

# Pilot Project on Enhancing Patient / Carer Empowerment The HKWC Wah Fu Community Centre

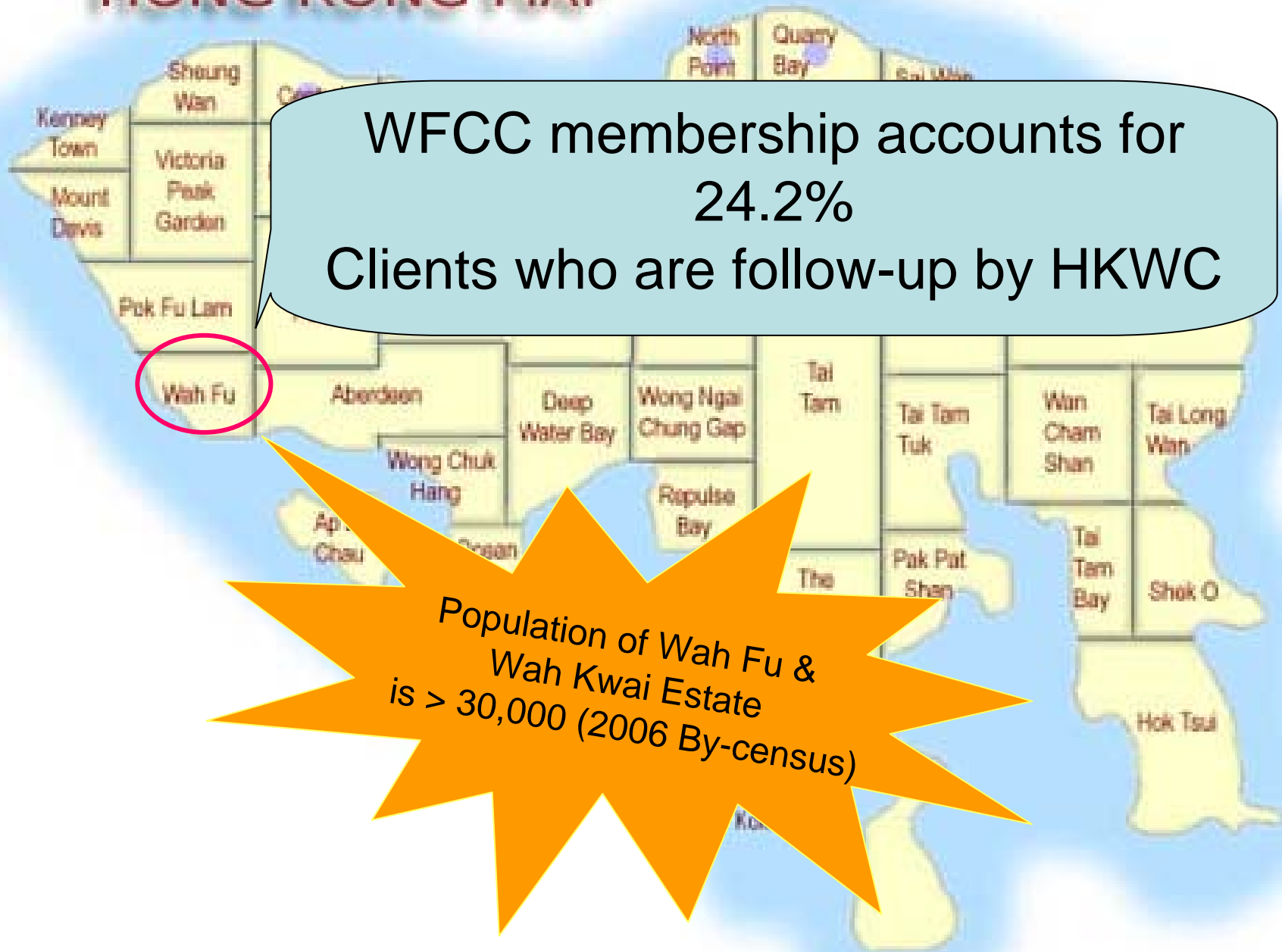
港島西醫院聯網 華富社康中心

Presented by Ms. Do Tsui Ling

APN CNS HKWC & Centre-in-charge WFCC



# HONG KONG MAP



WFCC membership accounts for  
24.2%  
Clients who are follow-up by HKWC

Population of Wah Fu &  
Wah Kwai Estate  
is > 30,000 (2006 By-census)

