



傳媒報導 Media Report

藥療輔導服務 學會用藥之道

年紀漸大，病痛愈多，很多時會藥不離身。然而有不少長者，在服食藥物時，會遇上疑問，特別在服用藥效相似的藥物，或重複使用藥物時，就最易增加藥物相互作用的風險。最近有社區團體舉辦一項名為「病患者藥療輔導服務」計劃，以協助長者們適當用藥。

不依從服藥規定

曾有一位長者，患有高血壓，卻不認識藥物對其病情的重要性，於是沒有遵照醫生指示服藥。當下次覆診時，醫生以為藥力不夠，再給予多一種降血壓藥，可是這位長者仍不服藥，後來再覆診時，醫生見他的血壓控制未如理想，又另給予藥物。直至某天，長者感覺有血壓高徵狀，於是一次過把醫生處方過的降血壓藥物服食，結果引致血壓過低，需要立即送院急救。

根據資料顯示，年過 65 歲及以上長者多患上 1 種或以上慢性疾病，他們需要服食藥物以助控制病情。此外，亦有調查發現，50% 長期病患者對他們正在服用的藥物並不依從指示，即錯誤服藥或沒有服藥。「這現象可導致病患者因沒有服藥而耽誤病情，最後需要入院，但其實是不必要的。」基於長者誤用藥物的情況很普遍，因此聖雅各福群會與香港醫院藥劑師學會合辦了「病患者藥物輔導服務」計劃。

舉行小組工作坊

此計劃乃透過社區活動，由藥劑師提供服務，與病患者及其家屬有互動參與，從而達到設定目標：確保藥物治療能發揮療效、提高治療疾病的成效、跟進病患者服藥的依從性、增加市民掌握對預防疾病及有關服藥的問題、促進病人對自身疾病的了解，並鼓勵患者主動參與藥物治療的決定。

除舉辦藥物輔導小組活動，這項計劃的最大特色是提供外展家訪藥物輔導服務，「社區上有不少獨居長者，他們大多數身體患有不同的長期病，需要長期用藥，由於缺乏支援，這些長者在服藥方面很多時都出現問題，因此希望我們的藥劑師可以上門探訪，直接提供藥物諮詢。」然而最大的問題是，社區上有需要的長者人數過多，但藥劑師的人手有限，所以他希望日後有更多藥劑師主動加入此義工行列。

Pharmaceutical Care Service for Elderly is now in place!

Age and aches go hand in hand, so we are probably not surprised to learn the fact that most elderly have to constantly receive some medical treatments. Yet their medication taking practice is posing a huge risk on their own health. Elderly not taking medication properly, might end up being prescribed more medicine of similar effect, and hence increase the possibility of unfavorable interactions. To address for the problem, a social organization is coordinating a new project named 'Pharmaceutical Care Service for Patients Project'. Through offering professional pharmaceutical advice to elderly, they believe they can help them avoid the risk.

Elderly not take medications as instructed

A real case would help illustrating the problem. An elderly who had high blood pressure, not heeding the threat his disease posed to him, he skipped medications all the time. While his symptoms control was not as good as the doctors expected, they reinforced control by increasing dosage and introducing stronger treatments. The cycle went on and on, the doctors kept intensifying treatment until one day the elderly sensed the urgency himself and take medications. But what the elderly did not realize was, the latest prescription was too strong for him. The subsequent outcome was doomed to be unfavorable: Blood pressure too low and need to be sent to hospital for immediate treatment.

Statistics shows that most elderly of age over 65 have at least one chronic disease, they have to constantly take medications to keep their symptoms in control. Unfortunately nearly 50% of them do not follow the instructions, medicine misapplications and skipping medication are common. "Skipping medication causes unnecessary delay on treatment and the consequence could be serious. The risk is certainly avoidable and we have to let them know it." This is the common motive shared by St. James' Settlement and the Society of Hospital Pharmacists of Hong Kong, who work together to organize the 'Pharmaceutical Care Service for Patients Project'.

Workshops to promote Proper Medication-taking Practice

The idea for the project is, to organize a series of pharmaceutical care workshops in different community districts where the volunteer pharmacists reach out for the chronic disease patients and their families, build direct contact with them and interactively provide professional pharmaceutical advice. Through these activities they aim at achieving the following objectives: Make sure the desired effect of medical treatments can be attained; Follow up directly with the patient to ensure they understand the instructions and take medications accordingly; Arouse public awareness on preventive measures for various chronic diseases and clarify certain misunderstandings on their medications; Help the patients to properly understand their own diseases; Encourage patients to proactively involve in their own medical treatment decisions.

