



Service Priorities and Programmes
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Submitting author: Miss Lena SO

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An audit of Occupational Therapy Fall Prevention Program in GDH

So, YNL (1), Li, WW (1), Lo, TK(1), Chui, PF(1), Chan, HY (1), Chan, HY(2), So, CT (1), Cheng, S (1)

(1) Occupational Therapy Department, Princess Margaret Hospital. (2) Occupational Therapy Department, North Lantau Hospital.

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Introduction

Occupational Therapy fall prevention educational talk in Geriatric Day Hospital (GDH) was commenced in 2011 for patients who had recurrent falls or were diagnosed with hip fracture. Since 2014, patients who were daytime alone and had high fall risk were also included. In early 2017, content was further enhanced with review and patients' feedbacks. An audit was done to evaluate this 6-session weekly program for the period between March to August, 2017.

Objectives

To improve fall efficacy and independency in ADL. To increase carer's competency in managing after fall procedures. To prevent fall or reduce recurrent fall.

Methodology

1. Fall prevention education talk 2. Demonstration of after fall management skills and practical session. 3. Introduction of fall preventive aids 4. Health qigong BaDuanJin class.

Result

1. Improve functional balance and activity tolerance in ADL and IADL tasks 2. Improve knowledge in fall preventive aids 3. Improve fall prevention skills and knowledge of patient and care giver 1. Fall Efficacy Scale (FES) 2. Modified Barthel Index (MBI) 43 participants were recruited. Improvement was shown in ADL independency. Fall efficacy was subjectively improved, despite not statistically significant.