

醫療及輔導服務

Clinical and Counselling Services

策略(一) Strategy 1

為不同年齡的男女提供優質整合保健及輔導服務。
Offer holistic and quality clinical and counselling services to men and women of all ages.

節育指導服務

家計會轄下的五間診所，均提供避孕藥用品、諮詢、健康檢查等服務。2021 年的就診人數為 51,279。

Birth Control Service

The Association's five clinics provide contraceptives, consultation and health check-up. 51,279 clients were served in 2021.

節育指導服務統計 Service Statistics in Birth Control Clinics

服務類別 Type of Services	新就診者接受服務次數 No. of Services to New Clients	總服務次數 No. of Services to All Clients
緊急避孕 Emergency Contraception	2,722	4,856
緊急避孕輔導 / 跟進 Emergency Contraception Counselling / Follow-up	2,931	5,271
女性避孕藥用品供應 / 諮詢 Female Contraceptive Supply / Consultation	24,321	85,469
女性輸卵管結紮手術輔導 / 跟進 Female Sterilization Counselling / Follow-up	0	2
男性避孕用品供應 / 諮詢 Male Contraceptive Supply / Consultation	932	1,004
男性輸精管結紮手術輔導 / 跟進 Vasectomy Counselling / Follow-up	810	1,179
驗孕 Pregnancy Test	8,684	13,690
早期懷孕評估 Early Pregnancy Assessment	174	278
終止懷孕輔導 / 跟進 Termination of Pregnancy Counselling / Follow-up	9,001	12,869
體格檢查 Health Check-up	23,007	63,024
其他 Miscellaneous	2,554	7,370

註：由於就診者可要求或接受多於一項服務，故服務次數不同就診者人數。

Note: As clients can request or receive more than one service, the figures may not equal the number of clients.

節育指導服務就診者數目 Number of Birth Control Service Clients

年份 Year	就診者數目 No. of Clients
2017	45,980
2018	46,962
2019	45,516
2020	46,213
2021	51,279

終止懷孕

家計會根據本港墮胎法例提供終止懷孕服務。就診者可選擇以藥物或手術（真空吸引術）進行，並採用監測麻醉為手術鎮痛。2021年進行的藥物終止懷孕有1,742宗，以監測麻醉進行手術終止懷孕有1,708宗。

其他手術服務

家計會提供男性輸精管結紮手術服務。就診者在接受適切的輔導及體格檢查後，以局部麻醉進行日間手術。2021年共進行480宗男性輸精管結紮手術。

節育就診者使用的避孕方法 Contraceptive Methods Used by Birth Control Clients

避孕方法 Contraceptive Methods	就診者數目 No. of Clients	百分比 %
口服避孕丸 Oral Contraceptive Pills	11,155	22%
男用避孕套 Male Condom	22,916	45%
子宮環 Intrauterine Contraceptive Device	5,808	11%
避孕注射針 Contraceptive Injection	3,048	6%
其他 Others	836	2%
沒有避孕 No Method	7,510	15%

Termination of Pregnancy

The Association performs termination of pregnancy (abortion) in accordance with the Hong Kong abortion law. A choice of medical abortion (using drugs) or surgical abortion (using suction evacuation) is offered. Monitored anaesthetic care (MAC) is available for pain relief during operation. In 2021, 1,742 medical abortions and 1,708 surgical abortions under MAC were carried out.

Other Surgical Services

The Association performs vasectomy (male sterilization) as day procedure under local anaesthesia, after appropriate counselling and physical examination. 480 vasectomies were performed in 2021.

手術數目 Number of Operations

年份 Year	男性輸精管結紮手術 Vasectomy (Male Sterilization)	男性包皮環切手術 Male Circumcision	終止懷孕手術 Surgical Abortion
2017	331	59	1,870
2018	386	37	1,614
2019	262	14	1,252
2020	367	---	1,479
2021	480	---	1,708

女性保健

婦女健康服務

家計會透過預防、普檢及診治疾病，促進性與生殖健康。婦女健康服務內容包括體格檢查、子宮頸細胞檢驗、教導就診者進行自我乳房檢查、診斷及治療陰道感染、瘰肉切除等小手術；其他可供選擇的檢查項目包括血液化驗、盆腔超聲波掃描等。若有需要，就診者會獲轉介往專科診所作進一步治理。2021 年的就診人數共 14,604。

Women's Health

Women's Health Service

The Association promotes sexual and reproductive health through prevention, early detection and treatment. Our Women's Health Service includes clinical assessment, cervical smear, teaching breast self-examination, treatment of vaginal infections and minor procedures such as removal of cervical polyps. Other investigations such as blood tests and pelvic ultrasound scanning are offered, and clients are referred to specialists for further management if necessary. 14,604 clients were served in 2021.