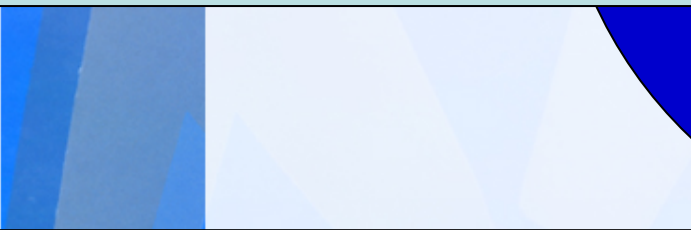
# Objectives



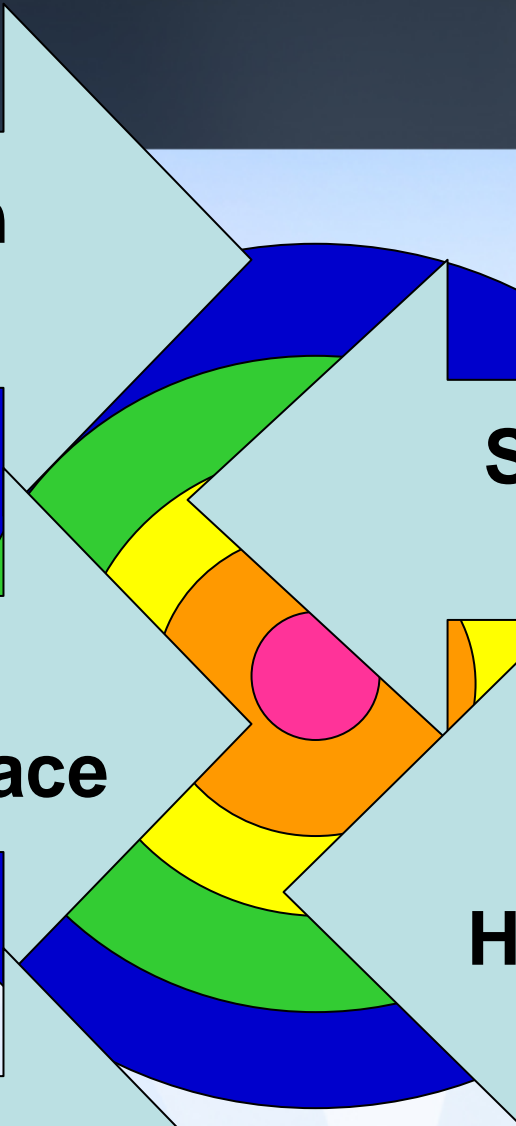
**Continuous FU on Health Risks**



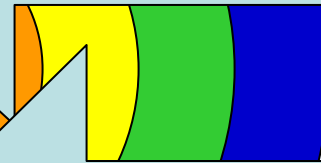
**Platform for Public Private Interface**



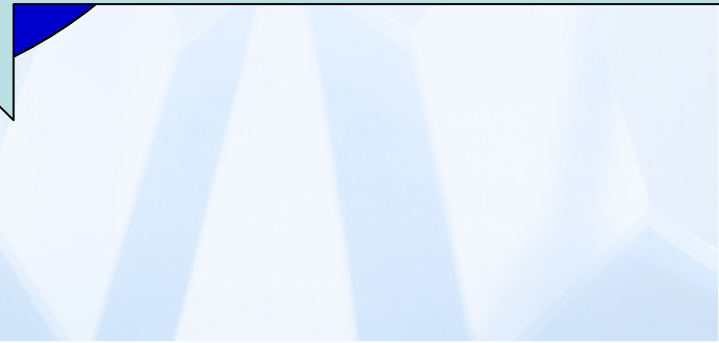
**Gate – keeping for Health Services**



**Self Awareness of Own Health**



**Individualized Health Assessment**



# Establishment of WFCC



Opening Ceremony

8/12/2009

Task Group Formed

22/9/2009

Working Group Formed

2/9/2009

Community Services

Steering Committee

8/1/2009



Meeting with GP

3/12/2009

2<sup>nd</sup> Open Forum

25/11/2009

Introduction of  
WFCC to NGO

3/9/2009

1<sup>st</sup> Meeting with  
Housing Authority

18/6/2009

1<sup>st</sup> Open Forum

24/2/2009

# 1st Open Forum with Community Partners



**24th Feb. 2009**



# 2nd Open Forum with Community Partners



**25th Nov. 2009**





# Opening Ceremony on 8th Dec. 2009



西區醫院  
HOSPITAL  
AT CHOLET

港島西醫院聯網 華富社康中心

Hong Kong West Cluster Wah Fu Community Centre



# Long Term Strategy



## EMPOWERMENT

- **Imparting knowledge and skills**
- **Establishing of self health goals**
- **Enhancing participation and decision**
- **Establishing health action plan**
- **Promoting self–evaluation of health outcome**



