

# New paradigm in managing patients with chronic illness through patient engagement

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Dr SS Ho

Senior Medical Officer

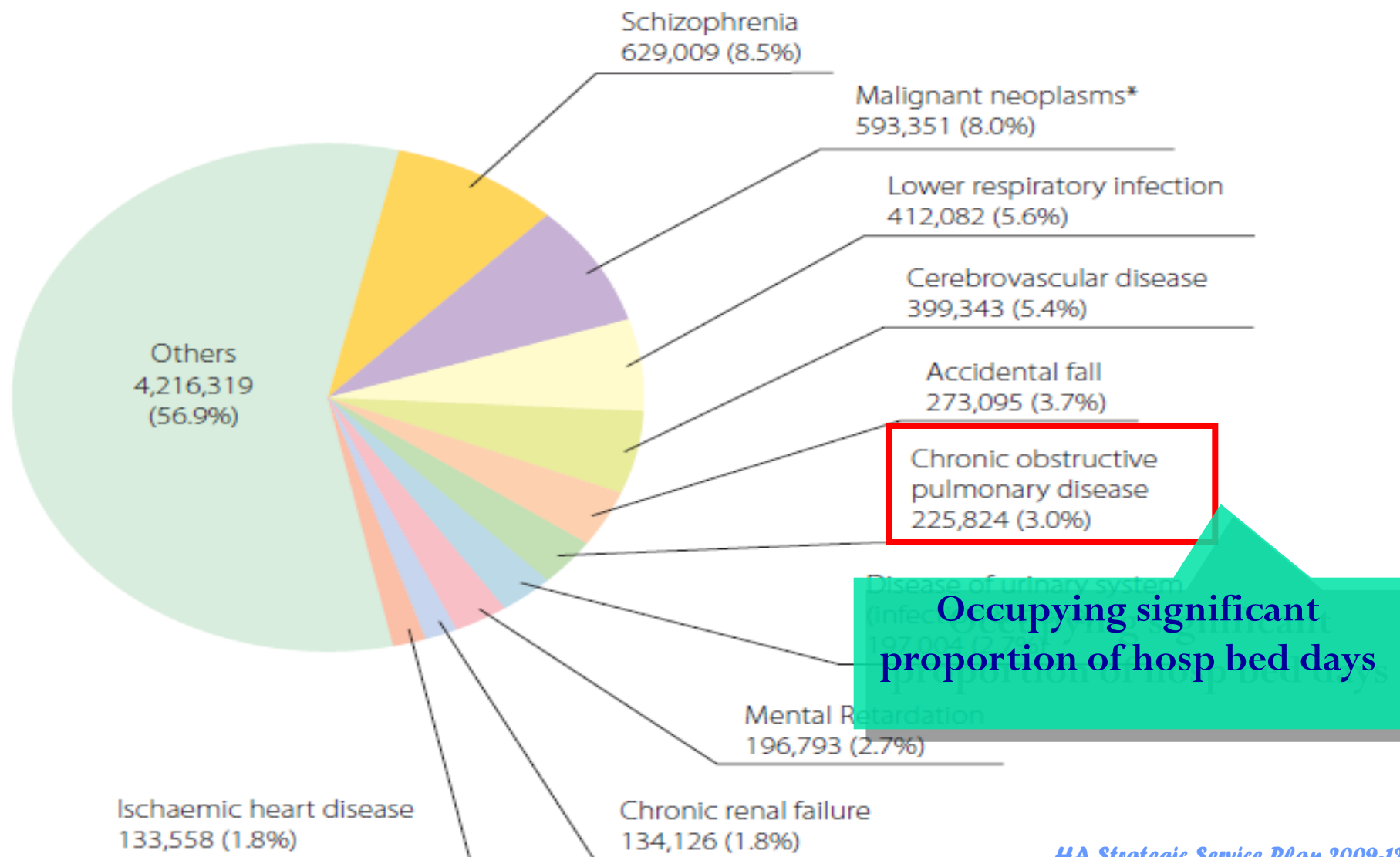
Department of Medicine

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# Disease Burden in HA

## Chronic diseases account for the highest hospital bed utilization

Top 10 conditions with highest bed day consumption in HA (2007)