婦女健康服務就診者數目 Number of Women's Health Service Clients

年份 Year	就診者數目 No. of Clients
2017	13,735
2018	21,584
2019	20,737
2020	12,665
2021	14,604



灣仔性與生殖健康中心
Wan Chai Sexual and Reproductive Health Centre

預防子宮頸癌

定期子宮頸細胞檢驗（柏氏抹片）能測出早期子宮頸細胞的異常變化，及早診治能預防細胞演變成子宮頸癌。家計會委託香港大學病理學系提供子宮頸細胞化驗服務。目前，本會是本港提供子宮頸細胞檢驗服務的主要機構之一，2021年處理的子宮頸細胞檢驗總數為38,714。

本會提供九合一人類乳頭瘤病毒疫苗（簡稱HPV疫苗），預防由HPV病毒感染而引致的生殖器疣，和子宮頸／陰道／外陰／肛門的癌前病變及癌症。2021年透過本會各類服務，合共為就診者注射7,650劑HPV疫苗。

家計會子宮頸病診所獲香港婦產科學院及香港陰道鏡及子宮頸病理學會認可，為子宮頸細胞異常的婦女提供陰道鏡診治和跟進服務。2021年的就診人次為588。經治療及排除患上較嚴重病變後，就診者可繼續接受較頻密的子宮頸細胞檢驗以監察病情進展。本會「子宮頸抹片跟進護理合作計劃」亦接受其他專科子宮頸病診所轉介就診者跟進，2021年的就診人次為2,243。

更年期健康

鑑於香港人口逐漸老化，家計會更年期服務旨在提高更年期及後更年期婦女的身心健康。服務包括臨床評估、量度骨質密度，以及其他適宜的檢查化驗，並因應需要處方荷爾蒙補充治療。2021年的就診人次為1,997。我們亦與公立醫院合作，為需要較長期服藥婦女提供荷爾蒙治療護理合作服務。

更年期服務就診人次 Number of Menopause Service Client Visits

年份 Year	就診人次 Client Visits
2017	2,284
2018	2,601
2019	2,757
2020	2,107
2021	1,997

Prevention of Cervical Cancer

Regular cervical smears (Pap test) can detect early changes in the cells of the cervix, which can be treated before developing into cancer. The Association's cervical screening service, supported by the Department of Pathology of The University of Hong Kong, is one of the main providers of Pap tests in Hong Kong and 38,714 tests were performed in 2021.

The Association offers the nonavalent Human Papillomavirus (HPV) vaccination against HPV-related genital warts, premalignant and malignant lesions of the cervix, vagina, vulva and anus. 7,650 doses of HPV vaccine were administered through various services in 2021.

The Cervical Disease Clinic, accredited by The Hong Kong College of Obstetricians and Gynaecologists and The Hong Kong Society for Colposcopy and Cervical Pathology, offers colposcopy to assess and treat women with abnormal Pap tests. 588 client visits were recorded in 2021. After invasive disease has been excluded and the condition treated, clients are followed up by more frequent Pap tests. The Association's Shared Care Program also accepts patients referred by other colposcopy clinics for follow up Pap tests, and served 2,243 client visits in 2021.

子宮頸細胞檢驗結果 Results of Pap Tests

年份 Year	子宮頸細胞檢驗個案 No. of Pap Tests	不正常個案 Abnormal Cases
2017	37,483	2,034 (5.43%)
2018	36,184	2,149 (5.94%)
2019	34,568	2,593 (7.50%)
2020	32,599	2,571 (7.89%)
2021	38,714	2,137 (5.52%)

Menopause Health

To serve Hong Kong's ageing population, the Association's Menopause Service aims to promote the wellbeing of women around or beyond the age of menopause. It comprises clinical assessment, bone density measurement, other appropriate investigations, and prescribes hormone replacement therapy where necessary. 1,997 client visits were recorded in 2021. We also collaborate with public hospitals to offer shared care in hormone therapy.

