A Pilot Multidisciplinary Clinic Targeted COPD Patients in Tsuen Wan and Lantau District GOPC

- COPD: substantial health care burden
  - ~140 COPD patients regularly FU in LT GOPC in 2015

- Difficulty in managing COPD patients in GOPC
  - Co-morbidities
  - time-restrained GOPC
  - lack of spirometric confirmation, severity and exacerbation risk assessment
  - Limited drug choices
A Pilot Multidisciplinary Clinic Targeted COPD Patients in Tsuen Wan and Lantau District GOPC

- Integrated Chronic Disease Clinic (ICDC)
  - multidisciplinary support and increased drug choices
  - running in Lady Trench (LT) GOPC, starting from 6/2016
  - targeted COPD patients who had attendance in Tsuen Wan and Lantau district GOPC

- Objectives: Enhance chronic disease care to COPD patients through multi-disciplinary approach
Patient’s journey in LT ICDC service

Doctor consultation
Patient suspect to have COPD

Nurse
- Spirometry service / +/- puff technique
- Assessment and education

Doctor consultation
- Confirm Diagnosis / medication prescription / vaccination arrangement / Coordination of multidisciplinary team

Physiotherapist
- Breathing and coughing technique, device inhalation technique and physical reconditioning by group education +/- individual follow up

Nurse
- Smoking cessation

Dietitian
- Dietetic advice to underweight / malnourished patients

Pharmacist
- Education of proper drug usage

Doctor consultation
ICDC FU / discharge to GOPC / refer to SOPC
LT ICDC service

- 92 patients seen from 6/2016-1/2017
- Only 9 had spirometry prior to diagnosis of ‘COPD’
- 58 patients were arranged spirometry

- LAMA or ICS/LABA available in LT ICDC
- 35 active smokers, 10 attended smoking cessation service
- 6 patients attended the 2 education group sessions held by physiotherapist
Way forward.....

- Increased drug choices
- Multidisciplinary support
- Comprehensive continuous and holistic care with accurate diagnosis and risks assessment
- Monitoring of symptoms score, vaccination rate, smoking status, exacerbation and admission rate