New paradigm in managing patients with chronic illness through patient engagement

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Disease Burden in HA

Chronic diseases account for the highest hospital bed utilization
Top 10 conditions with highest bed day consumption in HA (2007)

- Schizophrenia 629,009 (8.5%)
- Malignant neoplasms 593,351 (8.0%)
- Lower respiratory infection 412,082 (5.6%)
- Cerebrovascular disease 399,343 (5.4%)
- Accidental fall 273,095 (3.7%)
- Chronic obstructive pulmonary disease 225,824 (3.0%)
- Ischaemic heart disease 133,558 (1.8%)
- Chronic renal failure 134,126 (1.8%)
- Mental Retardation 196,793 (2.7%)
- Disease of urinary system (infections and stones) 197,004 (2.7%)

Occupying significant proportion of hosp bed days
Recurrent Chest Infections

Dyspnoea

Sputum

Fear

Loss of Vitality

Helplessness

Depression

Immobility

Social Isolation

Decrease in Fitness

Anxiety
現在輪候時間為9小時
Waiting Time is 9 Hour
Better Breather Club

Integrated Care Team

**Collaborative Self Management**
- Individualized assessment and strategies
- Resource utilization
- Patient – provider relationships

**Pulmonary Rehabilitation**
- Exercise training
- Optimizing adherence to adaptive behaviors

**Individual tailored care plan**
- Treating co-morbidities

**Psychosocial support**
- Engage carers and family members

**Respiratory Physician**

**Respiratory Nurse**

**Volunteers/NGO**

**Occupational Therapist**

**Physiotherapist**

**Social Worker**

**Community Outreach Service Team**
Better Breather Club

Total number
N = 140

Group A
N = 7
Stage 0/1
Work as volunteers

Group B
N = 28
Stage 1/2
Symptomatic but not require admission

Group C
N = 76
Frequent admitters
Stage 2+comorbidites
Stage 3/4 + O2/NIV

Group D
N = 29
Staying in China
Living alone
Still working
Dementia
認識慢性阻塞性肺病
藥物使用和處理
氣喘的控制及呼吸訓練

醫療講座
『暢氣會』慢性阻塞性肺病病人互助小組揭幕禮
新界東醫院聯網病人關係研討會 - 『醫患樂同行』
Group C (n=76)

- Female = 9, Male = 67
- Age, mean = 72 years (49-89)
- Stage III or IV, n = 57 (75%)
- Co-morbidities, n = 70 (93%)
- PRP, n = 49 (64.5%)
- Home O2, n = 27 (35.5%)
- Nocturnal NIV, n = 9 (11.8%)
AED attendance (12 months)

N=56
(1/9/2010-30/8/2011)

Mean (p<0.001)

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<th>Pre</th>
<th>Post</th>
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<td>AED</td>
<td>4.64</td>
<td>2.76</td>
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Acute medical admissions (12 months)

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<th>Pre</th>
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<tr>
<td>AED</td>
<td>3.43</td>
<td>1.74</td>
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Acute Medical LOS (days) (12 months)

N=56
(1/9/2010-30/8/2011)

Mean (p<0.001)

Pre

Post

Convalescent LOS (days) (12 months)

Mean (p<0.001)

Pre

Post

7.97
17.48

9.22
18.02

0 5 10 15 20

pre
post
Quality of Life
(SGRQ & SF 12)

N=29
(Completed Pulmonary Rehabilitation)

* p<0.001

SGRQ Symptoms
66.5
38.9

SGRQ Activity
79.1
63

SGRQ Impacts
61.1
33.5

SGRQ Total
67.3
43.1

PCS
29.1

MCS
31.4

Pre
Post

N=29
(Completed Pulmonary Rehabilitation)
“Better Breather Club”
Collaborative Self Management Strategies

- Behavior Change
- Advance Care Planning
- Co-morbidities
- Build up trust
- Psychosocial support
https://dl.dropboxusercontent.com/u/31618131/HAC_2013_V04.mp4
https://www.dropbox.com/s/f2tpaavxy5c0hq7/HAC_2013_V04.wmv
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