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A joint substance abuse clinic with brief motivational interviewing conducted by medical officer and occupational therapist to improve compliance

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Introduction

A joint clinic of medical officer and occupational therapist was developed in North District Hospital (NDH) in 2010 September. It is a SOPD clinic to provide psychiatric assessment and treatment for substance abusers. A brief motivational interviewing has been introduced in the joint clinic since January 2012. The approach was to motivate change of cases' medication compliance and occupational performance. Clinically, patient's medication compliance and occupational performance were noted improvement. Meanwhile, the default rate is noted in a decreasing trend. This paper is to review the factors resulting in these changes in order to increase the effectiveness and efficiency of service.

Objectives

This paper is to review factors resulting in these changes in order to increase the effectiveness and efficiency of the service.

Methodology

A retrospective survey with 43 patients having substance abuse problems was carried out in January 2013. Each patient was invited to fill in a questionnaire after they attended subsequent follow-up. The questionnaire was composed of twelve questions including level of satisfactions in knowledge gained and level of confidence in medication, occupational performance and follow-up compliance plus level of satisfaction in service provision in terms of environment, time and date of follow-up. Default rates were reviewed from Oct 2009 to Dec 2012.

Result

There were 42 out of 43 questionnaire completed and returned. The gender distribution was 52% males and 48% females. 46% of patients were within age group between 31 years old to 40 years old. The percentages of patients indicating level of satisfaction equal or above neutral in knowledge of medication compliance, mental illness and occupational performance were 62%, 64% and 60% respectively.

Satisfaction of emotional support from medical officer and occupational therapist equal or above neutral was 96%. The distributions of equal or above neutral in confidence level of medication compliance, occupational performance and follow-up compliance were 64%, 60% and 62%. Meanwhile, above 50% of patients were highly or extremely satisfied in relation to service provision. The average default rate between Jan 2012 and Dec 2012 (excluded Sept 2012) has decreased 4.36% and 2.86% in comparison to the period from Oct 2009 to Aug 2010 and Oct 2010 to Aug 2011 respectively. Conclusion: The results indicated that the brief motivational interviewing with the joint clinic has improved the patients' follow-up compliance. Meanwhile, it could make further reinforcement in aspects of knowledge in medication compliance, mental illness and occupational performance in order to enhance the compliance. This kind of clinic could be one of the solutions to enhance the effectiveness and efficiency of the SOPD service.