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**Loss of Vitality**

**Dyspnoea**

**Recurrent  
Chest  
Infections**

**Sputum**

**Fear**

**Helplessness**

**Depression**

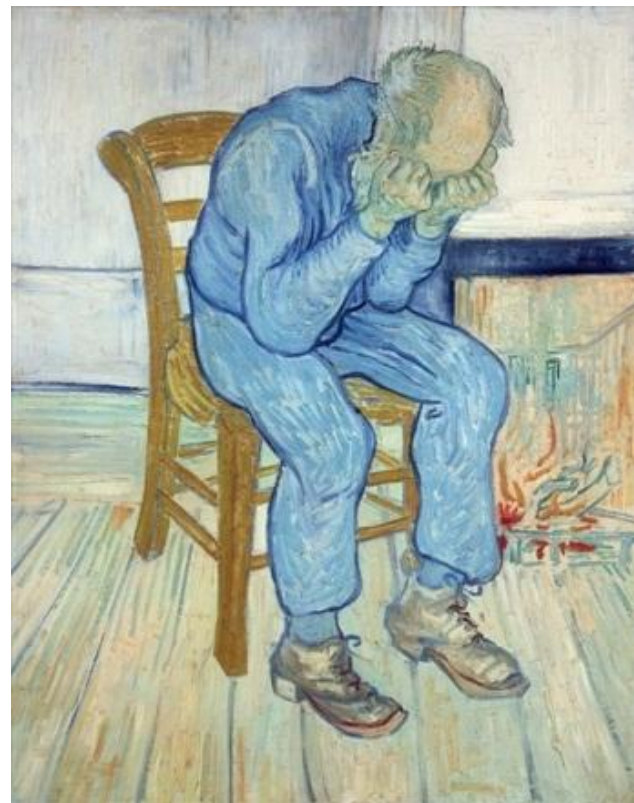
**Cough**

**Immobility**

**Social Isolation**

**Decrease in Fitness**

**Anxiety**





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# Better Breather Club

## Integrated Care Team

**Respiratory  
Physician**

**Respiratory  
Nurse**

**Volunteers/  
NGO**

### Collaborative Self Management

Individualized assessment and strategies  
Resource utilization  
Patient – provider relationships

