



**Service Priorities and Programmes**  
**Electronic Presentations**

**Convention ID:** 950

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**Geriatric patients of any age can have their functional status improved by rehabilitation program in Geriatric Day Hospital**

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**Keywords:**

Geriatric Day Hospital

Rehabilitation

Age

**Introduction**

Age is commonly regarded as a limiting factor for referring patient to rehabilitation programs in Geriatric Day Hospital (GDH) because the improvement in patients with more advanced age may be limited.

**Objectives**

To assess if functional improvement from rehabilitation program in GDH can be sustained in geriatric patients with different age group

**Methodology**

Patients from 2004 to 2012 of geriatric day hospital (GDH) of Fung Yiu King Hospital were reviewed in this retrospective cohort study. Age of patients was stratified into groups [ $<70$ , 71-75, 76-80, 81-85, 86-90 and  $>90$ ]. Gender, place of residence, comorbidities, blood test result (serum creatinine, albumin, haemoglobin), functional status using functional independence measures (FIM), cognitive status, body mass index and referred diagnosis were collected. Outcome measurement was change of FIM after receiving rehabilitation in GDH.

**Result**

2157 GDH patients (895 men, 1262 women; mean age  $80.7 \pm 7.1$ ) age 65 years and above were included. Median change of FIM was 4, interquartile range (IQR) 0-9. There was no significant difference in FIM across different age group [age  $<70$ : 5 (2-11); age 71-75: 5 (0-10) age 76-80: 4 (0-9); age 81-85: 3 (0-9); age 86-90: 3 (0-8); age  $>90$ : 4 (0-8);  $p=0.42$ ]. Multivariate analysis also showed that age is not associated with less improvement in FIM ( $p=0.58$ ). In conclusion, rehabilitation programs in Fung Yiu King Hospital GDH contribute to significant improvement in functional status older adults. Advanced age by itself should not be a limiting factor for referring patient to GDH.