number of patients under care of HA Psy service in 5 years time
在五年內，在醫管局精神科接受服務的人數增加了兩成以上



Long waiting times at Hong Kong public hospitals for mentally ill patients

Low medical manpower coupled with surging demand see wait times of up to more than three years

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COMMENTS: 5

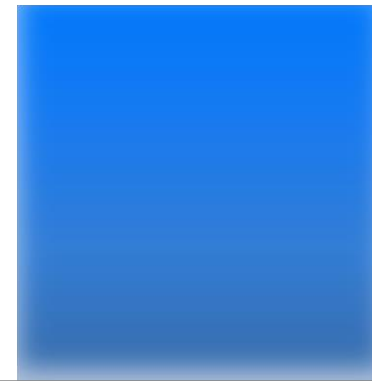


Long waiting time in psychiatric specialist outpatient clinics
(Category 3 cases, mostly CMD patients)

精神科專科門診排期輪候時間長
(非緊急類，大部分都是一般精神障礙患者)

NTEC 90th Percentile Adult
Waiting Time 2015/16
(Category 3)

95



week 星期

Objectives:

- Early diagnosis, treatment for CMD, to enhance service outcome
及早診斷，治療，提升治癒機會
- Reduce outpatient waiting for suitable category 3 cases
縮短非緊急類精神科專科門診排期輪候時間

Common Mental Disorders Clinic (CMDC) Service

A program launched by Hospital Authority for patients with CMD

- Different from traditional approach of psychiatrist being the main therapist
有別於一貫門診服務以精神科醫生為主要治療師
- Multidisciplinary approach 跨專業團隊
- Psychiatric nurse as the case manager 精神科護士統籌，密切跟進病情



Service Characteristics

計劃特點



- Apart from pharmacological treatment, also emphasize on **psychological interventions** provided by the multidisciplinary team
- 除了藥物治療，更著重由跨團隊提供的**心理治療**
- **Time-limited intervention**, aim at recovery and no need for long term treatment
- 設定一段**治療時間**，希望患者在完成治療程序後無需長期接受精神科專科門診跟進治療
- To suit the patients' need of NTEC, service targets for both **adult and elderly**
- 特別針對新界東聯網需要，服務對象包括**成年人和長者**

Suitable patients of CMDC
符合計劃的一般精神障礙患者

Criteria:

Age 18 or above 18歲以上
Fulfill CMDC service criteria

符合計劃

Without severe symptoms
such as psychotic symptoms/
suicide/ dementia

沒有嚴重精神病徵



Recovery 康復

Joint Intake Assessment by Psychiatrist,
Nurse & Occupational Therapist (OT)
由精神科醫生、精神科護士和職業治療師先為
合適的患者進行評估

Care Plan & Interventions 制訂個人護理計劃和治療

Doctor
Drug
treatment
Re-
assessment

CP
Psychological
intervention for
more complex
conditions

OT
Lifestyle
redesign
Role
development

Nurses
Case manager
Counselling
Relatives'
groups

Two CMDC Clinics in NTEC



北區醫院

North District Hospital



新界東醫院聯網
NEW TERRITORIES
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Tai Po,
Fanling,
North District

Shatin,
Ma On
Shan

- Starts from Jul 2017 onwards, provide treatment for 600 patients (300 cases for each center)
- 由今年七月開始，為合共600名病人提供服務



