



Service Priorities and Programmes
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Submitting author: Miss Jasmine IP

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Knowledge Enhancement Workshops on Gum-based Thickener for nurses and supporting staff in NTWC

Ip KM, Ho NS, Ling CK, Lee HK, Tang NY, Lam MK

The Department of Speech Therapy, NTWC

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Introduction

Liquid thickening is commonly adopted strategy to reduce aspiration risk in dysphagia management with evidence illustrated in extensive researches. Traditional starch-based thickener is limited by starchy taste and unstable viscosity. New gum-based thickener with better mouthfeel and stability of viscosity provides an alternative to patients with dysphagia and possibly improve patients' compliance to thickened liquid. As these two types of thickener differ by intrinsic rheological properties and preparation procedures, differentiation between the starch-based and gum-based thickener is necessary for frontline medical staff to ensure appropriate use of thickener and patients' swallowing safety upon the introduction of new gum-based thickener.

Objectives

To equip the frontline nurses and supporting staff with the knowledge of differentiating between starch-based and gum-based thickener.

Methodology

Eight sessions of knowledge enhancement workshops on gum-based thickener had been launched in Tuen Mun Hospital in October, 2017. Frontline nurses, health care assistants (HCAs) and patient care assistants (PCAs) in NTWC were recruited into the workshops. Test on thickener knowledge were completed by participants before and after the workshop for statistical data analysis. Satisfaction surveys were collected post workshop.

Result

In total, 532 participants from five hospitals in NTWC had attended the workshop. 40% and 60% of participants were nurses and HCAs/PCAs respectively. 372 participants were assessed by the test on thickener knowledge before and post workshop. Both nurse group and HCAs/PCAs group achieved improved mean test score post workshop. Within subject improvement was statistically significant for both nurses

($p \leq .01$) and HCAs/PCAs ($p \leq .01$) in paired sample t test. Over 95% of participants showed high satisfaction on the content and arrangement of workshop in the satisfaction survey.