

# 覆診六大護身符

醫管局已全面施行標準藥物名冊，各聯網醫院會根據名冊的指引配藥。為自己的健康著想，閣下覆診時要加倍留意，並緊記以下六大貼士：

- 一 你要清晰覆診前所服食的藥物、其療效和副作用。
- 二 覆診前你要作好準備，例如留意及紀錄自己身體的變化，並在覆診時主動告訴醫生。
- 三 覆診時你應主動詢問醫生，配藥有否轉換。
- 四 如換了藥或減了藥，你應要求醫生：
  - 解釋轉藥或減藥的原因
  - 解釋現時服用或將會服用之藥物不同療效及副作用
  - 給你「病人自購藥物」選擇權及知情權

五行使你作為病人應有的知情權及選擇權

六 假如你被轉換或減藥，應密切留意身體變化，如感不適，應儘快向醫生查詢，要求解釋及治理。

如有疑問，請致電 2304 6371 與病人互助組織聯盟聯絡。

# Health



病人互助組織聯盟成立於1993年，是由數十個不同病類的長期病患者自助組織所組成的聯合體，涵蓋的病類包括腦科疾病、精神科、眼科疾病、呼吸系統疾病、循環系統疾病、風濕科疾病、血液病、免疫系統疾病、消化系統疾病、內分泌系統疾病、泌尿系統疾病、肢體傷殘，以及癌症等等。

我們的宗旨是：

- \* 發揮病友互助精神，彼此激勵；
- \* 促進病友與親友的溝通及互相適應；
- \* 倡導政府和社會大眾對病人的接納及關懷；
- \* 爭取病人合理權益。

網址：[www.apmho.org](http://www.apmho.org)

## The Amulet of Medical Follow-up

Following Hospital Authority's decision to roll out the HA Drug Formulary, cluster hospitals are now implementing the Formulary by phrases. Be a smart and sensible patient and keep the following 6 tips in your amulet.

1. Clearly understand the drug(s) you are taking, its efficacy and side effects.
2. Get prepared yourself to record down any changes of your body before the medical follow-up and tell your doctors about the changes pro-actively.
3. Ask your doctor pro-actively whether the drugs you used to take have been replaced.
4. If the drugs you are taking have been replaced or reduced, find out from your doctor:
  - the reason for replacement/ reduction
  - the differences in efficacy and side effects of existing and new drugs
  - your rights and choices in self-financed drug
5. Exercise your patient rights to know and rights to choose
6. Closely monitor the changes of your body due to the change or reduction of drug dosage. Consult your doctor immediately if you find any adverse effects and request for an explanation and proper treatment.

Please feel free to contact the Alliance for Patients' Mutual Help Organizations at 2304 6371 for any further information and enquiries.



The Alliance for Patients' Mutual Help Organizations is an union formed in 1993 by tens of patients' organization covering various chronic diseases. They include brain diseases, mental illness, ophthalmic diseases, aspiratory diseases, cardiac disease, rheumatism, blood diseases, immune system diseases, digestive system diseases, endocrine diseases, urological disease, physical handicapped and cancers. Our objectives are:

- To amplify the spirit of mutual help and encouragement among patients;
- To promote communication and acceptance among patients, their family members and friends;
- To advocate public and government's awareness and caring to patients;
- To strive for interests and benefits for patients.

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