

Programme Highlights

01 Comprehensive CM Treatments

- Chinese medicine practitioners (CMPs) will conduct systematic pattern identification and assessment. Based on the diagnostic outcomes, they will prescribe a comprehensive range of treatment modalities.
- The clinical efficacy of CM in the treatment of post-stroke is supported by evidence-based medical literature.



03 Continuity of Treatments and Care

- Full-course treatment scheduling will be arranged to ensure therapeutic continuity, with flexible referrals between day-patient and outpatient services.
- A comprehensive assessment of the patient's medical history will be conducted. A summary report will be provided upon completion of the programme to facilitate handover to healthcare professionals following up the case.



02 Integrated Chinese-Western Medicine and Multidisciplinary Collaboration

- CMPs and Western Medicine (WM) doctors will conduct joint consultations, integrating clinical perspectives from both disciplines to provide patients with comprehensive assessments.
- CM treatments and allied health services will complement each other's strengths to enhance overall treatment outcomes. Concurrently, a dedicated nurse will act as the case manager to coordinate the entire care pathway to ensure a seamless continuity across all stages.



04 Evidence-Based Approach to Optimise Integrative Strengths

- Clinical protocols are designed based on evidence-based medicine to integrate the distinct advantages of CM and WM for achieving optimal clinical outcomes.
- The multidisciplinary team will conduct periodic evaluations on the clinical progress to allow flexible adjustments to the treatment plan.



Regaining Functions and Improving Prognosis

Transportation

Free shuttle bus services, franchised buses, and green minibuses are available to provide convenience for members of the public travelling to/from the hospital.

Wheelchair users can also access the hospital directly via Rehabus services.

For details, please visit the hospital website.

Appointment Booking

Special disease programme hotline: (852) 5799 3233

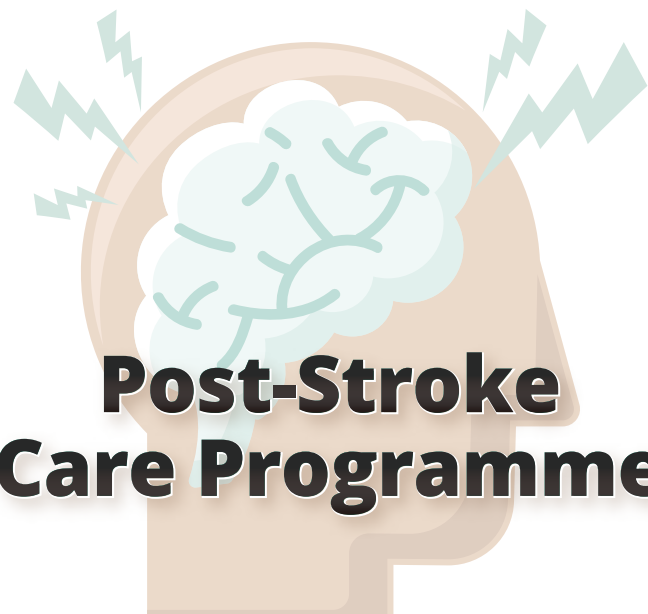
(For WhatsApp, only support text messages)

Address

1 Pak Shing Kok Road, Tseung Kwan O, New Territories, Hong Kong



香港中醫醫院
THE CHINESE MEDICINE HOSPITAL OF HONG KONG



Post-Stroke Care Programme

Scheme 1: Post-Acute Stroke Care

Scheme 2: Stroke Sequelae Care

Integrated Chinese-Western Medicine Care: Regaining Functions and Improving Quality of Life after Stroke



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General Enquiry: (852) 3121 3121
General Email Enquiry: enquiry@cmhkh.org.hk
Website: www.cmhkh.org.hk

Programme Background

To meet patients' demands and to leverage the clinical advantages of Chinese Medicine (CM), The Chinese Medicine Hospital of Hong Kong introduces the "Post-Stroke Care Programme" (the Programme). Driven by a CM-led integrated Chinese-Western medicine service model, the Programme offers both government-subsidised and market-oriented services through two schemes: "Scheme 1: Post-Acute Stroke Care" and "Scheme 2: Stroke Sequelae Care".

By leveraging the strengths of both CM and Western medicine (WM) across the stages of "within 1 week to 60 days after stroke onset" and "within 60 days to 3 years after stroke onset", the Programme aims to accelerate the recovery of motor, self-care and cognitive abilities of stroke patients and to improve their swallowing and speech functions, thereby enhancing patient prognosis and quality of life.

Programme Details

	Scheme 1: Post-Acute Stroke Care	Scheme 2: Stroke Sequelae Care
Eligible Patients	- Diagnosed with stroke in CM, and ischemic or hemorrhagic stroke in WM - Within 1 week to 60 days of stroke onset	- Diagnosed with stroke sequelae in CM, and ischemic or hemorrhagic stroke sequelae in WM - Within 60 days to 3 years of stroke onset
Clinical Symptoms	- Aged 18 or above - Do not require 24-hour hospitalisation, or have completed acute inpatient WM treatment - Not bedridden, possess full or limited mobility and able to travel independently or with assistance	
Course of Treatment	Post-stroke sequelae such as motor dysfunction, sensory impairments, speech and swallowing disorders, and cognitive and emotional disorders 3 consecutive weeks of day-patient services, with 6 sessions weekly (4 hours per session)	8 consecutive weeks of outpatient services (6 sessions per week)

Note: Final eligibility for enrolment in this programme is subject to clinical necessity and assessment.

Overview of Treatment Plan



Scheme 1: Post-Acute Stroke Care

3 consecutive weeks of day- patient services, with 6 sessions weekly

Week 1 Stabilising Condition & Establishing Baseline	- Joint consultation by CMP, WM specialist (Specialist) and physiotherapists (PT) to conduct assessments for treatment planning - Review of medical records or direct contact with previous doctor-in-charge to obtain patient medical history - Commencement of multidisciplinary treatments
Week 2 Targeting Impairments & Enhancing Functions	- Joint consultations by CMP, Specialist and PT to adjust treatment plan based on clinical progress - Focus on addressing core impairments and enhancing active limb control, swallowing and speech functions
Week 3 Functional Application & Discharge Preparation	- Multidisciplinary team to provide a comprehensive evaluation of clinical progress and a summary report for facilitating handover to the healthcare professional who will be following up on the case subsequently to ensure continuity of care - Providing guidance on post-programme self-care approaches and home training programme



Scheme 2: Stroke Sequelae Care

8 consecutive weeks of outpatient services, with 6 sessions weekly

Week 1	- Joint consultation by CMP, Specialist and PT to conduct assessments for treatment planning - Review of medical records or direct contact with previous doctor-in-charge to obtain patient medical history - Commencement of multidisciplinary treatments
Week 2-7	- Follow-up evaluations by CMP to monitor clinical progress - Bi-weekly consultations by the multidisciplinary team to adjust treatment plan based on clinical progress - Multidisciplinary treatments
Week 8	- Multidisciplinary team to provide a comprehensive evaluation of clinical progress and a summary report for facilitating handover to the healthcare professional who will be following up on the case subsequently to ensure continuity of care - Providing guidance on post-programme self-care approaches and home training programme

Note: Based on clinical needs, the CMP-in-charge may arrange 1 week of day-patient services for the patient.

Multidisciplinary Treatment Items May Include:

Internal application of Chinese medicines	Moxibustion	Acupuncture	Tui-na
Chinese medicines fumigation (For day-patient services only)	Drugs	Physiotherapy	Occupational therapy
Speech therapy	Dietetics consultation	Nursing assessment and interventions	