Innovative Occupational Therapy Triage Service for Interdisciplinary Memory Clinic

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Innovative Occupational Therapy Triage Service for Interdisciplinary Memory Clinic in PMH

Objectives:

1. To provide comprehensive assessment on patient’s profiles to facilitate geriatricians for making early diagnosis & formulating appropriate treatment plan.

2. To provide early and tailored OT interventions for patients after stratification with different needs.

3. To collaborate with the interdisciplinary team to promote dementia care.
Total 172 new patients (mean age=79.0±8.75 years) were triaged by OTs in 2016. They were stratified to 4 categories by OTs according to their cognitive functions and functional performance.
Interdisciplinary Memory Clinic (172 cases triaged by OTs)

- Confirmed Diagnoses by Geriatricians (83 cases)
- Prescribed Appropriate Medications by Geriatricians (58 cases)
- Referred to Clinical Psychologists (15 cases)
- Referred to Medical Social Workers (5 cases)
- Attended OT Cognitive Re-assessments (43 cases)
- Attended OT Cognitive Stimulation Groups (9 cases)
- Attended OT Carer Education Groups (45 cases)

Services referred or received after medical consultations.
Results & Conclusion

Cognitive reassessments completed for 43 patients (25%). Significant improvement was shown in HK-MoCA after OT interventions and interdisciplinary team management.

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Pre-test</th>
<th>Post-test</th>
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<tbody>
<tr>
<td>HK-MoCA (mean score) (N=43)</td>
<td>11.05 ± 4.99</td>
<td>12.02 ± 5.75</td>
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<td>P=0.015</td>
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- This triage service provides early assessments which facilitate early diagnosis and interventions.
- It proves that the interdisciplinary Memory Clinic is beneficial for patients with dementia by providing comprehensive treatments which might postpone their deterioration and reduce the cost of dementia care.