骨質疏鬆服務

家計會骨質疏鬆診所為婦女及男士提供臨床評估、骨質密度量度、化驗檢查及診治。2021 年共進行了 1,142 次骨質密度檢查。



Osteoporosis Service

The Osteoporosis Clinic offers clinical assessment, bone density measurement, investigations and treatment for both women and men. 1,142 bone density measurements were performed in 2021.

雙能量 X 光骨質密度測量儀
Dual energy X-ray absorptiometry (DEXA)

飲食療法

肥胖、厭食症和飲食失調均能影響性與生殖健康，包括個人的身體形象與自信、生育能力及更年期婦女的骨質密度。飲食療法服務提供評估及諮詢，2021 年的就診人次為 257。

Dietetic Service

Obesity, anorexia and dietary imbalance can adversely affect people's sexual and reproductive health, including their body image and confidence, and fertility as well as bone density in menopausal women. The Dietetic Service provides assessment and advice and recorded 257 client visits in 2021.

特殊服務

家計會為智障、殘障及聽覺障礙人士提供性與生殖健康服務。我們的輔導員與醫護人員為他們提供避孕諮詢、輔導及醫療服務。2021 年的服務人次為 108。

Special Services

The Association offers sexual and reproductive health services for clients who are mentally challenged, physically challenged, or have impaired hearing. Contraceptive advice, counselling and health services are provided by our counsellors and medical staff. 108 visits were recorded in 2021.

男性保健

家計會男性健康服務透過預防、普檢及診治疾病，推廣性與生殖健康。服務包括臨床評估、化驗檢查、性病普查、輔導和診治性健康問題如陽萎及早洩、評估前列腺問題及轉介往專科診所作進一步治理。2021 年的就診者數目達 3,452 人。

Men's Health

The Men's Health Service promotes sexual and reproductive health for men through prevention, early detection and treatment. The service includes clinical assessment, laboratory tests, screening for sexually transmissible diseases, counselling and treatment for sexual problems such as erectile dysfunction and premature ejaculation, assessment of prostate problems and referral to specialists for further management as required. 3,452 clients were served in 2021.

男性健康服務就診者數目 Number of Men's Health Service Clients

年份 Year	就診者數目 No. of Clients
2017	3,526
2018	3,520
2019	4,350
2020	3,797
2021	3,452

青少年保健

家計會三間青少年保健中心為二十六歲以下未婚人士提供性與生殖健康方面的綜合醫療及輔導服務。2021 年的就診者達 18,057 人。中心的微信服務在 2021 年共有 849 名新查詢者及回覆了 858 個訊息。

青少年保健服務就診者數目 Number of Youth Health Care Service Clients

年份 Year	就診者數目 No. of Clients
2017	13,010
2018	17,018
2019	16,767
2020	16,759
2021	18,057



灣仔青少年保健中心內的輔導室
Counselling room at Wan Chai Youth Health Care Centre

婚姻與性成長輔導服務

婚姻與性成長輔導服務為婚前或新婚人士，提供輔導小組工作坊，旨在增進伴侶溝通、明瞭因家庭背景及經歷不同而帶來的影響，並分享性與生育的價值觀。在 2019 冠狀病毒病疫情影響下，此服務曾經暫停舉辦，由 2021 年 9 月起重辦。性與生殖健康輔導服務協助成年就診者解決家庭計劃、意外懷孕等問題。

Youth Health Care

The Association's three Youth Health Care Centres offer integrated medical and counselling service in sexual and reproductive health to unmarried young people under the age of 26. A total number of 18,057 clients were served in 2021. The WeChat service recorded a total of 849 new enquirers with 858 messages replied.

新就診者資料 Characteristics of New Clients

性別	Gender	
女	Female	9,653
男	Male	161
年齡	Age	
10 或以下	10 or below	29
11-15	11-15	688
16-20	16-20	3,455
21-25	21-25	5,642
主要服務類別	Main Service Sought	
生殖健康檢查	Reproductive Health Check-up	4,072
避孕輔導	Contraceptive Counselling	1,639
緊急避孕	Emergency Contraception	2,376
懷孕輔導	Pregnancy Counselling	182
尋求終止懷孕	Termination of Pregnancy	1,532
心性輔導	Sexuality Counselling	9
性侵犯輔導	Sexual Assault Counselling	4
總數	Total	9,814

Marriage and Sex Counselling Services

Group counselling workshops are offered to couples at different relationship stages of "pre-marital" and "newly married". The services aim to enhance couples' communication, their understanding of the influences from disparate family backgrounds and experiences, shared values of family planning and enjoyment of sexual life. Due to the outbreak of COVID-19, the service was once suspended and resumed from September 2021. Sexual and reproductive health counselling is also provided to adult clients with problems in family planning, unwanted pregnancy, etc.

