



循道衛理楊震社會服務處  
YANG MEMORIAL METHODIST SOCIAL SERVICE

## 研究項目 | Research Project

應用ICF核心集於在社區復康的中風人士及其照顧者

Application of ICF (with Core Set and qualifiers for Stroke)  
for Persons with Stroke and Their Carers in Community Rehabilitation

(備註：ICF為「國際功能、殘疾和健康分類系統」)

Note: ICF stands for International Classification of Functioning, Disability and Health)

## 研究單位 | Research Unit

喜晴計劃家居照顧服務

Kowloon(1) Regional Home Care Service





## 研究對象 | Research Targets

曾中風之服務使用者及其照顧者

Service users with a history of stroke and their carers

## 研究目的/目標 | Research Objectives

- 以實證為本的方式定出「家居照顧服務ICF中風核心集」

To develop the "ICF core set for stroke survivors in Hong Kong's community-based rehabilitation services" through an evidence-based approach

- 提升殘疾人士及其照顧者的生活質素

To enhance the quality of life for persons with disabilities and their carers

- 推動及深化ICF在復康服務的應用

To promote and deepen the application of ICF within rehabilitation services





## 背後理念 | Rationale and Ideology

喜晴計劃服務團隊掌握善用以ICF框架作分析、訂立目標、策劃執行及善用整個復康計劃的優勢。秉承機構「社會服務實驗室」的使命，於2023年起以實證為本的方式進一步研究於家居照顧服務中應用ICF的可能性，開展為期18個月的研究旅程。

世界衛生組織(WHO)以ICF作一個分類架構和匯集了1400多個編碼的系統，並以相應的限定值反映個案的狀況。ICF類目作為一個具有代表性的國際定義原則，在個案會議中能夠減少各成員因專業培訓背景不同，從而造成的理解落差。ICF核心集作為特定健康情況的編碼整合，因著不同文化、服務等因素，所選取的編碼亦會有所不同，因而衍生本土化的專屬核心集(「家居照顧服務ICF中風核心集」)的需要。

The Kowloon (1) Regional Home Care Service team leverages the strengths of the ICF framework for comprehensive analysis, goal setting, and strategic execution of rehabilitation plans. Upholding the organization's mission as a "Social Service Laboratory," the team embarked on an 18-month research journey in 2023 to further explore the evidence-based application of ICF in home care services.

The World Health Organization (WHO) utilizes the ICF as a classification framework, aggregating over 1,400 Categories with corresponding Qualifiers to reflect a case's status. As a representative international standard, ICF categories minimize communication gaps during case conferences caused by differing professional backgrounds.

ICF core set as an integration of categories for specific health conditions, the selection within an ICF Core Set varies based on cultural and service factors, necessitating the development of a localized "ICF core set for stroke survivors in Hong Kong's community-based rehabilitation services" to ensure clinical relevance.





## 內容 | Key Components

### 共同學習：提供培訓 Collaborative Learning: Training Provision

為專業團隊提供有系統的培訓，從理論至實踐，在機構的支持及專家顧問的同行下，讓同事作好準備。

Systematic training from theory to practice was provided to the professional team. Supported by the agency and expert consultants, colleagues were fully equipped for implementation.

### 共同訂立：編訂核心集 Collaborative Formulation: Compiling the Core Set

建基於穩定的跨專業團隊，並以腦卒中綜合版核心集為骨幹，透過德爾斐法篩選得出「家居照顧服務ICF中風核心集」。

Established by a stable multidisciplinary professional team and utilizing the ICF Core Set (Stroke Comprehensive) as a framework, the localized core set was derived through the Delphi Process.





## 內容 | Key Components

### 共同應用：臨床應用 Collaborative Application: Clinical Practice

通過臨床應用驗證其建立個案功能列表、分析個案功能及需要、訂立個別復康目標及計劃、需求成效評估，並檢討其成效。

The effectiveness of the core set was validated through clinical application, encompassing the establishment of functional profiles, analysis of individual needs, formulation of tailored rehabilitation goals, and rigorous outcome evaluation.

### 共同分享：成果分享 Collaborative Sharing: Knowledge Dissemination

研究成果經整合為「《跨越邊界·幸福無限》從研究至實務經驗：ICF核心集應用成果集」，並於2024年9月24日舉行研討會，與社會福利署代表、專家學者及超過300名業界同工共同探討相關臨床實踐經驗，履行「復康人生由自己主導」的宗旨。

Research findings were compiled into the publication "Transcending Boundaries, Infinite Happiness – From Research to Practice: ICF Core Set Application Report". A symposium held on September 24, 2024, brought together representatives from the Social Welfare Department, scholars, and over 300 industry peers to explore clinical practices and future directions, fulfilling the mission of "Self-directed Rehabilitation Life".





## 研究成果與影響 | Research Outcomes and Impact

研究結果不僅呈現專屬核心集能夠反映服務使用者的需要，亦能呈現服務成效。而在成果集及研討會中，服務團隊亦不吝分享多個臨床應用實踐，從中深入探討，積極推廣ICF在業界中的應用。

The research findings demonstrate that the localized Core Set not only accurately reflects the specific needs of service users but also effectively showcases service outcomes. Through the published results collection and the symposium, the service team proactively shared numerous clinical practices, fostering in-depth discussions to advocate for the wider application of the ICF framework within the industry.

