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The Cognitive Program in Primary Care Setting: the preliminary outcomes

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Introduction

Early assessment and intervention for cases with cognitive problem are essential especially there is increasing prevalence of dementia in the aging population. From 2017, a new Memory Clinic (MC) was set up in West Kowloon General Out-patient Clinic (WKGOPC) aiming at identifying reversible risk factors and providing early pharmacological treatment. Occupational therapist (OT) provided early cognitive screening and triaged patients with cognitive disorder to MC. Early cognitive intervention with multi-domain training was conducted by OT, which covered cognitive, functional, social, home safety and brain health aspects. Empowerment talk for caregivers and patients were conducted by doctor and OT.

Objectives

To evaluate the preliminary outcomes of the new Memory Clinic and OT cognitive program
To assess satisfaction on the Memory Clinic, multi-domain group and empowerment talk.

Methodology

Montreal Cognitive Assessment Hong Kong version (HK-MoCA), WHO-5 Well-being Index and satisfaction questionnaire were applied for outcome measures with paired t-test.

Result

During Jan2017-Jan2018, 346 patients received OT cognitive assessment. Their mean age was 75 (SD=11); 61%of them are female. Their mean HK-MoCA score was 16 (SD=7) and 66% of them were at or below cutoff score of 16th percentile. According to selection criteria, 24% of them were triaged to MC. Among those recruited patients, 83% of them had early blood test arranged, 35% were prescribed with Aricept and 43%of them had CT brain arranged. The waiting time for those services were significantly shortened by at least ten months in comparison to current waiting time of SOPD(M&G). 23 cases from Memory Clinic were re-assessed after one year. Their mean HKMoCA score significantly improved from 15/30 (SD=6.2) to

17/30 (SD=5.8)($p < 0.05$), WHO-5 Well-being Index improved from 67/100 (SD=9) to 79/100 (SD=13)($p < 0.05$). All patients and caregivers showed satisfaction with the cognitive programs and Memory Clinic services. There were 289 patient attendances in multi-domain cognitive groups. Patients' feedback found the training were helpful in knowing more memory strategy (8/10,SD=2.1); enhancing confidence in memory (8/10,SD=2.0) and reducing stress in relation to memory problem (8/10,SD=2.1). 162 patients and caregivers attended the empowerment talks. All of them showed satisfaction with the group content (5/6,SD=0.9) and 97% were keen to invite others for the talk.

Conclusions:

The preliminary outcomes of the cognitive program with early screening, intervention and empowerment were promising and enhanced satisfaction for patients and caregivers. Continued evaluation of the program effectiveness will be explored.