



Service Priorities and Programmes Electronic Presentations

Convention ID: 590

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Pre-discharge Caregiver Support Program

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Keywords:

Dysphagia
Pre-discharge program
Caregiver training
Home care
Swallowing safety

Introduction

Safe Swallow Program of NTWC promotes and facilitates swallowing safety of dysphagia patients in different settings. It develops and expands phase by phase. Phase 1-3 addressed the needs of outpatients, inpatients and discharged patients under residential home care. Phase 4 aims to fill the last gap of service, to support and equip caregivers of discharged patients receiving home care.

Objectives

1. To address feeding safety of patients with dysphagia under home care
2. To support and equip caregivers with essential knowledge, skills of feeding and diet management before patient's discharge

Methodology

Dysphagia patients who were newly prescribed with modified diet in ward and planned to discharge with home care would be recruited to this program. Caregivers would be invited for a face-to-face interview before patient's discharge. An evaluation questionnaire would be given to the caregiver after each interview session. Results of the questionnaire would be analyzed.

Result

From March to Oct 2016, 93 patients (39F, 54M) were recruited to the program, aged from 24-107. 89.2% (83/93) of the caregivers received a face-to-face interview. For those who could not attend a face-to-face interview, a telephone contact was arranged instead. 63 questionnaires were distributed & received; with 100% response rate (some of the caregivers could read neither Chinese nor English).

Result of the questionnaire in a 1-6 rating scale (1=very disagree, 6=very agree) revealed that over 90% of the respondents rated 5 or 6, expressing 1) the interview could help them to understand patient's swallowing performance, 2) the interview was useful in equipping them with appropriate feeding skills and diet management knowledge and 3) the information sheet and skill demonstration were clear and useful to them.