



Service Priorities and Programmes
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Driver Rehabilitation in Kowloon Hospital and Community Rehabilitation Service Support Centre

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Introduction

Driver rehabilitation is a type of rehabilitation that helps individuals with disabilities or aging to achieve safe driving. It may be beneficial whenever a medical condition causes limited function. These medical conditions may be neurological, orthopedic, cardiovascular, respiratory, developmental, or may be the result of age-related changes in function. Identifying 'at risk' drivers and determining fitness to drive following illness or injury is essential for community safety.

The driver rehabilitation begins with a clinical assessment of medical conditions at Driver Rehab Clinic in Kowloon Hospital (KH). Off road assessment including visual, visual-perceptual, cognitive and physical skills that are necessary for driving is done in Community Rehabilitation Service Support Centre (CRSSC). If the individual meets the criteria, an on-road assessment will be conducted in CRSSC.

Objectives

To review the service of driver rehabilitation in enabling individuals to attain low-risk, independent mobility in the community.

Methodology

A retrospective review was performed on patients finishing driver rehabilitation for the period May 2016 to December 2017.

Result

A total of 210 patients received our driver assessment and rehabilitation service, 2 patients were excluded because they defaulted follow-up. The mean age of the 208 patients was 47 years old. 79.5% were male and 20.5% were female. 56.3% of the referral source to CRSSC is from hospitals under Hospital Authority while 37.5% is from Transport Department (TD), Hong Kong Fire Services Department and Hong Kong Police Force. The remaining 6.2% is from private sector.

In the Driver Rehab Clinic in KH, patients with various medical conditions were being assessed for medical fitness to drive and concession (Disabled Person's Parking Permit, DPPP) application with consideration of the off road assessment report provided by CRSSC. These conditions are mainly physical disabilities and neurological condition, which is 49.5% and 49% respectively. Other concomitant

conditions are psychiatric illness (12.7%), diabetes mellitus (11%), cardiovascular disease (10%), obstructive sleep apnea (3.8%) and epilepsy (1.4%). For the purpose of attendance, 89.4% of the patients attended for medical assessment while 10.6% attended for concession application. Among those for medical assessment, 67% of them also applied for concession. After reviewing and assessing the medical conditions, 94% of the patients were medically fit for further driver assessment. And 89.2% met the criteria for concession application. 8.7% of the patients needed follow up for further investigations and assessments.

After assessment in Driver Rehab clinic, in-vehicle or on-road assessments would be arranged in CRSSC if criteria met. Total 25.4% of the patients required driving adaptation with advice and training given in CRSSC. After thorough health and functional assessments, recommendations would be given to Transport Department for decision on license and DPPP approval.

In conclusion, undergoing medical assessment in driver rehabilitation, 94% of the clients could proceed for driving assessment and license application. This could ensure the safety of the drivers and community.