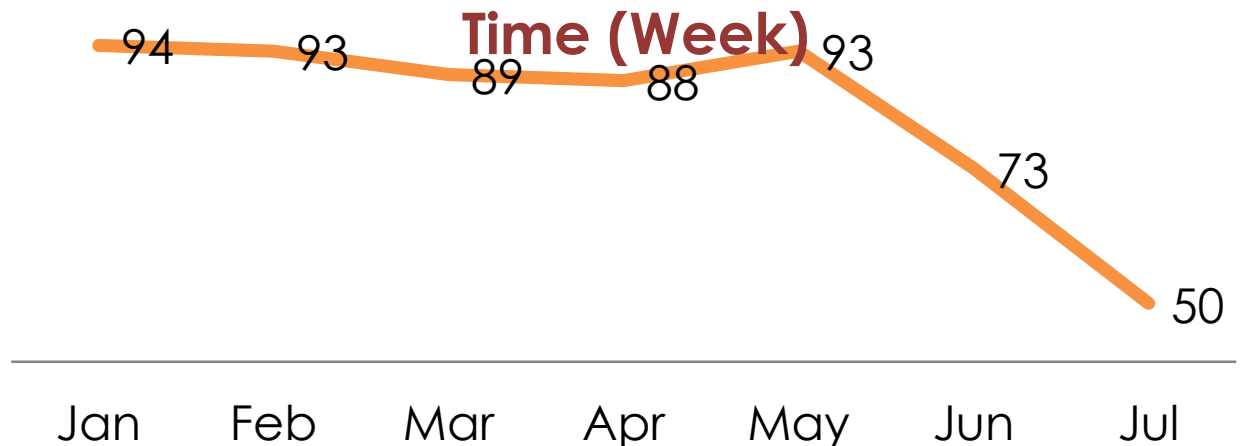
威爾斯親王醫院
Prince of Wales Hospital

Start to see effect after a month of service!

開始一個月已初見成效

- The two clinics have provided service for 72 patients
- 已為72名適合成年患者提供服務
- Triaged & arranged appointments to suitable patients, and shortened the waiting time
- 為合適計劃的患者分流，安排更早的門診期

2017 NTEC Psy clinics Adult Category 3 90th Percentile Waiting



CMDC for
elderly will start
soon!

長者精神健康診所
將全面投入服務!



Sharing from CMDC service
user, occupational therapist
and nurse

來自精神健康診所服務使用者，
職業治療師和精神科護士的分享

Sharing of a Service User

自精神健康診所服務使用者



- Starts receiving the CMDC service since Jul 2017
 - ✓ His appointment advanced for a year earlier
 - ✓ 及早治療：門診期提前了一年
 - ✓ Symptoms improvement after a month of joint intervention
 - ✓ 只是短短一個月治療，病徵已明顯改善了

Sharing From Occupational
Therapist:

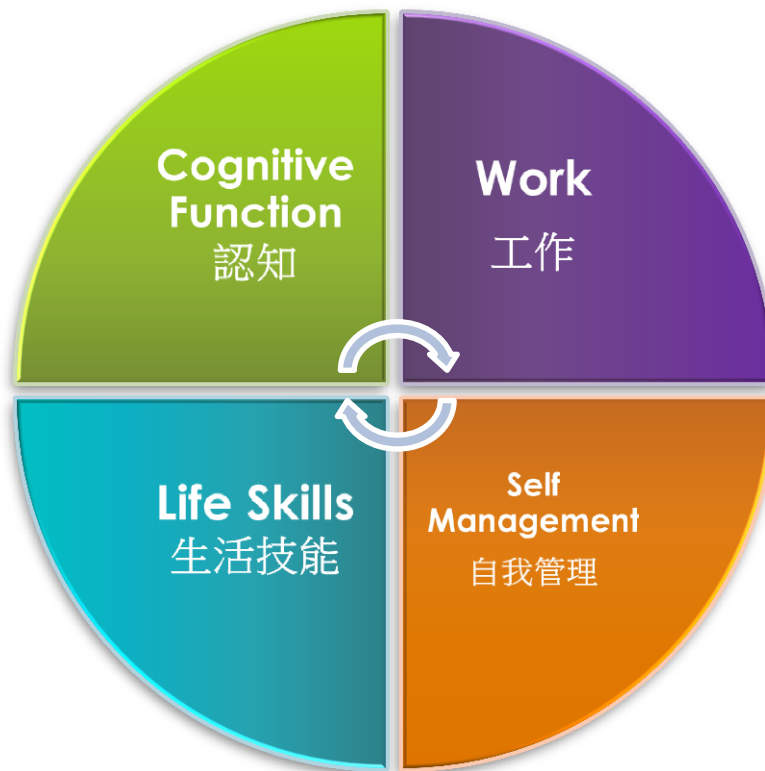
Help Changing Oneself From Inside
Out Leading To A Meaningful Life