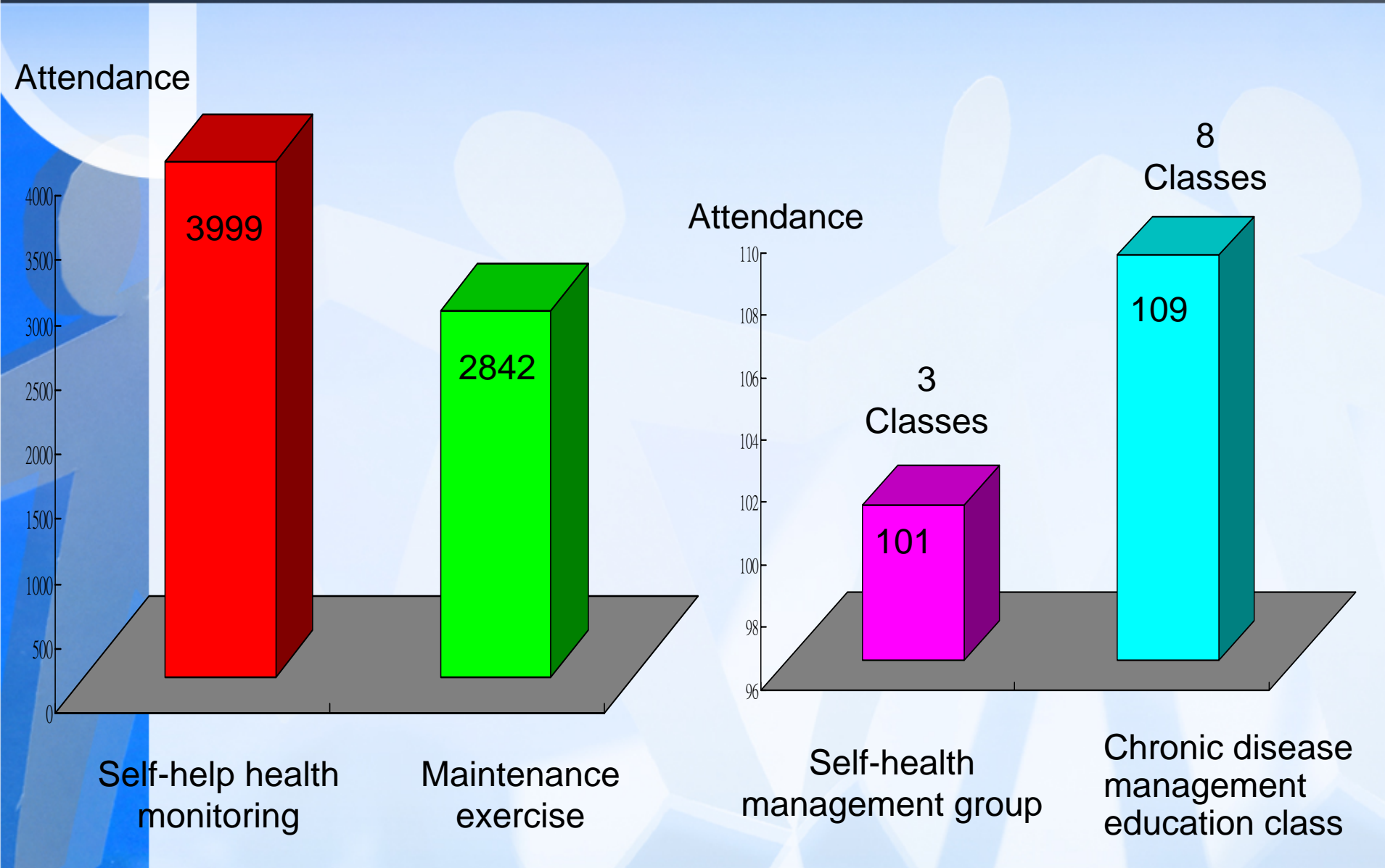
# Client Activities in WFCC



- **Self-help health monitoring**
- **Maintenance exercise**
- **Thematic approach on chronic disease management education classes**
- **Self-health management group**
- Demonstration on: Model home, drug kiosk
- Individual / Family health consultation
- Volunteers training



