Seamless model of secondary stroke prevention self-empowerment program (SSPP) for transient ischaemic attack (TIA) and minor stroke patients.  
Tam YM(1), Yu CTM(1), Tang SK(1), Lam SWS(2), Wong SKE(2), Lo MYH(2), Wong SW(2), Chen PW(3), Chen CW(3), Hui N(3), Wan SH(3), Chan WYE(4), Lee SPP(4), Chan CKR(1), Cheung KY(1), Ng PW(1)

(1) Department of Medicine and Geriatrics, United Christian Hospital (2) Department of Physiotherapy, United Christian Hospital (3) Department of Occupational Therapy, United Christian Hospital (4) Department of Dietetic, United Christian Hospital

Keywords:
Seamless model  
Secondary Stroke Prevention  
Multidisciplinary Team  
TIA  
Minor Stroke  
Minor Stroke

Introduction
Multidisciplinary management of risk factors through exercise, dietary intervention and medications are crucial for recurrent stroke prevention. However, care transfers in healthcare are often inconsistently executed and frustrating for patients. Seamless care introduces a white glove concierge service that gets patients to where they need. We started service re-engineered to build centralized care coordination and share professional input from neurologist, nurse, physiotherapist, occupational therapist and dietitian. It emphasizes continuity of care through patient’s perspective to enhance their participation and access to early, timely and comprehensive intervention.

Objectives

Methodology
The multi-disciplinary SSPP was re-designed and implemented in October 2013. The target patients were TIA and minor stroke patients who recruited from the Medicine and Geriatric Department and TIA clinic of United Christian Hospital. Patients were
referred to tailor-made intervention according to individual risk stratification. The SSPP consisted of 4-half day sessions plus one post 3 month’s follow-up session. The content included risk factors stratification, health education on dietary and stroke knowledge, recognition of own residual functional deficit, lifestyle modification, Health Qigong, stress management, weight management, structured exercise training and tailor-made home exercise.

**Result**
Total 104 patients completed the programme. Results demonstrated significant improvement in various clinical outcomes: Biochemical markers: •Cholesterol, LDL, TG, HbA1c was reduced (p<0.001) •Systolic blood pressure was reduced (p=0.001) Physical fitness: •Exercise tolerance (6 minutes walk) was improved 5.4% (p=0.04) Life style/behavioural improvement •The International Physical Activity Questionnaire score was significantly increased by 31% (p=0.01) •Mood aspect and quality of life were improved 12% (p<0.001) and 3% (p≤0.05) respectively. In conclusion, this multi-disciplinary SSPP is an effective strategy for risk factor management and lifestyle promotion. Our dedicated coordination team provides comprehensive care delivery that breaks down barriers for patients. In conclusion, SSPP creates a win-win-win situation among the patients, the healthcare professionals and the hospital.