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Enhancement of Community Rehabilitation Program in Renal Unit of United Christian Hospital (UCH)  
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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.  
e) 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
Dialysis International. 23(S2):S81–S83