# Total Attendance in 1Q 2010



# Thematic Multidisciplinary Collaboration



## Education classes on Stroke Care (Dec 2009 till Mar 2010)

**CNS**

預防中風講座  
血管健康知多少  
甚麼是優質生活  
認識小便失禁

**OCC**

家居安全及示範

**ST**

餵食技巧工作坊

**CP**

『腦』力求變

**Physio**

中風 - 「你」想的物理治療

**P&O**

勤有功, 器有益

**Combined AH (ST/DIET/PHARM/OCC)**

中風知多D

# Self-Health Management Group



港島西醫院聯網  
華富社康中心

## 慢性病由『我』管理 血壓篇

日期： 2010年1月13日 (星期三)  
2010年1月20日 (星期三)  
2010年1月27日 (星期三)  
(共三日課程)

時間： 下午3時至5時  
收費： 全免 名額： 12人



港島西醫院聯網  
華富社康中心

## 慢性病由『我』管理 糖尿篇

日期： 2010年2月10日 (星期三)  
2010年2月17日 (星期三)  
2010年2月24日 (星期三)  
(共三日課程)

時間： 下午3時至5時  
收費： 全免 名額： 12人



港島西醫院聯網  
華富社康中心

## 慢性病由『我』管理 精神健康篇

日期： 2010年3月10日 (星期三)  
2010年3月17日 (星期三)  
2010年3月24日 (星期三)  
(共三日課程)

時間： 下午3時至5時  
收費： 全免 名額： 12人



# Client Activities in WFCC



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- Maintenance exercise
- Thematic approach on Chronic disease management education classes
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- **Demonstration on: Model home, Drug kiosk**
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# Salient Features in WFCC Activities



## Model Home Demo



## Drug Kiosk Demo



**藥物資訊站**

註冊編號: HK-4862	藥物名稱:	Bisoprolol Hemifumarate (比索洛爾)
廠名: Merck	通用名稱:	Concor
藥品名: Concor	常用商品名稱:	Concor
藥物劑型:	藥物劑型:	藥片
藥物數量:	藥物數量:	2.5mg
孕婦服用分級:		

● C (藥物研究顯示藥物對胎兒安全不是顯著，但並沒有對懷孕婦女進行過試驗，或尚未進行動物試驗及婦女研究。此藥藥物可能對胎兒的潛在利益大於潛在風險的情況下使用。)

關於此藥物

- 比索洛爾 (Bisoprolol) 為選擇性β<sub>1</sub>受體阻斷劑。
- 此藥的作用是非強化心臟的心臟。
- 此藥的作用是治療高血壓。

在下列之情況下，切勿服用該藥物

- 對比索洛爾 (Bisoprolol) 有過敏反應
- 新近心臟過速 (sinus bradycardia)
- 心臟性休克 (cardiogenic shock) 的受害者
- 嚴重的心臟衰竭 (uncompensated cardiac failure) 的患者
- 肺水腫 (pulmonary edema)
- 懷孕婦女 (第二、三 trimester)

使用藥物時，請注意之事項

- 嚴重低血壓、暈、頭暈、頭痛、心跳、心悸、心絞痛
- 此藥可能導致血容量減少時所出現的症狀，體弱病人應注意
- 此藥可使腎臟收縮，哮喘病人應小心使用
- 此藥可導致低血，嚴重的頭痛及病人應小心使用

