



Service Priorities and Programmes
Electronic Presentations

Convention ID: 397

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Review of triage model for pregnant women attending the antenatal service and feedback at Tseung Kwan O Hospital

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Keywords:

Antenatal workshop

Physiotherapy

Risk control

Triage model

Introduction

Antenatal (AN) workshop with education on pain coping strategies and exercise has been conducted by physiotherapists for years to reduce pregnancy related physical discomfort, facilitate labour process, relieve pain during labour and enhance self-empowerment. However, exercise is strictly forbidden or need modification in complicated pregnancy. To have better risk control, all pregnant women were triaged to different groups for appropriated physiotherapy management.

Objectives

1) To evaluate the effectiveness of the triage model 2) To evaluate the feedback from the participants

Methodology

It was a retrospective study based on the qualitative outcomes from questionnaires and surveys. All women attended AN services at Tseung Kwan O Hospital from April 2011 to February 2012 were reviewed. All women received AN services were screened by the 3-level triage model. 1) Medical screening: Suitable women were screened and referred by obstetricians during AN check up. 2) Counter screening: Referral was screened by the booking officer. Patients with gestation period between 16 to 32 weeks were grouped to AN workshop. Individual consultation in the Women Health Physiotherapy Clinic (WHPC) was offered for those with musculoskeletal pain (MSP). 3) On site screening: A questionnaire to rule out any contraindication or need precaution during exercise based on the recommendation from ACOG 2002 and ACSM 2006. They were categorized into 3 groups: Group 1 Uncomplicated pregnancy, suitable for group exercise. Group 2 Complicated pregnancy, for education, relaxation, breathing control and selective exercise with modification. Group 3 Women with MSP would attend both AN workshop and WHPC. Contents of the workshop included screening, consultation, education and practicum.

Result

One hundred and twenty two pregnant women attended the workshop. 102(83.6%)

were triaged as Group 1, 8(6.6%) Group 2 and 12(9.8%) Group 3. Group 1 enjoyed group exercise while group 2 appreciated the coping strategies they learnt. All Group 3 patients reported satisfactory pain relief. No patient reported any adverse event. From the feedback, 64.3% reported very satisfied and 35.7% satisfied with the overall content and arrangement. Conclusion The triage model was effective in screening women for safe, appropriate and timely treatment. Group exercise enhanced peer group support and sharing, reduced the cost of individual physiotherapy consultation. The workshop was effective in promote healthy pregnancy.