



Service Priorities and Programmes
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Improving Adherence to Occupational Therapy Depression Guideline for Older Adults-A Process to Consolidate, Strengthen and Shape professional practice

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Introduction

Depressive disorders are commonly encountered in primary care, as well as in other treatment settings. It is a very significant risk factor to suicidal ideation among Hong Kong Chinese aged 60 or above and result in significant morbidity and mortality. Evidence based clinical practice guidelines can help to reduce the risk of negligent care to client with depression, promote prompt and consistent action that is cost effective for the healthcare system. However, the adherence rate to mental health practice guidelines was as low to 27% and demonstrated limited effect in changing therapist's behaviour.

Objectives

1. To develop a clinical practice guideline on depression with the efforts to remove identified barriers on guideline adherence 2. To adopt the Pathman's four step model to reduce 'leakage' in the process of dissemination and utilization of clinical guidelines

Methodology

Literature review, key informant interview and expert panel were conducted to identify barriers to guideline adherence. Methods to improve adherence or therapist "buy-in" were adopted in the guideline development process: 1. Actionable; 2. Style of writing; 3. Engagement of users. Strategies to improve the ways of dissemination of clinical guidelines by enhancing: 1. awareness; 2. agreement; 3. adoption and 4. adherence were employed.

Result

Results: An evidence based Occupational Therapy Clinical Guideline for Older Adults with depression was developed in July, 2012. Survey results over 6 hospital settings reflected that 100% of the therapists agree to follow the content of the guideline and 90% of them agree with it's usefulness to guide their clinical decision. Positive comment from external panel were received for it's applicability and involvement of stakeholders in the development process. Conclusions: The correct development of

guideline with embedded consideration of ways to improve therapist adherence were essential factors to let the guideline become an effective tool to assist the practicing Occupational therapist in improving the care delivered to his/her patient with depression.