MS JANET CHONG, OTI

內外更新．精采人生

CMDC Occupational Therapy

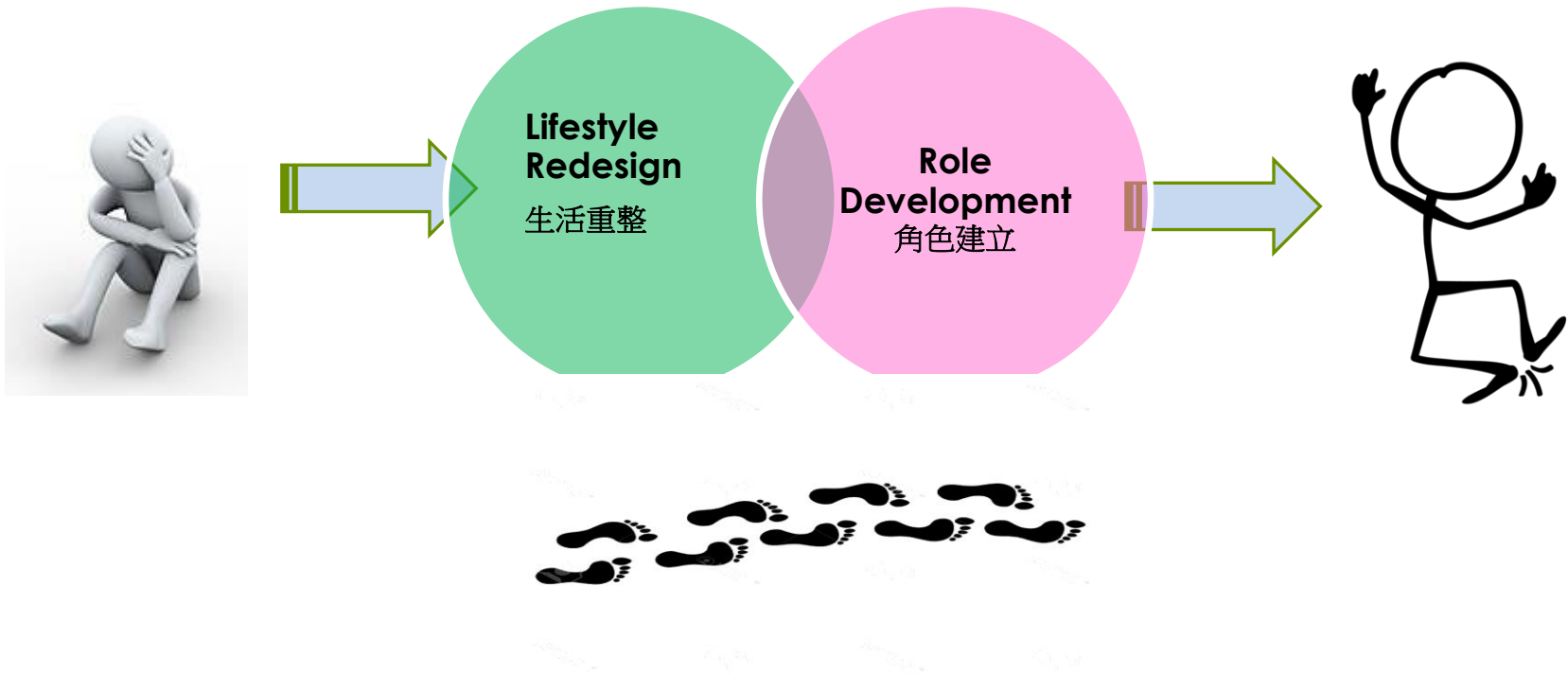
精神健康診所 - 職業治療



Service User Journey CMDC Occupational Therapy

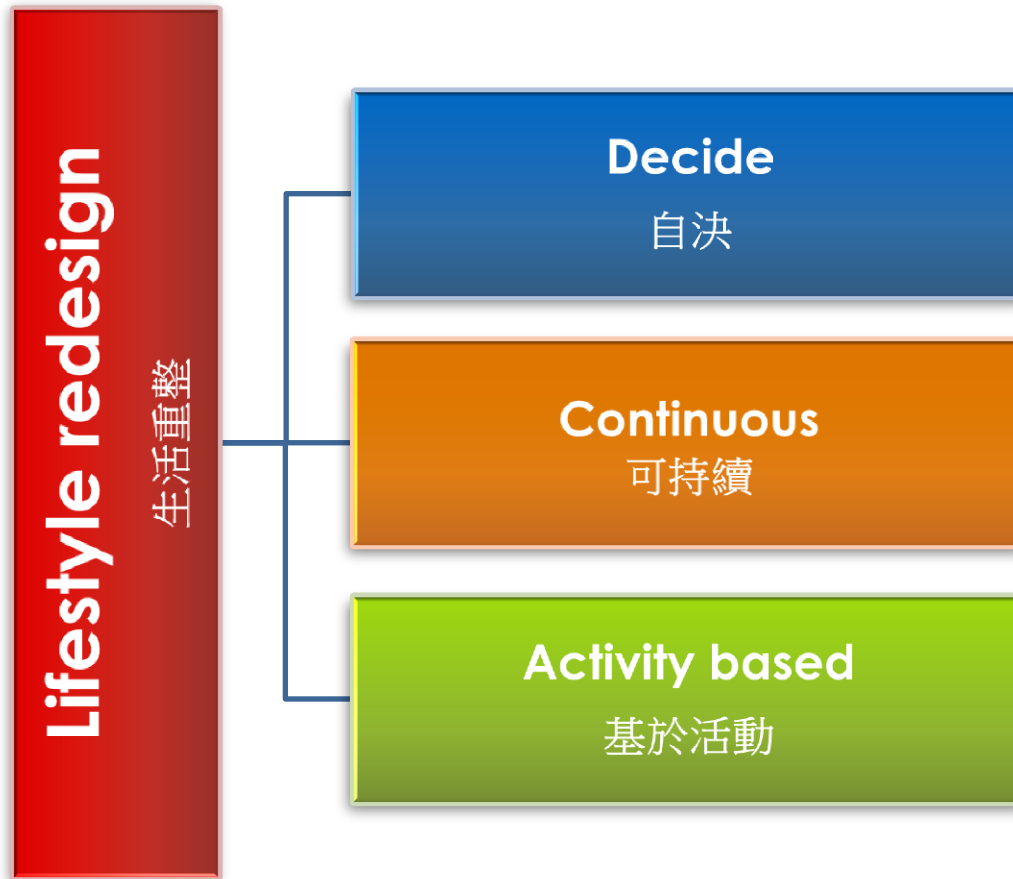
服務使用者之旅

精神健康診所 - 職業治療



Changing process 改變過程

CMDC Occupational Therapy Lifestyle Redesign - 生活重整



CMDC Occupational Therapy Role Development - 角色發展



Sharing From Nursing: Nurse As A Therapist

Ms Winnie Chan, APN

以人為本 心靈護航

Nurse's Roles 護士的角色



- Traditional nurses 傳統護士
 - Assist doctors in clinical care 協助醫生進行臨床護理
 - Routine nursing care 常規護理程序
- CMDC nurses 精神健康診所護士
 - Case manager 個案經理
 - therapeutic role 治療的角色

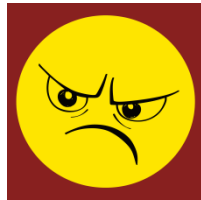


Assessment 評估



■ Coordination of services 協調服務

Impulsive 衝動
Irritability 易怒
(心理學家)



Anxiety 焦慮
(醫生)

Retirement 退休
(職業治療師)



Marital relationship & Carer Support

夫妻關係及家屬支援

(護士)

Problem : Marital Relationship

夫妻關係

- communication skills enhancement 強化溝通技巧

Verbal skills 說話技巧

Positive thinking 正面思維



Put in other's shoes 易地而處

Problem : Carer Stress

照顧者壓力

- Carer support 家屬支援

Self-space 自我空間

Counseling 輔導



Realistic expectation 實際期望



Feedback From Service Users

服務使用者心聲



■ Patient 病人

“傾完好舒服，同之前睇醫生既感覺好唔同”

“你地真係幫到我抒發啲唔開心既野”

“你地真係好明白我，講中咗我既問題”

■ Wife 太太

“佢之前好唔想去睇醫生，但而家佢好鍾意睇你地”

“我覺得呢個服務真係可以幫到好多人，而且唔使等咁耐，等到個病都可能變差喇”

“。。。真係好多謝你地！”

以人為本 心靈護航

“ To Be Healthy
As A Whole,
**Mental
Wellness
Plays A
Role** ”

The Fresh Quotes



NTEC CMDC
Service

Thank You