Multidisciplinary Collaboration for Better Management of Growing Service Demand in Psychogeriatric Day Hospital

Kong WS(1), Lui SF(1)
(1)Psychogeriatric Day Hospital, Department of Psychiatry, Pamela Youde Nethersole Eastern Hospital

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Introduction
The elderly population in Hong Kong is rising rapidly. Increased concern in mental health of older people results in growing demand of various services. The special behavioural problems (like wandering), cognitive impairment and frequent coexistent mood problems of elderly patients necessitate a separate and specifically designed Psychogeriatric Day Hospital (PGDH) which serves as a bridge between the inpatient and community care. In 2012, the number of new referral to PGDH is 41, it rises to 67 and 95 in 2013 and 2014 respectively. The service demand generated a long waiting queue and waiting time (more than 1 year) for the newly referred patients to PGDH.

Objectives
The objectives of this improvement project are to increase the attendance of PGDH and to shorten the waiting list.

Methodology
With endorsement by Psychogeriatric Team of PYNEH, the service of PGDH was restructured. Daily quota of PGDH had doubled up by phases since November 2012, and Special Day Training (SDT) was introduced to provide fixed-sessions, purposefully designed, and tailor-made programmes for selected patients with similar needs. Four themes of SDT, namely Horticulture Group, Cognitive Behavioural Therapy, Reminiscence Group and Art Workshop were organized by nurses, clinical psychologists, occupational therapists and community partners starting from November 2013.

Result
In 2012, the yearly attendance of PGDH was 5374. It has 33.2% growth (7156 attendance) in 2013, and 46.5% growth (7871 attendance) in 2014. The waiting list of PGDH was cleared. Patients discharged from psychogeriatric wards can be admitted to PGDH immediately after discharge. The improvement project indicates that, with multidisciplinary collaboration and better utilization of psychogeriatric day service, seamless service can be provided. It does not only eliminate the waiting list but also meets the unique needs of psychogeriatric patients.