



Service Priorities and Programmes
Electronic Presentations

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Enhanced Patient Management program on Degenerative Knee Disease

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Introduction

Knee Osteoarthritis (OA Knee) is one of the most common OPD cases in our population. It accounted for 8% of our total outpatient referral in 2016/17, and the number of referrals was increased by 89% in the past 3 years. The average waiting time for chronic OA Knee reached 38 weeks. Consequent to the long waiting time, patients may develop joint stiffness and muscle wasting which affect patient daily function.

Objectives

to address patients' needs by establishing a fast-track patient empowerment program for patient with OA knee.

Methodology

Grouped-therapy named as Knee Empowerment Program (KE) is providing. Patients who are diagnosed with OA Knee and will benefit from group exercises therapy are included in the program.

The program is comprised of

1. Education Video on the management of OA Knee and Home Exercises
2. Individual assessment on patients' knee condition.
3. Group exercises demonstration and practice.
4. Individualized treatment
5. Exercises equipment and walking aid prescription.
6. Patient Satisfaction Questionnaire

Result

1. Reduced waiting time.
2. Decreased patient pain
3. Improved knee function.
4. Patient satisfaction From 17/9/2016 to 30/11/2017, 260 OA knee patients were recruited for this program, and 97 of them completed the program. Results showed

that the waiting time for OA knee cases has been reduced. There was an overall objective improvement in patient's knee function. Subjective improvement in patient's knee condition was also found after the program.

Measurement Outcomes:

1. Waiting Time

The waiting time for OA Knee case has been reduced from 38.4 weeks to 21.0 weeks after the program.

The low attendances per headcount for patients enrolled in knee empowerment program (1.65) indicated high effectiveness and efficiency of the program.

2. Pain intensity.

NPRS has been reduced significantly from 4.48 to 3.43 ($p < 0.01$) after the program.

3. Oxford knee score (fig. 2)

OKS has been increased by 2.71 points significantly after the program ($p < 0.01$). It indicated an improvement in the knee function.

4. Patient Satisfaction Questionnaire (fig 3).

260 evaluation forms were collected. Over 98% of patients agreed that the overall condition of their knees, as well as their understandings of the disease of OA knees have been improved. All patients agreed that their confidence in managing their OA knees has been improved. All of them were satisfied with knee empowerment program and agreed that the program should continue to be carried out.