婚前及懷孕前檢查

婚前檢查協助準婚人士在婚姻、家庭計劃和生兒育女方面作好準備。透過諮詢家族及個人健康史、體格檢查及化驗，甄別常見的遺傳病及傳染病狀況，當中包括地中海貧血、乙型肝炎及德國麻疹的免疫性。婚前檢查（星級計劃）為就診人士增加服務選項，加入 HPV 疫苗注射。2021 年共有 3,228 名就診者接受婚前檢查的基本或星級計劃服務。

懷孕前檢查的服務為計劃生兒育女的夫婦提供臨床評估、化驗檢查和健康資訊。懷孕前檢查（星級計劃）為就診人士增加服務選項，加入為女士提供衣原體 DNA 測試及子宮頸細胞檢驗，並由香港大學 — 家計會男科化驗所為男士進行精液化驗。2021 年共有 4,560 名就診者接受懷孕前檢查的基本或星級計劃服務。

婚前及懷孕前檢查就診者數目 Number of Pre-marital and Pre-pregnancy Check-up Clients

年份 Year	婚前檢查 Pre-marital Check-up	懷孕前檢查 Pre-pregnancy Check-up
2017	5,088	6,589
2018	5,341	6,783
2019	4,819	6,048
2020	3,219	3,752
2021	3,228	4,560

乙型肝炎評估診所

在婚前、懷孕前或其他健康檢查中發現帶有乙型肝炎表面抗原的就診者，可於本會乙型肝炎評估診所，透過乙型肝炎 e 抗原測試、乙型肝炎病毒脫氧核糖核酸定量檢測及肝功能測試，作進一步評估及跟進。體內病毒活躍的就診者可進行甲胎蛋白血液化驗及超聲波掃描，以及接受藥物治療，有需要時獲轉介往專科診所跟進。2021 年錄得 581 就診人次。

Pre-marital and Pre-pregnancy Check-up

The Pre-marital Preparation Service (PMPS) helps about-to-wed couples prepare for marriage, family planning and future childbearing. Through the couple's family and health histories, physical examination and laboratory tests, common hereditary and infectious conditions are screened for including Thalassaemia, Hepatitis B and Rubella immunity. The Pre-marital Check-up — Plus (PMPS-Plus) service is an enhanced package option which includes HPV vaccination. 3,228 clients were served under the basic PMPS and PMPS-Plus packages in 2021.

The Pre-pregnancy Preparation Service (PPPS) provides clinical assessment, laboratory tests and advice for couples who are planning pregnancy. The Pre-pregnancy Check-up — Plus (PPPS-Plus) service is an enhanced package option which includes Chlamydia trachomatis DNA test and cervical smear (Pap test) for women, and semen analysis performed by the HKU-FPA Andrology Laboratory for men. 4,560 clients were served under the basic PPPS and PPPS-Plus packages in 2021.

Hepatitis B Assessment Clinic

Clients who are found to be Hepatitis B Surface Antigen carriers during the Pre-marital or Pre-pregnancy Check-up or in the other health services are offered further assessment and follow-up at the Association's Hepatitis B Assessment Clinic. They undergo blood tests for HBeAg, HBV DNA quantification and liver function tests. Clients with active viral status can be further monitored by alpha fetoprotein blood test and ultrasound scanning, with drug treatment and referral to specialist clinics for management when indicated. 581 client visits were recorded in 2021.