Another key feature of this project, besides pharmaceutical care workshops, is the Pharmacists Home Visiting service, the team of volunteer pharmacists would consult for their prescriptions and their best medication-taking practice during home visits. "Many singleton elderly in Hong Kong have various chronic diseases and have to constantly take medication. They need our home visit service, they need us to make clear to them face to face how and how frequent they should take their medicine." Nonetheless, the project is not without constraints. As the number of elderly who need service is far too many comparative to the service capacity they can offer. SJS needs more pharmacists to join the rank of volunteers, in order to let more elderly enjoy the service.



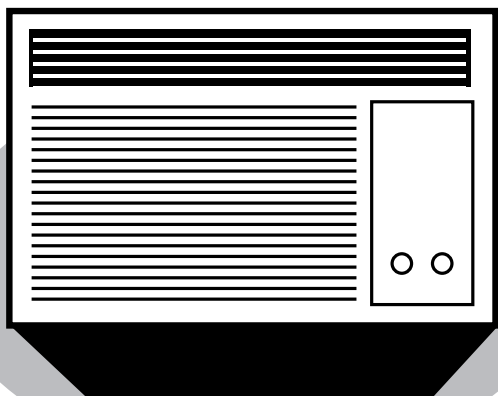
我們需要你的捐助
We Need Your Donation

貧弱老者需冷氣機 電費支援助渡炎夏

天氣炎熱，每日氣溫高達30度，除令人難耐外，對一些年老體衰、患有呼吸氣道疾患、皮膚毛病及嚴重高血壓等慢性疾病的貧困無依老者而言，不但要依醫師指示服藥治理病情外，還要預防被「高溫」所襲，使宿疾日漸惡化而影響健康。

據本會負責改善貧弱老者家居生活質素「電器贈長者」計劃社工表示，該會轉贈貧老風扇以解暑熱當中，發現部份體弱者由於健康需要而申請冷氣機；可惜，因難於支付昂貴電費而卻步，致被迫退出申請冷氣機以助減暑去熱，於氣急敗壞中仰賴風扇帶來的涼風「避暑」，苦忍酷熱時刻更要懼怕宿疾病發。助人於難，你願為現正急待購買冷氣機的6名領取綜援的孤弱病患者，或捐款支持該會的「電費助貧弱」計劃，以助12名長者每月部份連冷氣機的電費支出嗎？

我們呼籲請各界善長施惠，以集腋成裘方式，在這酷熱炎夏中，為活在「水深火熱」的弱者帶來清涼暖意，減熱之餘，還可助他們抗拒宿疾；請用劃線支票作出捐款支持，抬頭：聖雅各福群會，指示本會善款之用途，地址為香港灣仔石水渠街85號一字樓105室。「電費助貧弱」計劃。瀏覽網址：www.thevoice.org.hk或致電查詢：2835-4321 或8107-8324。



Electricity Funds to Help the Needy Elderly Get Through the Burning Summer

Not only does the hot weather of 30°C make people unbearable, it also causes a lot of troubles for the aged and feeble elderly who have difficulty breathing, skin diseases, or chronic diseases such as serious high blood pressure; they need to follow the doctors' order to cure their health problems and also prevent their health from being worsened by the high temperature.

According to the social worker taking charge of St. James' Settlement's "Electrical Appliances for the Elderly" Program to improve the living conditions of needy elderly, Settlement helps to give out donated fans to the elderly to cool themselves, but realizes that a portion of such elderly need to apply for air conditioning due to their health problems. Unfortunately, many elderly are hesitating because of their difficulty in paying their power bill. Therefore, these elderly are forced to withdraw their application and rely on fans to stay away from the hot weather, bearing all the pain and suffering that their health problems have caused.

Helping people to get through their hardship, are you willing to assist 6 abandoned elderly who rely on CSSA for living to purchase an air-conditioning system? Or, in another way, are you willing to donate to the 'Power Subsidy --- Ailing & Handicapped' to assist 12 elderly to pay their power bill (with the electricity fee of air-conditioning)?

We are sincerely asking generous donors from every part of the society for help. Many a little makes a mickle; please kindly help these weak elderly and bring them some warm-hearted coolness to get through these hot summer days. Not only will your donations help them to cool off, but also prevent their health from worsening. Please use a cross cheque as a method of donation, with the payee being St. James' Settlement. Please indicate what purposes you would like your donations to be used for and mail to St. James' Settlement, which is located at Room 105, 85 Stone Nullah Lane, Wan Chai, Hong Kong. For details, you may visit the following website: www.thevoice.org.hk, or contact St. James via 2835-4321 or 8107-8324 for any enquiry.