



Service Priorities and Programmes
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Strengthening elderly self-care management on chronic disease in community, 'One to One Nurse Consultation' in District Elderly Day Centre

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Introduction

As indicated by the District Elderly Day Centre in To Kwa Wan, the insufficient health knowledge of elderly self-care management is serious and demanding in community, especially on chronic disease management, medication management and access to community health resources.

Objectives

To strengthen and encourage elderly self-care management on chronic disease and medication management,
To facilitate the access to community health resources,
To enhance community nurses' participation in community elderly care

Methodology

Individualized and direct 'One- to- One Nurse Consultation' was launched in District Elderly Day Centre in community. (1)District elderly day Centre social workers recruited and identified the social, welfare, health needs of the elderly clients. (2)Community nurses from Kowloon Hospital conducted "One to One Nurse Consultation" which provided health assessment, medication management and access to community health resources. (3)Case conference was held with social worker to review and for social support.

Result

Results

48 targeted elderly clients attended 'One to One Nurse Consultation', who lived in To Kwa Wan district, aged from 67 to 94 years old, their education level was varied from illiterate. The Client Opinion Survey reflected positive feedback on the usefulness of the 'One to One Nurse consultation' by community nurses.

Conclusion

This is a win-win collaboration community-based nursing program, combined with people-centered care. The elderly clients were enabled to build up their self-confidence, and be facilitated to manage their own health and rehabilitation in the community. Moreover, community nurses were enriched and empowered to serve and explore in a new dimension and various perspectives on nursing.