



Service Priorities and Programmes
Electronic Presentations

Convention ID: 401

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Evaluation of a multi-disciplinary based “Caregivers education group on discharge preparation”

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Keywords:

Carer Education

Multi-disciplinary

Discharge Planning

Group

Introduction

Introduction: Discharge planning of elderlies with chronic illness would always be a challenge to their families, while inadequate caring skills might lead to their frequent admission. Earlier preparation of the caregivers in discharge planning could improve caring efficacy and prevent unnecessary prolonging of hospital stay. This paper intended to report the development of a multi-disciplinary caregivers training group and the analysis of the feedback received from the participants.

Objectives

Objectives: To evaluate the efficacy and services user’s satisfaction on carer education in group and multi-disciplinary basis

Methodology

Methodology: A new multi-disciplinary approach in caregiver education, involving OT and ward nurses was launched in KH Medical and Rehabilitation wards. A working group was formed to design the group contents. It was agreed that i) patients would be categorized into two groups –The High & Low Functional Group with tailored group content, according to their functional level and caring problems, ii) the format of education would emphasize on hands-on skills training and practice iii) material would be displayed by audio-visual aids, together with skills demonstration.

Result

Result and Outcome: Starting from June 2012, 19 sessions of education group were conducted, while 234 caregivers had participated in the group training. Since September 2012, a self-reported questionnaire was used to gather the participants’ feedback, and finally 81 questionnaires were collected. Result has indicated that there was a high level of satisfaction among the participants, with 38% of them felt highly satisfied, 54% of them felt quite satisfied and 8% of them felt satisfied with the training.

Besides, over 95% of carers agreed that the training group could facilitate their caring plan formulation and relieve their caring stress in the course of discharge planning. Conclusion: The training group provided a unique platform for skill transfer and discussion on common caring problems. Moreover, it also facilitated the early psychological and physical preparation of the caregivers in discharge planning. The collaboration between professions definitely enriches the carer training group content to meet the specific needs of clients.