



Service Priorities and Programmes
Electronic Presentations

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Implemented Continence Education in Geriatric Day Hospital at Fung Yiu King Hospital

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Introduction

Geriatric Day Hospital (GDH) of Fung Yiu King Hospital (FYKH) serves the elderly over 65 year old who are living in Western and Southern District of Hong Kong. It provides geriatric day care and rehabilitation service for the Hong Kong West Cluster clients. The aim of service is to promote early discharge from hospital and continuity care by bridging the tertiary care from hospital back to community home care. Transportation for disables will be provided if necessary. But most of the client are ambulatory and with cognitive function. However we found that most of them are suffered from urinary incontinence without any known reasons.

Objectives

To improve the quality of life for the client with urinary incontinence in GDH 1) To enhance the knowledge and alertness on urinary incontinence 2) To facilitate the understanding on Continence Service in GDH at Fung Yiu King Hospital 3) To encourage care seeking behavior.

Methodology

The Continence Education Program was useful and effective in providing the knowledge of continence to the elderly in the community, especially for elderly with impaired mobility and requirement of companion or assistance in accessing the venue of the health talk. The captioned program also enhanced their understanding on problems and management on constipation and urinary incontinence. Instead, these were their major concern and their knowledge helped the drug and treatment compliance in urinary and bowel problems. After attending the series of talks, the participants agreed their alertness was raised that affected their wellness and health status directly.

Result

the program provided sufficient information for them to know how to seek for advice and assistance if they got any urinary or bowel problems. Without the education of the program, they possess no idea of continence problems and its consequences. According to the result of post-6-month phone survey, the sustainability of the knowledge cannot be lasted long due to old age and poor memory of elderly. Regular review and health talks are advised to reinforce the compliance. It is encouraging that

all participants showed interest and active response to the health talks. The GDH is one of the most convenient and appropriate place to promote education for the elderly with impaired mobility as well. Standard care of urinary continence for clients attending GDH must be set up for improvement of the continence health care to reduce the complications induced by urinary incontinence.