### Pulmonary Rehabilitation

Exercise training  
Optimizing adherence to adaptive behaviors

### Individual tailored care plan

Treating co-morbidities

### Psychosocial support

Engage carers and family members

**Occupational  
Therapist**

**Physiotherapist**

**Social Worker**

**Community  
Outreach Service  
Team**

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# Better Breather Club

**Total number**

**N = 140**

**Group A**

**N=7**

**Stage 0/1**

**Work as volunteers**

**Group B**

**N=28**

**Stage 1/2**

**Symptomatic but not  
require admission**

**Group C**

**N = 76**

**Frequent admitters  
Stage 2+comorbidites  
Stage 3/4+O2/NIV**

**Group D**

**N=29**

**Staying in China  
Living alone  
Still working  
Dementia**



認識慢性阻塞性肺病



藥物使用和處理



氣喘的控制及呼吸訓練



醫療講座





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『暢氣會』慢性阻塞性肺病病人互助小組揭幕禮





新界東醫院聯網病人關係研討會 - 『醫患樂同行』





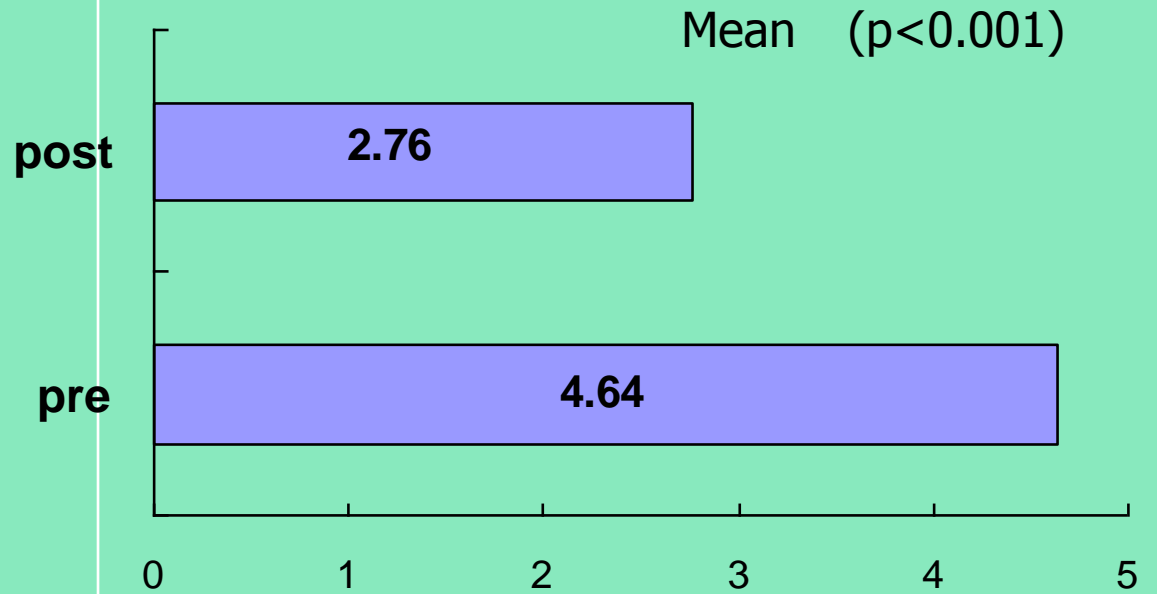
## Group C (n=76)

- Female = 9, Male = 67
- Age, mean = 72 years (49-89)
- Stage III or IV, n = 57 (75%)
- Co-morbidities, n = 70 (93%)
- PRP, n = 49 (64.5%)
- Home O2, n = 27 (35.5%)
- Nocturnal NIV, n = 9 (11.8%)

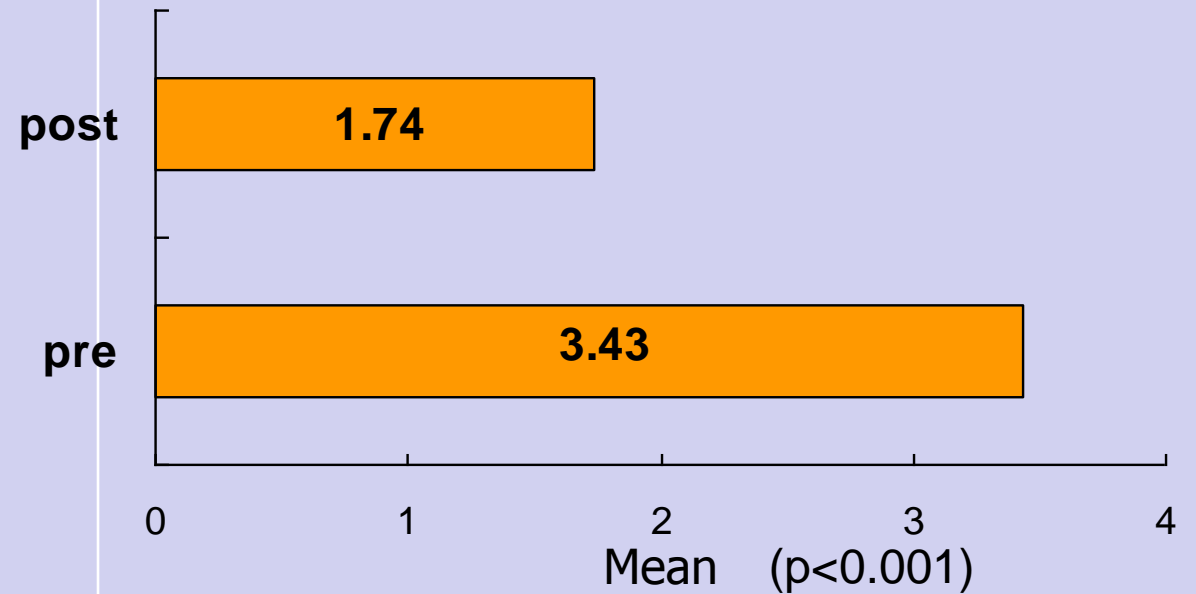
# AED attendance (12 months)

N=56

(1/9/2010-30/8/2011)