如何服用該藥物

- 請遵照醫生或藥劑師之指示或藥物標籤上列印之指示服用。
- 常見劑量為口服每日一次，每次2.5毫克，每日最高劑量20毫克。

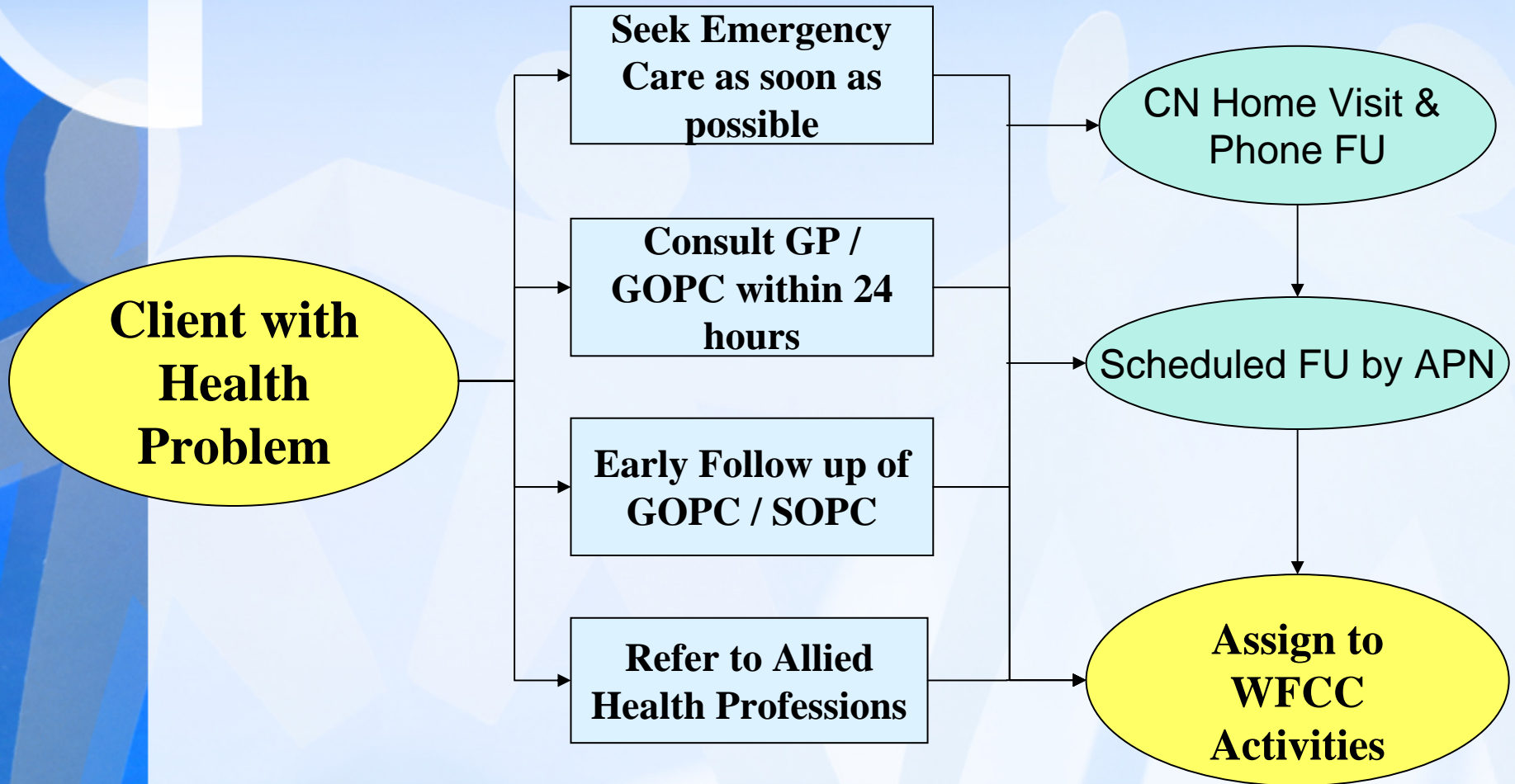
