



Service Priorities and Programmes
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Effectiveness of an admission orientation program for stroke rehabilitation patient and relatives

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Introduction

Diagnosis of stroke causes sudden traumatic change on physical & psychological aspects to patient and relatives. After settlement the acute phase in Acute Hospital, patient has to face another climax of the crisis in the Rehabilitation Hospital. With early information about the hospital environment, roles of multidisciplinary teams, approach of rehabilitation training and average length of hospitalization, patients have a clear picture about their training in the rehabilitation unit. Apart from the informative provision, early preparation about the community support and volunteer sharing on stroke rehabilitation journey can enhance the self-efficacy of patients' rehabilitation training.

Objectives

(1) To lessen the anxiety of patient and significant others during the rehabilitation pathway. (2) To facilitate patient early reintegration to the society.

Methodology

All newly admitted stroke patients and relatives were invited to join an hour program within the first week of admission. The program was divided into three parts, including 10 minutes ice-breaking exercise, a video about the hospital environment and service of multidisciplinary teams. Afterward, different community resources and self help groups were introduced. Lastly, a sharing session with stroke rehabilitation experience was supported by PRC or CRN. Participants were also invited to complete an evaluation questionnaire by their perception. With the agreement of participants, PRC would send the updated information to them after discharge.

Result

From June to December, 2012, 20 sessions have been held with attendance of 88 patients and 133 relatives. The response rate of the questionnaire from patient or significant others were 100 %. The results were: 1) 100 % of participants agreed that the program can provide a clear picture about the hospital environment and

rehabilitation pathway during hospitalization. 2) 93% of them perceived that the program could lessen their anxiety and achieved their expectation. 3) All the participants were satisfied with the format and environment of the program. 4) 98% of them satisfied with the duration of program. As a result, 100% of the families perceived moderate to high satisfaction of the overall program. Besides, early sharing on life experience and practical advice from previous stroke survivors can motivate the patient in training. It also enhances the confidence of patient reintegrating into the society.