Bridging the gap in geriatric rehabilitation – from in-patient to community.

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Introduction
Owing to the hospital-related inactivity on physical functioning, geriatric patients generally walked slower than the community-dwelling elderly. Great impact encountered to walk safely in the community, especially the traffic light-controlled pedestrian crossings (TLPC).

Objectives
(1) To find out the requisite walking speed for TLPC in Tai Po district (2) To assess the walking speeds of the premorbid active patients in Tai Po hospital, and (3) To evaluate the discrepancy in limitation.

Methodology
A quantitative cross-sectional study was conducted. Eighty-eight sets of TLPC which were essential for the elderly to go market, bus stop, park, restaurant and shopping mall had been selected. The walking speed can be calculated by the measurement of its distance of the pedestrian pathway and duration of the traffic light for pedestrian crossing. On the other hand, forty-four geriatric patients (sixteen male and twenty-eight female with mean age of 78.6 years old) were recruited from general medical ward. Each subject was instructed to walk with his/her comfortable and fast walking speed in a ten-meter pathway.

Result
The safe walking speed to cross the selected TLPC should be more than 0.8 m/s. All patients had statistically significant difference ($p < 0.05$) in their comfortable and fast walking speeds. Eight (18.2%) and nineteen (43.2%) of them can walk faster than 0.8 m/s in their comfortable and fast walking speeds respectively.