

吞嚥評估及治療服務

Swallowing assessment and treatment

- 吞嚥評估及治療服務一次
One swallowing assessment and treatment services
- 由言語治療師主理
Managed by speech therapists
- 查詢病歷與症狀
Medical history and symptom inquiry
- 以儀器輔助評估吞嚥功能
Instrumental assessment of swallowing function
- 評估病者進食不同濃稠度食物或飲料時的效率及安全性
Evaluate the efficiency and safety assessment for food of varying texture and liquid of different consistencies
- 診斷吞嚥相關問題、訂立治療計劃，並作適時轉介
Diagnosis of swallowing-related conditions, recommendation of intervention regimen, and referral in case of need

言語治療師會根據個人的吞嚥功能及需要建議以下後續治療方案

Speech therapists will recommend intervention regimen based on each individual's needs and ability to swallow



言語治療 Speech therapy

由言語治療師設計個人化及針對性的吞嚥治療，以運動、神經性復康治療、生物回饋治療等令吞嚥功能得以恢復，輔以補償性吞嚥方法令患者重拾進食的能力及樂趣。

Individually-tailored speech therapy regimen led by speech therapists to improve the patient's ability to swallow through exercises, neuro-rehabilitation, biofeedback therapy and other means, supported by compensatory strategies to help patients rediscover both the ability and joy of eating.



營養諮詢 Dietary advisory

由註冊營養師為長者提供營養評估及飲食諮詢，指導照顧者根據長者的需要預備合適的食物。

Providing nutritional assessment and advice on diet to both elders and their carers by registered dietitian.



護士指導 Nurse instruction

由本院老人科專科護士為長者及其照顧者提供個人化的生活及飲食照料建議。

Providing personalised dietary and daily living advices to both elders and their carers by our geriatric nurse.

如療程期間有需要，可轉介至有關的專科醫生，並可按需要付費增加療程次數。

Based on the situation of each individual case, patient may be referred to the relevant specialists, or increase number of treatment sessions with additional fee.



地址 Address :

香港新界沙田澤祥街9號香港中文大學醫院7樓 長者門診
Elderly Clinic, 7/F, CUHK Medical Centre, 9 Chak Cheung Street, Shatin, New Territories, Hong Kong

大學站(東鐵綫) (B出口)

University Station (East Rail Line) (Exit B)

服務時間 Service Hours :

星期一至五: 09:00 - 17:00	Monday to Friday: 9:00AM - 5:00PM
星期六: 09:00 - 13:00	Saturday: 9:00AM - 1:00PM
星期日及公眾假期休息	Closed on Sunday and Public Holidays

查詢及預約 Booking and Enquiries :

個人查詢及預約 Individual enquiry and booking	(852) 6823 8018
團體預約 Group booking	(852) 5213 2232



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香港中文大學醫院
CUHK
Medical Centre

樂食智友計劃 Swallowing Well Programme

- 針對懷疑有吞嚥困難的長者而設
Tailor to the needs of elders with potential swallowing problem
- 老人科專科醫生、言語治療師、註冊營養師及老人科護士主理，協助受吞嚥困難的長者及照顧者

Coordinated by geriatrician, speech therapist, dietitian and geriatric nurse to best support elders and their caregivers

樂食智友計劃

Swallowing Well Programme

為協助有需要的長者及家人，香港中文大學醫院推出「樂食智友計劃」，由老人科專科醫生、言語治療師、註冊營養師及老人科護士協助受吞嚥困難的長者及照顧者正視吞嚥困難及相關的長者健康問題。

The “Swallowing Well Programme” organised by CUHK Medical Centre is coordinated by geriatrician, speech therapist, dietitian and geriatric nurse to best support elders and their caregivers in need to address their swallowing and related geriatric problems.

資助計劃 Subsidy Scheme

本計劃承蒙「何善衡慈善基金」的支持及贊助，經本長者門診醫護團隊評估而符合資格之人士可**免費**接受由言語治療師進行的吞嚥評估及治療一次。(相等於港幣\$1,500的資助)。

With the generous support and donation from **The S.H. Ho Foundation**, eligible clients confirmed by the Elderly Clinic's medical team can receive a **FREE** swallowing assessment and treatment services conducted by our speech therapist (equivalent to a subsidy of HK\$1,500).

