Review on Memory Clinic and Cognitive Training Program in Ha Kwai Chung GOPC (HKC)

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Objectives:
1. To evaluate the multidisciplinary primary care model of memory clinic including comprehensive cognitive training program
2. To assess patients’ and carers’ satisfaction on the program
3. To review any improvement in their psychosocial function
Methods:

- From 11/2015 to 11/2016, patients with mild cognitive impairment were recruited.
- They on average attended 2 sessions of memory clinic FU + a comprehensive course (at least 16 sessions) of cognitive training class.
- Patients and their carers were invited to indicate their satisfaction on the service using a generic 10-point satisfaction questionnaire.
- Psychosocial function of patients was assessed with WHO-5 Well-Being Index.
Results:

• 25 patients were recruited (64% male; 36% female)
• Mean age was 79.5 (SD=7)
• 100% agreed that memory clinic and cognitive training class were helpful to them
Results:

54% patients showed improvement in WHO-5 Well-Being Index by mean score of 25.1/100 (SD=5.4)

90% patients were happier after the program

81% carers expressed increase in their confidence in caring patients
Conclusion:

- A structured cognitive impairment management program in GOPC setting including collaboration between doctors and occupational therapist was effective.
- It could enhance the psychosocial function, happiness of patients and satisfaction for both patients and carers.
- This program demonstrates the capability of GOPC in managing dementia patients in their early journey and ready to share the SOPC burden to a greater extent if with additional resources.