



香港理工大學護理學院

結合保健診所

本診所是護理研究、教育培訓及結合治理中心。我們的臨床服務循證實踐，結合中西醫護和不同治理方法，為市民提供一站式、多專業的結合治理及保健服務。

精明進食服務

精明進食服務為有紊亂進食行為或進食失調的患者提供全面的健康和飲食評估，使患者及早察覺症狀並接受治療。

我們的服務團隊由資深精神科護士及普通科護士組成，為患者提供個人化的治療服務，幫助患者恢復健康進食模式，減輕進食失調症狀，改善心理健康，重新建立社交，穩定狀況，預防進食失調引致之嚴重併發症並協助個人學習自助策略。



進食失調可以治療，及早開始治療可促進痊癒。本診所提供的治療方法包括：營養治療、健康及體重監察、心理健康教育、心理治療及輔導、自助策略等等。

治療進食失調需要多專業團隊參與及患者家屬的支持。我們的顧問團隊包括榮譽精神科顧問醫生，榮譽臨床心理學家及營養師。若有需要，服務團隊可轉介患者至其他醫療專業人員接受治療。

本診所由大學開辦，結合服務，教學及科研，科研實證為基礎，以確保服務質素及成效。

聯絡我們（服務預約及查詢）

香港九龍紅磡香港理工大學 AG057 室（噴泉廣場旁）

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- ☎ (852) 2334 3114
- ✉ sn.ihc@polyu.edu.hk
- 🌐 <http://sn.polyu.edu.hk/ihc>

辦公時間

星期一至五：上午九時至下午七時
星期六、日及公眾假期：休息



精明進食服務





The Hong Kong Polytechnic University

Integrative Health Clinic, School of Nursing

The Integrative Health Clinic (IHC) is a centre for nursing research, education and health services. We apply conventional nursing concepts, adhere to evidence-based practice, adopt an interdisciplinary approach, and integrate Western and Eastern health care modalities to offer integrative health management and health protection services in one convenient clinic.

Smart Eating Service

Through comprehensive health and dietary assessments, our clinic's Smart Eating Service aims to assist in the early detection and treatment of individuals with disordered eating or eating disorders. Our team of experienced mental and general health nurses provide individuals with a personalized health program to help them to resume healthy eating patterns, alleviate eating disorder symptoms, improve their psychological health, rebuild their social connections, stabilize their condition, prevent the occurrence of serious medical complications, and learn self-help strategies.



Eating disorders are a treatable illness. Treatment should commence as early as possible to promote recovery. The treatments provided in our clinic include dietary management, health and weight monitoring, psychoeducation, psychotherapy, counseling, self-help strategies, and others.

The treatment of eating disorders involves a multidisciplinary team and family support. Our advisory panel includes honorary consultant psychiatrists, honorary clinical psychologists, and dietitians. Our clients can be referred to other relevant health professionals if necessary.

As a university-based clinic, we have integrated teaching and research into our service. Our practice is evidenced-based, which ensures the quality and efficacy of our services.

Contact Us (Enquiry and appointment)

AG057, The Hong Kong Polytechnic University
(located next to Fountain Square), Hung Hom, Kowloon, Hong Kong

- (852) 2766 4638
- (852) 2334 3114
- sn.ihc@polyu.edu.hk
- <http://sn.polyu.edu.hk/ihc>

Office hours

Monday to Friday: 9:00 am - 7:00 pm

Saturday, Sunday & Public Holidays: Closed



Smart Eating Service