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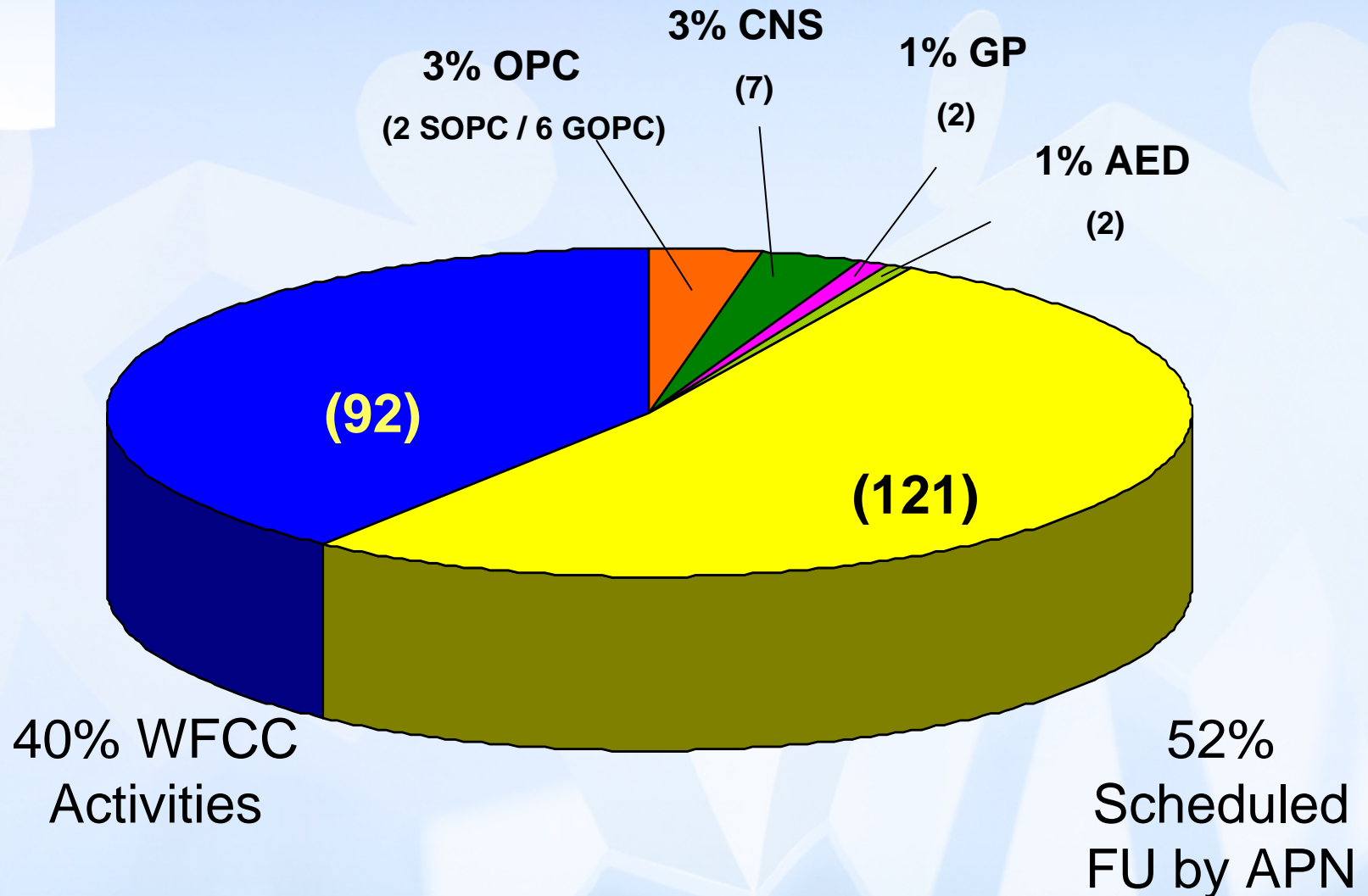


