The neighborhood health care model is effective in keeping a healthy community-- The KCC Community Nursing Centre(Oi Man Estate)
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Introduction
In view of the rapid growth of aging population in Hong Kong especially the elderly who live in some old public housing estates, keeping the elderly suffering from chronic diseases and maintaining them in healthy condition so as to prevent unnecessary hospitalization have been a strategic commitment of Hospital Authority, the KCC Community Nursing Centre, Oi Man Estate (CNC), was established in Nov 2012. This is a nurse-operated center for strengthening primary and secondary health care and self-chronic disease management at a community level. Henceforth, the neighborhood health services are made available for Ho Man Tin district residents since then.

Objectives
1. Keep the district residents healthy by providing health care to their neighbourhood. 2. Enhance chronic disease patients' self-management skills. 3. Train and empower care-givers to care the elderly of the district. 4. Reduce A&E attendance and unnecessary hospital admission.

Methodology
1. Membership- All elderly aged 60 or above in Oi Man Estate and Ho Man Tin district, chronic disease patients discharged from hospital and follow-up HA services, care-givers taking care chronic disease patients, and or patients referred from community partners are eligible. 2. Service for members -A DIY self-monitoring approach for blood pressure, body weight and BMI, equipped with audio-visual aids for health education, reinforcing compliance on chronic disease management. -Regular health screening on Blood Glucose and Cholesterol. -Regular health talks and workshops by community partner e.g. dietitian, DM nurse, Rehab doctor, Occupational Therapist and Psychiatric nurse to promote health awareness. -Nurse Consultation in supporting patients with chronic disease and those discharged from hospital by comprehensive assessment, monitoring and appropriate interventions.
With those consultations, most common health problems were identified with early intervention. It can successfully reduce unnecessary hospital admission.

**Result**

From April 2013 to March 2014, total 23,063 walk-in attendance in CNC that reflected the demand of the service. There were 48.1% reduction on AED attendance after 180 days receiving nurse consultation in CNC. The member Satisfaction Survey Report (April 2014) was conducted and received very positive towards the service of CNC, the overall rating is 95%. It reflected the effectiveness of the CNC on health care promotion and self-help of chronic disease management.