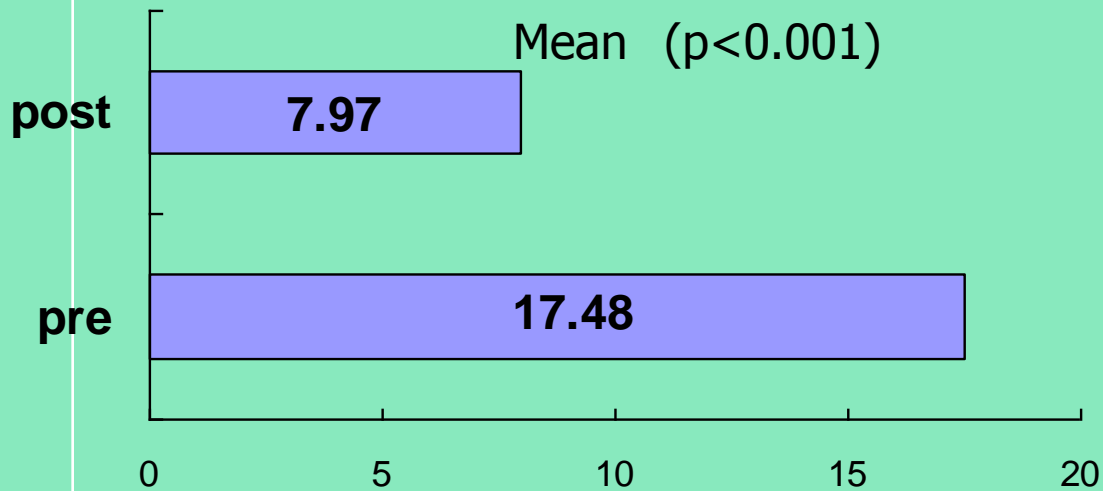
# Acute medical admissions (12 months)



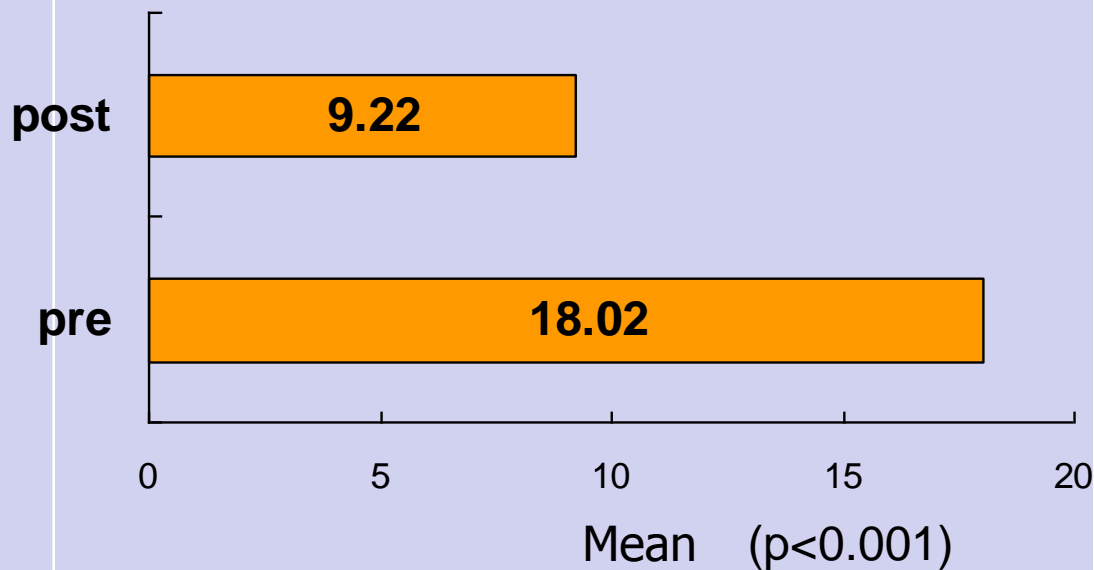
# Acute Medical LOS (days) (12 months)

N=56

(1/9/2010-30/8/2011)



