



Service Priorities and Programmes Electronic Presentations

Convention ID: 341

Submitting author: Ms Wing Sze MOK

Post title: Advanced Practice Nurse, UCH, KEC

Enhancement of Community Rehabilitation Program in Renal Unit of United Christian Hospital (UCH)

Mok WS(1), Hui YH(1)(2), Chung QSK(1), Leung SF(1), Lam WO(1), Tam CH(1), Wong SSH(1)

(1)Renal Unit, Department of Medicine and Geriatrics, United Christian Hospital

(2)Nursing Services Division, United Christian Hospital

Keywords:

Community Rehabilitation Program

CRP

renal rehabilitation

Introduction

UCH Renal Unit is the pioneer to implement Community Rehabilitation Program (CRP) for renal patients in Hong Kong. The program has been implementing since 1999.

Patients were divided into six community exercise groups to practise Tai Chi and Ba Duan Jin 2-3 sessions per week. Cheng et al (2003) stated that regular exercise was important for multiple comorbidities renal patients, which had health benefits from increased functional capacity to reduced risk for cardiac disease. In addition, patients were also benefit from alleviating depression and anxiety. In recent years, the numbers of participants gradually dropped down and only two groups remained due to multiple factors. Therefore, a series of actions were taken to enhance the sustainability of the program since November of 2014.

Objectives

Enhance the sustainability of CRP in order to optimize patient's health.

Methodology

Actions for enhancement: a) CRP promotion CRP was encouraged to all Renal Replacement Therapy (RRT) patients via rehabilitation exercise pamphlet and poster which emphasize the advantages of exercise. A seminar was organized to all newly joined nurses to strengthen their concept of renal rehabilitation. b) Set up CRP team CRP team was set up that include doctors and nurses. There are 14 voluntary team members to run the program. They organized exercise sites near patients' residential district. The volunteers visit individual groups every 3-4 weeks to support the patients. c) Invite exercise tutor A volunteer Tai Chi master was invited to hold Tai Chi class weekly for the program. Two patients were selected as group leaders to coordinate all events and communicate with team members. d) Patient recruitment The team members invited eligible renal patients by phone according to patient's residential area and led them to the sites to join the program. Patients with impaired mobility were excluded. d) Develop new CRP sites Two exercise groups were newly developed in 2015 and 2017.

Result

Result: Before the enhancement, two groups remained; five community exercise groups are in active with two exercise sessions per week now. Number of patients in the program is increasing from 16 to 63. A Patient Satisfaction Survey was done. The result showed that 98% (n=63) of the patients were satisfied with the program, 98% of the patients would recommend CRP to others. 97% of the patient's social circle was enlarged and 97% of the patients claimed their subjective physical condition improved. Conclusion: The program was enhanced successfully with the effort of voluntary team to achieve good patient outcome. Further promotion to both nurses and patients are crucial to enhance the sustainability of the program. Reference: Cheng Y.Y., Wong Y.F., Chu Y.C., Lam W.O., Ho Y.W.(2003). Rehabilitating a Dialysis Patient. *Peritoneal Dialysis International*. 23(S2):S81–S83