



Service Priorities and Programmes
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The effectiveness of the pioneer skill transfer programme - "Stimulative Therapy for Elderly with Dementia" Program (STEP) to care providers by using Cognitive Stimulation Therapy (CST) on caring for the elderly with mild to moderate dementia in the commu

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Introduction

"Stimulative Therapy for Elderly with Dementia" Program (STEP) is a pioneer skill transfer program introduced to the community by Psychogeriatric Team (PGT) of Kwai Chung Hospital (KCH) in 2017. It collaborates with community partners through by using evidenced based intervention (EBI). It applies with the principle of person-centre care and empowers care providers to provide EBI for elderly in community. It is also acting as a bridge to collaborate with the service providers in providing stepped-down care and reducing the waiting time for the Hospital Authority's specialist services for better manage growing demands.

Objectives

To enhancing collaboration among service providers and empowering care providers to provide EBI for elderly with dementia in Residential Care Homes for Elderly (RCHEs).

Methodology

STEP was launched by the PGT of KCH in October, 2017. It's a nurse-led pilot program focusing on skill transfer through collaborating and empowering care providers to provide EBI for elderly with mild to moderate dementia. Cognitive Stimulation Therapy (CST) is the pilot EBI used in the program. The program involved skills transferring, demonstrating and coaching to the care provider. 34 elderlies with dementia were recruited from Day Care Centre (DCC) of KCH and four RCHEs. It collaborated with nurses, social workers and other allied health care workers respectively. 14 sessions of CST were provided. The cognitive level, depressive symptoms, quality of life (QOL) of elderly and the evaluation of the care providers were measured by the Montreal Cognitive Assessment Hong Kong Version

(HK-MoCA), Geriatric Depression Scale (GDS) and World Health Organization Quality of Life Questionnaire(WHOQOL-BREF) and evaluation survey respectively.

Result

34 elderlies with dementia from DCC and four RCHEs were recruited. In the day of abstract submission, 16 elderlies completed the program and the data were analyzed using the Statistical Package for Social Sciences (SPSS). The difference between the pre-and post-treatment scores were compared using the paired sample T-test. The difference between the mean scores of HK-MoCA, GDS, WHOQOL-BREF (Psychological domain and Social relationships domain) were statistically significant ($P<0.05$). It can be concluded that STEP program was associated with improved cognition, depressive symptoms and QOL. The care providers replied with positive feedback from the evaluation sheet.