因著臨床應用上的成功經驗，服務團隊在發佈會後亦多次獲邀作專業分享，當中包括復康業界學術分享、大專院校及地區不同的持份者等。

Building on the success of these clinical applications, the service team has received multiple invitations following the symposium to provide professional insights. These speaking engagements include academic knowledge exchanges within the rehabilitation sector, as well as presentations for tertiary institutions and various regional stakeholders.





## 持份者及合作伙伴合作模式 | Stakeholder and Partnership Model

為配合跨專業團隊工作及到戶服務性質，喜晴計劃與科技公司聯手，共同開發「ICF電子平台」，讓同工能夠跨越時地限制，記錄及靈活處理重要資料及數據。

透過電子平台，資料亦可更立體及全面呈現服務用者的最新情況，促進團隊及服務使用者掌握復康進度，加強彼此溝通協作，提升服務成效。

團隊其後亦獲邀於「樂齡科技博覽暨高峰會2024」主舞台以「康復服務的專業突破：科技數據與ICF實踐健康生活」為題，分享以資訊科技加強社會服務的實際應用。

To complement interdisciplinary teamwork and the nature of home-based services, the division partnered with a technology company to co-develop the "ICF Electronic Platform". This platform empowers staff to overcome geographical and time constraints, allowing for the flexible recording and management of critical data.

Through this ICF electronic platform, data provides a more multidimensional and comprehensive view of the service users' latest status. This facilitates a better grasp of rehabilitation progress for both the team and the users, strengthening communication and collaboration while enhancing overall service effectiveness.

The team was subsequently invited to the main stage of the "Gerontech and Innovation Expo cum Summit 2024". Under the topic "Professional Breakthroughs in Rehabilitation Services: Practicing Healthy Living through Tech-Data and ICF," they shared practical applications of utilizing information technology to bolster social services.





《「跨越邊界·幸福無限」從研究至實務經驗：ICF核心集應用研討會》吸引近300名包括復康服務同工、地區持份者及服務使用者參與。

The symposium attracted nearly 300 participants, including rehabilitation professionals, community stakeholders, and service users.



展覽環節講解機構復康服務ICF發展及各成人復康服務部門的應用經驗及智慧。

The exhibition session showcased the development of ICF within the agency's rehabilitation services, highlighting the practical application, experience, and insights from various adult rehabilitation departments.





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活動獲時任社會福利署助理署長（康復及醫務社會服務）梁綺莉女士擔任主禮嘉賓。  
Ms. LEUNG Yee Lee, Maggie, the then Assistant Director (Rehabilitation and Medical Social Services) of Social Welfare Department, graced the event as the Officiating Guest.





會服務處 Kowloon (1) Regional Home Care Service  
喜晴計劃—家居照顧服務  
深水埗區晉晴支援服務中心 Sham Shui Po District Support Centre  
牽晴計劃—嚴重肢體傷殘人士綜合支援服務計劃 Integrated Support Service for Persons with Severe Physical Disabilities

《跨越邊界·幸福無限》  
從研究至實務經驗：ICF核心集應用研討會



跨專業服務團隊即場就ICF臨床應用作示範。

The interdisciplinary professional team provides an on-site demonstration of ICF clinical application.



利用ICF核心集收集及分析特定群組服務需要

- 85%編碼有超過50%對象反映出不同程度之功能或活動困難
- 此工具適用於相關類別服務使用者



專屬核心集的大部份編碼能反映服務使用者需要



研究結果顯示透過德爾斐法篩選的專屬核心集能反映服務使用者的需要。

Research findings indicate that the localized Core Set, developed through the Delphi Process, accurately reflects the needs of service users.

跨專業服務團隊以ICF分析個案需要，配合電子平台擬定介入策略。

The interdisciplinary professional team utilizes the ICF framework to analyze case needs and formulates intervention strategies via the electronic platform.





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發佈會台前幕後工作人員大合照。  
A group photo of the dedicated frontline and backstage staff at the symposium.





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發佈會同步推出由復康工作員及治療團隊聯合出版的《Viva人生 與復康工作員實踐愛幸福之旅》。

Launched alongside the symposium, the "Viva Life - Journey of Well-being in rehabilitation" was co-published by the rehabilitation workers and therapists team.



「成果集」記錄由遇上ICF至開啟研究及進深鑽研ICF的旅程和實務經驗。  
The "application report" chronicles the entire journey, from the initial encounter with the ICF framework to the launch of formal research and the subsequent in-depth exploration of practical clinical experiences.



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團隊代表在樂齡科技展中分享跨界別合作的成功經驗，並在展覽中向社會福利署管理層講解ICF電子平台

Team representatives sharing successful experiences of cross-sector collaboration at the Gerontech and Innovation Expo cum Summit and demonstrating the ICF electronic platform to the management of the Social Welfare Department during the exhibition.





團隊代表與社工系學生分享一節ICF於服務中應用的課堂。

Team representatives conducting a sharing session for social work students on the practical application of ICF within social services.





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# 更多資訊 | More Information

## 喜晴計劃家居照顧服務

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