樂食智友計劃

Swallowing Well Programme

香港大約每五人就有一人為長者，與年齡老化相關的疾病如認知障礙症、肌少症、帕金森症、中風等皆有機會引致吞嚥困難問題。根據衛生署的資料顯示，在一些中風的長者當中，有二至四成的患者會有不同程度的吞嚥困難。

With 20% of the Hong Kong population being elders, aging-associated conditions such as dementia, sarcopenia, Parkinson's disease, and stroke can cause difficulty in swallowing. Based on data from the Department of Health, around 20% to 40%, of elderly individuals who have had a stroke, encounter varying degrees of swallowing difficulty.



吞嚥困難除了會阻礙食物安全及有效地由口送到胃內，長遠更有礙營養及水份攝取，引致營養不良、體重下降、抵抗力減弱、影響生活質素。一旦食物或液體誤入呼吸道，便有機會併發吸入性肺炎，嚴重時更可致命，因此吞嚥困難為長者的健康帶來威脅，需要盡早處理。

Besides making a safe and efficient transfer of food from mouth to stomach, dysphagia (swallowing difficulty) affects nutritional intake and water absorption, leading to malnutrition, weight loss, weak immunity, and a poorer quality of life. Once food or liquid enters the airway, aspiration pneumonia could be resulted, and which, in severe cases it would lead to fatality. Therefore, dysphagia is a health risk of the elderly which requires early medical attention.

以下為吞嚥困難的常見病徵

Common symptoms of dysphagia are as follows

- 進食或飲水時容易噎咳
Coughing or choking while eating or drinking
- 口部肌肉控制減弱，口中的食物、口水容易流出
Drooling or food spillage due to impaired control of oral muscles
- 嘗試多次吞嚥才可成功吞下食物
Requiring multiple attempts to swallow a mouthful of food
- 進食時食物好像卡在食道上
Food impacted at the throat
- 口腔內有食物殘留，引致口腔異味
Bad odour in the mouth due to food debris in the oral cavity
- 營養不良、體重減輕、身體脫水
Malnutrition, weight loss and dehydration

計劃特色 Programme Features

- 針對懷疑有吞嚥困難的長者而設
Tailor to the needs of elders with potential swallowing problem
- 言語治療師、專科護士、註冊營養師靈活搭配，為有需要長者提供一站式評估及治療服務
The team consists of speech therapists, specialist nurses and registered dietitians for holistic diagnostic and therapeutic support
- 院內跨專科團隊支援，可轉介至老人科、耳鼻喉科等專科跟進
One-stop multi-disciplinary support within CUHK Medical Centre. Referral to our medical specialists i.e. geriatrician and otorhinolaryngologist etc. can be arranged for medical assessment if necessary


計劃內容 Programme Content


本計劃承蒙「何善衡慈善基金」的支持及贊助，經本長者門診醫護團隊評估而符合資格之人士可**免費**接受由言語治療師進行的吞嚥評估及治療一次。(相等於港幣\$1,500的資助)。


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符合資助資格的人士： Eligibility Criteria for Subsidised Services:


 70歲或以上長者
Aged 70 or above

 目前沒有接受任何受資助的言語治療服務
Currently not receiving any subsidised speech therapy service

 已出現不同程度的吞嚥困難
Suffers from symptoms of swallowing problem

 經本長者門診醫護團隊評估符合資格
Eligibility confirmed by the Elderly Clinic's medical team

 如欲了解相關資助的條款及細則，請查閱中大醫院服務網站。
To learn more about the Terms & Conditions of the subsidy scheme, please refer to the service page of CUHKMC.

 未符合資助資格人士也可每次以港幣\$1,500自費接受由言語治療師進行的吞嚥評估及治療服務。
Individuals who do not meet the eligibility criteria for the above subsidy can still opt for the swallowing assessment and treatment services by our speech therapist with a self-payment of HK\$1,500 per session.