# Convalescent LOS (days) (12 months)



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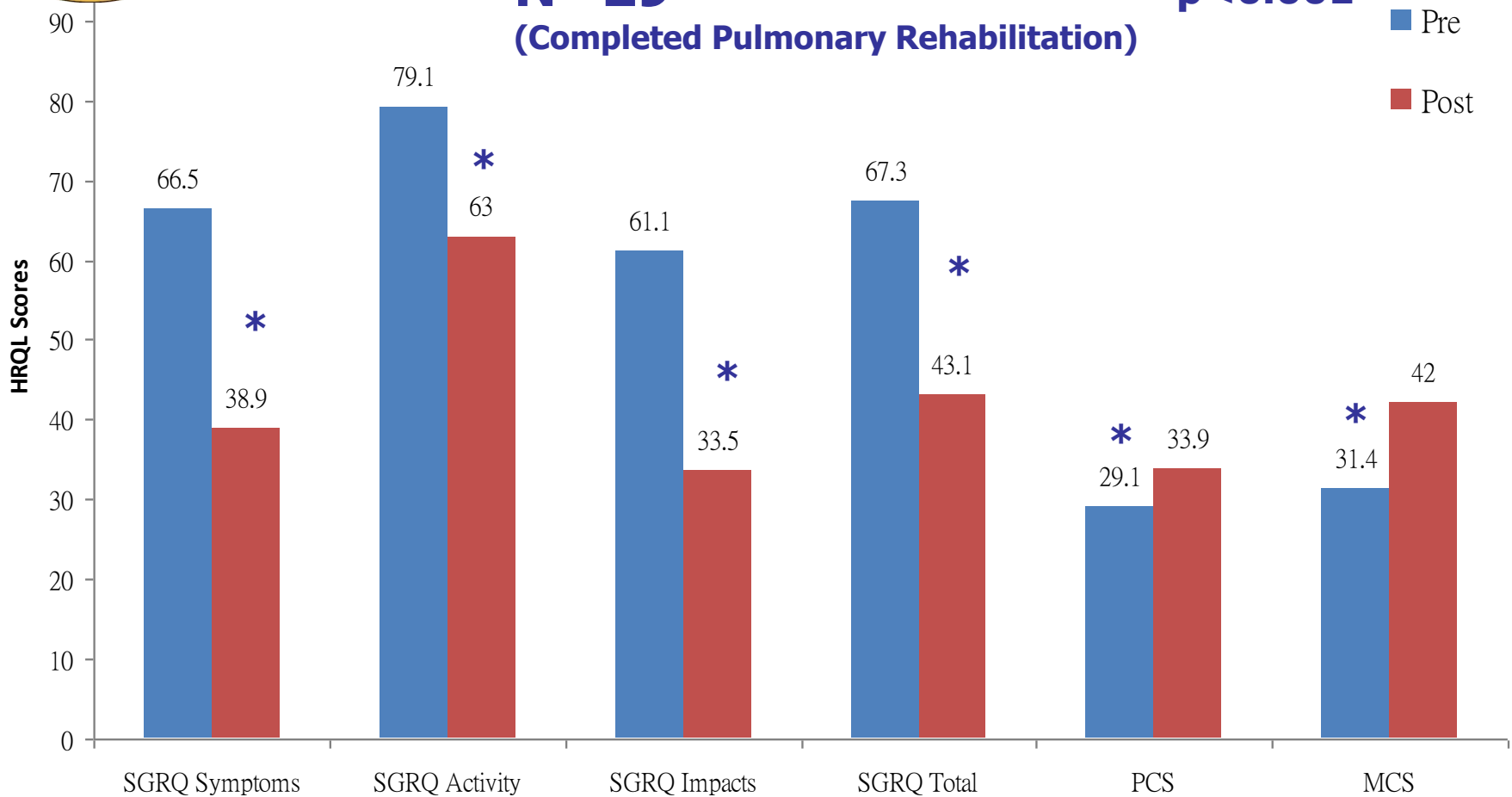