# Triage by APN Consultation in WFCC





# Referral by APN after Consultation (12/2009 – 3/2010) Total cases: 232

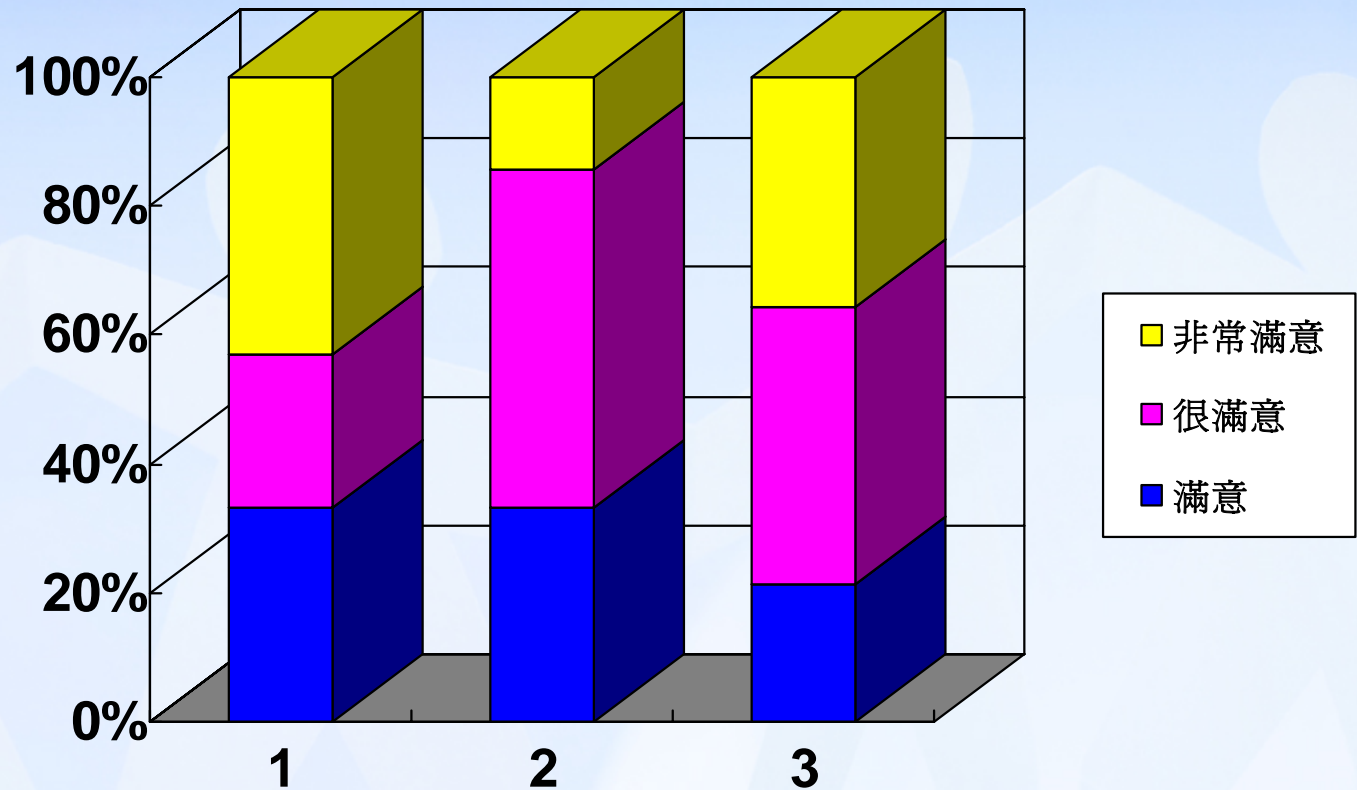


# Evaluation on WFCC



- **Hospital services utilization :  
pre & post 6 months of APN  
consultation**
- **User satisfaction survey**
- **Stakeholders feedbacks**
- **Periodical and annual review of the  
service statistics**

# Satisfaction Survey (n=21) on Self-Health Management Group



1. Satisfaction of the group activities
2. Understanding of disease
3. Helpful in learning the self monitoring skills

# The Way Forward of WFCC



**Positioning**



**Population  
health care  
needs**

**Internal  
marketing  
communication**

***sustainability***

# Acknowledgement



**Dr. Lawrence F. M. Lai, JP (Ex. CCE, HKWC)**

**The Southern District Council**

**The Hong Kong Housing Authority**

**The NGOs in Wah Fu / Wah Kwai Estate**

Salvation Army, Wah Fu Centre for Senior Citizens

TWGHs Wong Shiu Ching Centre for the Elderly

Aberdeen Kai-fong Welfare Association Social Service Centre

**The Working Group of Wah Fu Community Centre**

Dr. M.T. Chan (QMH Deputy HCE, Corporate Services)

Dr. Felix Chan (HKWC CC, Community Care Services)

Mr. Ian Young (HKWC CGM (F))

Ms. Mary Chu (HKWC CC (AH)/HKWC Chief, OCC)

Ms. Celina Ho (HKWC DOM, Integrated Community Services)

Ms. Kania Wan (MMRC / FYKH DM, OCC)

Ms. Vibro Lee (HKWC Deputy Head, MSS)

Ms. Ripley Wong (HKWC Head of Speech Therapy)

Ms. Emily Yeung (HKWC Head of Dietetic Service)

Mr. Kenneth Wong (HKWC Head of Prosthetic & Orthotic)

Mr. William Chui (HKWC Chief of Pharmacy Service)

Mr. Y. W. So (QMH Clinical Pharmacist)

Mr. H. F. Yam (Officer i/c of Podiatrist Services)

Dr. Amy Fung HKWC Head (CP)

**The Community Nursing Service, HKWC**

# THANK YOU FOR ALL THE SUPPORT

