



將軍澳醫院
Tseung Kwan O Hospital



醫院管理局
HOSPITAL
AUTHORITY

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Breast Cancer Surgery Rehabilitation Liaison in Tseung Kwan O Hospital

Our Goals

For people working in hospital, happiness comes from:
job satisfaction,
peer group support,
and a good working environment.

In TKOH, Breast Cancer Surgery Rehabilitation Liaison Group was established in July 2009. Staffs from medical, paramedical and nursing groups come together aiming to coordinate and smoothen the service of post-operative rehabilitation for breast cancer patients.

Our Clients

The incidence of Breast Cancer is increasing in younger age group particularly in better educated females.
The median age of the population of Sai Kung region is 36 (1) which is the youngest in Hong Kong.
This age group constitutes a major part of our labour force.
As urbanization proceeds, there is a trend for this group of population to grow in the next few decades.

Our Service

To serve our patients better, the following areas are improved:

(1): Enhanced efficiency:

Early biopsy: Waiting time for needle biopsy: 7.2 days. (i.e. previously 3 months)

Early result: Come back for the result in one week.

Early rehabilitation: If malignancy is confirmed, they will be seen by our breast nurse and physiotherapist on that day.

(2): Good personal relationship:

Same breast nurse, physiotherapist and surgeon will look after the patient during the treatment i.e. hospital stay, phone assessment after early discharge, follow up visit in breast clinic, post-op rehabilitation physiotherapy etc.

It is easy to build up a trust to our team.

(3): Early discharge with drains:

Supported by: adequate patient education in the ward, regular telephone enquiry, wound care hotline, and early follow up, young patients (average age 47) are discharged home early with drains;

5 patients with modified radical mastectomy;

2 with breast conservative treatment.

Average length of stay is 3.3 days. (i.e. used to be over 1 week after all drains off)

It can help to utilize our beds efficiently.

(4): Tailor made physiotherapy:

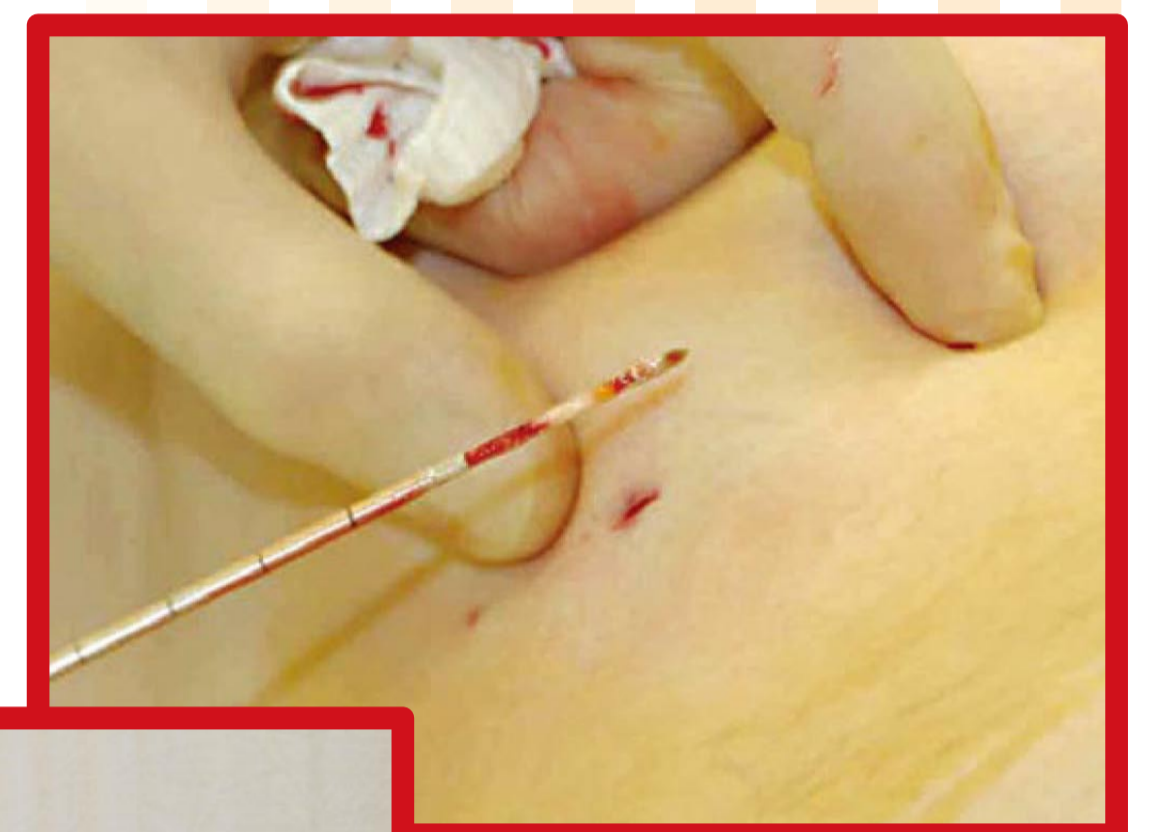
Started when the diagnosis is made, (patients are assessed and educated before surgery);

Staged physiotherapy after surgery to minimize lymphoedema while shoulder stiffness is watched out.

(5): Effective one stop service:

Post-operative physiotherapy, surgical and breast nurse follow up are arranged in the same afternoon.

Joint clinic of different specialties for better coordination of management.



Our Investment

One session of ambulatory surgical centre weekly for needle biopsy of breast and thyroid nodules which involves a surgeon and a nurse.
One outpatient session is run weekly for our Breast Clinic. Staff involved includes one surgeon, one breast nurse, one physiotherapist.
Furthermore, our breast nurse devotes extra time for telenursing service.

Our Reward

Post-operative complications such as shoulder stiffness, lymphoedema and pain decreased. i.e. no report of seroma or significant shoulder stiffness so far.
For patients who are discharged early, there is no wound complication.
Patients can achieve good range of shoulder movement within 4 to 6 weeks after surgery.
Questionnaire survey is conducted in our Breast Clinic. Patients are satisfied with the waiting time, arrangement and staff of rehabilitation team.
Patients' satisfaction and rapport is the most essential source of our happiness. It also provides constant drive for us to continue.

Plan of Development

Empowering patient with knowledge, skill and responsibility to help others, i.e. forming patients' group.

It is also beneficial to themselves in long run.

Reference:

(1) The Census and Statistics Department Hong Kong Page 6 Hong Kong Monthly Digest of Statistics June 2008

