



**Service Priorities and Programmes**  
**Electronic Presentations**

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**A pilot nursing service in Primary Health Care - Integrated Family Medicine Nurse Clinic**

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One stop holistic nursing care

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**Introduction**

As aging population grows, our society is facing an increasing challenge caused by chronic diseases, there is a growing demand of primary health care services in nursing. In FM & PHC, there are different programs providing disease-based approach to tackle patients' problems. Patients might receive services through different programs and that may not easy for them especially in frail elderlies. There was fragmentation of care for high complex cases. A pilot nursing service – Integrated Family Medicine Nurse Clinic was set up in April 2016, it is to fill up the gap of the above situation. Advanced Practice Nurses (APNs) who had received all round skill training are responsible for providing a diverse range of primary care services in coordination with an inter-professional health team.

**Objectives**

1. Provide a one stop holistic nursing care to patient with chronic illness or multi-morbidities and poor control 2. Meet physical and psycho-social needs of high complex patients in collaboration with Family Physicians 3. Enhance continuity, minimize the fragmentation of care 4. Enhance patient's acceptance of diseases and improve self-confidence in controlling of the illnesses.

**Methodology**

Complicated chronic disease patients with multiple co-morbidities who fulfill the intake criteria and under the care of FM & PHC, HKEC are recruited. Case manager (APNs) will assess, plan, implements, coordinates, monitors, and evaluates the options and services required to meet the client's health. It is characterized by advocacy, communication, resource management, promotes quality and cost-effective interventions and outcome.

**Result**

From 1-4-2016 to 30-10-2017, there were 486 patients attended the service, 39% cases closed. Among closed cases: 100% of patients satisfied with the new service and understood their own disease control condition. 89.3% of patients had improved knowledge of the disease/s. 75% of patients had improved diet control. More than 60% of patients had improved HbA1c, drug compliance and physical activities. More than 40% of patients had improved body weight and low-density lipoprotein. Integrated Family Medicine Nurse Clinic is complementary to doctors, it can share out doctors' workload and consultation time. All rounded skill training of nurses can provide a comprehensive assessment to patients and allow them to explore the hidden problems that affect patient's health.