# Quality of Life (SGRQ & SF 12)

**N=29**

**(Completed Pulmonary Rehabilitation)**

**\* p<0.001**

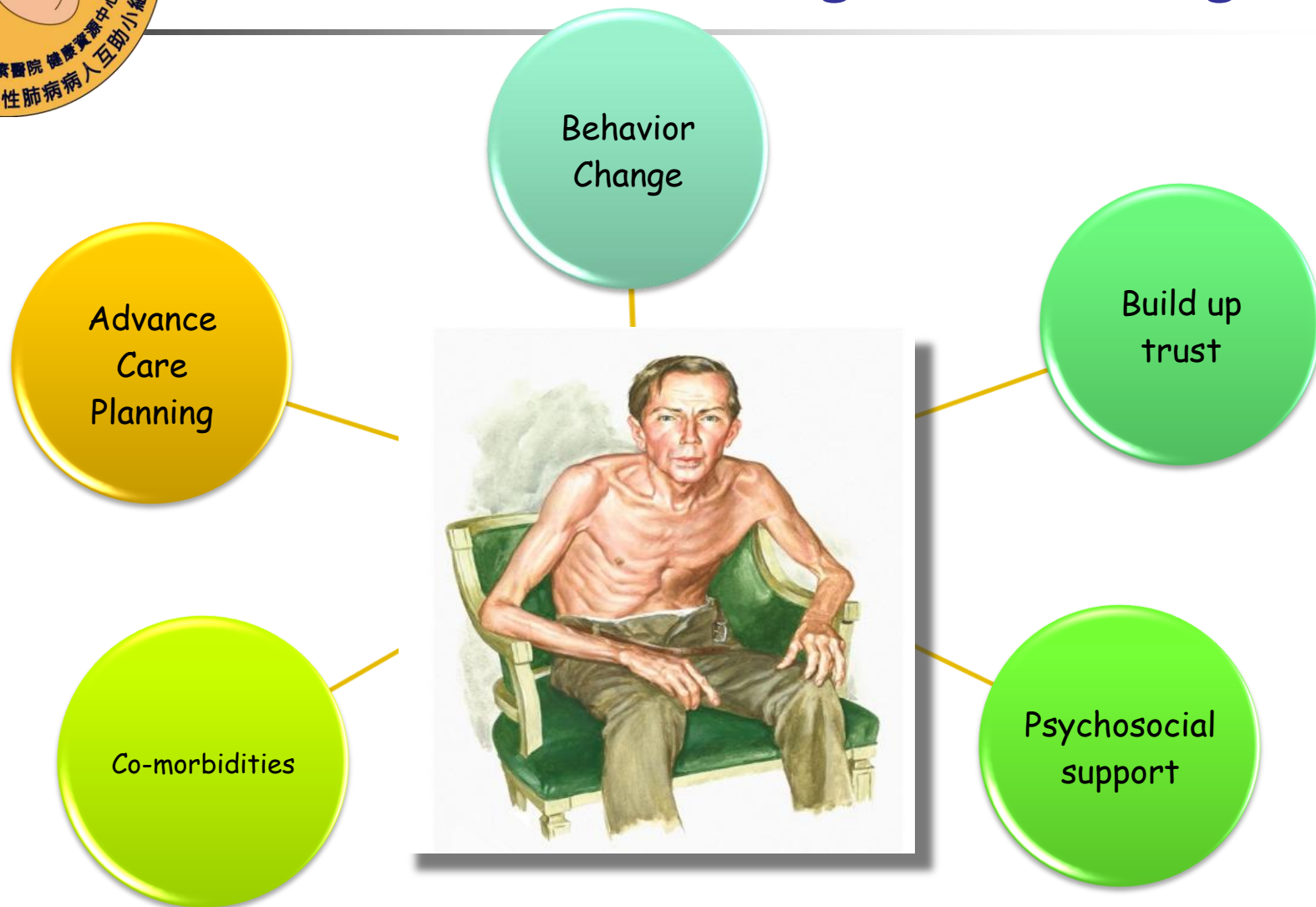


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# “Better Breather Club”

## Collaborative Self Management Strategies





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[https://dl.dropboxusercontent.com/u/31618131/HAC\\_2013\\_V04.mp4](https://dl.dropboxusercontent.com/u/31618131/HAC_2013_V04.mp4)

[https://www.dropbox.com/s/f2tpaavxy5c0hq7/HAC\\_2013\\_V04.wmv](https://www.dropbox.com/s/f2tpaavxy5c0hq7/HAC_2013_V04.wmv)



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