乙型肝炎表面抗原檢驗結果 Findings of Hepatitis B Surface Antigen Screening Test

年份 Year	就診者數目 No. of Clients	呈陽性結果人數 No. of Positive Tests	百分比 %
2017	10,101	486	4.81%
2018	10,315	503	4.88%
2019	8,776	313	3.57%
2020	6,027	203	3.37%
2021	6,930	232	3.35%

性治療

性治療服務結合多項專業範疇，協助求診伴侶克服性障礙，享受性愛的歡愉。服務內容包括教育講座、性生活啟導、性障礙治療及輔導。2021年，本會為140名參加者提供9場「性與親密」教育講座。此外，共21對夫婦參加性生活啟導，95位新就診者因性障礙問題較複雜而接受輔導，臨床諮詢錄得38就診人次。

生育指導服務

生育指導服務為生育有困難的夫婦提供臨床評估、治療，並按需要轉介往專科診所作進一步治理。本會的夫精人工授精服務協助由於男方的輕微因素、或不明原因引致不育的夫婦。2021年的就診人數為1,295。

生育指導服務就診者數目
Number of Subfertility Service Clients

年份 Year	就診者數目 No. of Clients
2017	2,064
2018	1,767
2019	1,676
2020	1,140
2021	1,295

早期懷孕評估診所

早期懷孕評估診所為早期懷孕出現小產跡象或併發症的婦女提供臨床評估。2021年共錄得679就診人次。

客戶服務處

家計會客戶服務處集中處理電話預約及回答服務查詢，2021年錄得89,612宗電話查詢及預約。另有69,124宗查詢接駁至家計會診所服務熱線互動語音系統，熱線員共接聽10,758宗查詢。

Sex Therapy

Sex Therapy is a multi-disciplinary service to help couples overcome sexual problems and enjoy the pleasure of sex. It comprises educational talks, sex coaching, counselling and treatment of sexual dysfunction. In 2021, nine regular educational talks on Sex and Intimacy were delivered reaching 140 participants. 21 couples underwent sex coaching, 95 new clients with more complex sexual dysfunction received counselling, and 38 clinical consultation visits were recorded.

Subfertility Service

Subfertile couples are offered clinical assessment, treatment and referral to specialists for further management if required. Our Artificial Insemination by Husband (AIH) service treats couples with subfertility due to mild male factors or unexplained causes. 1,295 clients were served in 2021.

Early Pregnancy Assessment Clinic

The Early Pregnancy Assessment Clinic provides clinical assessment for women with early pregnancy who experience symptoms of threatened miscarriage or other complications. 679 client visits were recorded in 2021.

Client Service Unit

The Client Service Unit centralizes telephone bookings and service enquiries. In 2021, 89,612 calls were recorded for service enquiries and appointments. Besides, 69,124 calls were connected to the interactive voice response system of the FPA Clinic Services Hotline and 10,758 calls were answered by hotliners.

2021 年醫療服務就診分類
Client Distribution by Type of Services in 2021

服務類別 Service Type	新就診者人數 No. of New Clients	就診者總數 No. of Total Clients	總人次 Total Attendance
節育指導服務 Birth Control Service	20,182	51,279	121,306
終止懷孕 Abortion	-	-	1,742
- 藥物 Medical	-	-	1,708
- 外科 Surgical	-	-	480
外科手術 Operation	-	-	0
- 包皮環切手術 Circumcision	-	-	0
女性保健 Women's Health	7,340	14,604	22,381
- 婦女健康服務 Women's Health Service	7,340	14,604	22,381
- 更年期服務 Menopause Service	333	1,080	1,997
- 子宮頸病診所 Cervical Disease Clinic	263	298	588
男性保健服務 Men's Health Service	1,938	3,452	5,202
青少年保健服務 Youth Health Care Service	9,814	18,057	44,952
婚姻與性成長輔導服務 Marriage & Sex Counselling Services	26	26	80
性與生殖健康輔導服務 Sexual & Reproductive Health Counselling Service	17	17	32
婚前檢查 Pre-marital Check-up	2,539	3,228	6,311
懷孕前檢查 Pre-pregnancy Check-up	3,860	4,560	8,951
性治療 Sex Therapy	42	42	42
- 性生活啟導 Sex Coaching	42	42	42
- 輔導 Counselling	95	97	190
- 治療 Therapy	32	38	38
生育指導服務 Subfertility Service	967	1,295	3,581
早期懷孕評估 Early Pregnancy Assessment	492	540	679
骨骼保健服務 Bone Health Service	-	-	1,142
- 骨質密度檢查 Bone Density Measurement	-	-	1,142
乙型肝炎評估 Hepatitis B Assessment	52	290	581
飲食療法 Dietetic Service	-	-	257
總數 Total	47,992	98,903	222,240