



Service Priorities and Programmes
Electronic Presentations

Convention ID: 87

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"Know More, No Worry; 知多一點點，復康路明顯" - CQI project for hip fracture rehabilitation program

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Keywords:

hip fracture rehabilitation
patient education
orthopedic
physiotherapy
quality patient care

Introduction

Hip fracture patients suffer from a sudden decline in mobility level that often results in low mood and anxiety. These psychological impacts could have a detrimental effect on recovery during rehabilitation. A patient-orientated continuous quality improvement (CQI) project “Know More, No Worry; 知多一點點，復康路明顯” was launched to purposely minimize patients’ worry during rehabilitation. The principle of this project was “Early education and more information lead to minimize worry about the future” .

Objectives

The objectives of the program were to (1) improve patients’ understanding of their rehabilitation program and planning and (2) to minimize patients’ worry through early education and more information.

Methodology

The project was launched from Oct 2011 to Jan 2012. It was designed according to the results of a baseline survey questionnaires conducted to all orthopedic patients with normal cognitive function who were discharged in Sept 2011. The survey investigated patients’ understanding of the rehabilitation program and their worry due to this admission. Based on the result of the survey, we delivered the following interventions. 1. Early education – we aimed at delivering direct face-to-face education to patients/caregivers on the rehabilitation process and planning within 2 working days after referral received so that patients were well mentally prepared for rehabilitation. 2. More information – we prepared patients/caregivers with pamphlet/audiovisual material to introduce our hip fracture rehabilitation program. We also provided patients/caregivers the previous two-year outcome statistic of pre-discharge walking status and placement of patients to facilitate pre-discharge arrangement. A follow-up survey was conducted to similar patient group who was discharged in Jan 2012. The result of follow-up survey was compared with the

baseline survey for analysis.

Result

There were 183 patients participated in hip fracture rehabilitation during the period. Thirty-three patients completed the baseline survey, 75% of them showed understanding of their rehabilitation planning and 30% of them felt worry or very worry about the future. Thirty patients completed the follow-up survey, 93% of them showed understanding of their rehabilitation planning and only 3% of them felt worry or very worry about the future. When comparing the outcome between baseline and follow-up survey, patients' understanding of their rehabilitation planning were significantly increased by 26% ($p=0.001$). Patients' worry was significantly decreased by 21% ($p=0.003$). Given the fast track rehabilitation adopted nowadays, we have to balance between shorter length of stay and quality patient care. Our intervention of early education and more information enable patients to have better experience during fast track rehabilitation and can be an effective mean to minimize patients' worry and future uncertainty.