



Service Priorities and Programmes
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Submitting author: Ms Siu Yin LEUNG

Post title: Physiotherapist I, Haven of Hope Hospital, KEC

Service Review and Audit on “Self-Management Program for Bronchiectasis”

Leung SY, Chan KL, Hui HY, NG HM, Wong KT, Wong ST, Yeung TL
Physiotherapy Department, Haven of Hope Hospital, Hong Kong

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Introduction

Bronchiectasis is a common respiratory disease characterized with chronic sputum production and recurrent exacerbation, hence affecting the quality of life and decrease exercise tolerance of the patients. Physiotherapy Department of Haven of Hope Hospital had piloted a “Self-Management Program for Bronchiectasis” in December 2012 aiming at enhancing the self-management of the disease and collecting information for future service planning.

Objectives

To audit the staff compliance in standardized assessments and treatments and review the patients’ characteristics for further service development.

Methodology

Bronchiectasis patients referred for physiotherapy from OPD, HHH from December 2012 to November 2013 were reviewed. Standardized assessments included symptoms, functional dyspnea by Modified Medical Research Council Dyspnea Scale (MMRCDS, 0-5 with higher score indicating worse symptom), exercise capacity by 6-Minute-Walk-Test (6MWT), quality of life by St. George Respiratory Questionnaire (SGRQ, 0-100 with higher score indicating poorer QOL) and COPD Assessment Test (CAT, scores of 0-10, 11-20, 21-30 & 31-40 representing mild, moderate, severe or very severe clinical impact) and exercise habit. Treatments including breathing exercise and bronchial hygiene techniques were provided. Staff compliance audit was conducted and patients’ data were analyzed for further service enhancement and development.

Result

72 patients were referred for physiotherapy management (age:65+12.55, female:46, male:26). Excellent assessment compliance were found in all but one, namely the exercise habit. (Symptom:91%[66], MMRCDS:96%[69], 6MWT:97%[70], SGRQ:96%[69], CAT:96%[69] and exercise habit:67%[48]) and 100% treatment compliance in breathing exercise and bronchial hygiene teaching. In reviewing the patients’ characteristics, most patients presented with sputum production (91%). 25% has functional dyspnea MMRCDS ≥ 2 suggesting rehabilitation need. However, 54%

patients did not have regular exercise habit. Bronchiectasis have significantly affected the patients' quality of life indicating by the CAT score ≥ 11 in 62% patients and high scores of SGRQ especially in the symptom and activity domains (symptom:55.3+21.7, activity:39.1+26.7). In order to improve the compliance, a "Standard of Practice" was set. A standardized assessment form was designed. To enhance patients' self-management of the disease, a "Self-Management of Bronchiectasis" Booklet emphasizing on disease knowledge, symptom control, bronchial hygiene and self-monitored home exercise was designed. Now, we are proposing to run a structured rehabilitation program for those who have rehabilitation need.