



## Service Priorities and Programmes Electronic Presentations

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**Submitting author:** Ms PO PO CHENG

**Post title:** Nurse Consultant, Yan Chai Hospital, KWC

### **The Newly Developed Geriatric Day Rehabilitation Centre in Yan Chai Hospital**

*Cheng PPP(2), Lau YLA(1), Hung SC(1), Tam YYV(1), Mo KKL(1)*

*(1)Department of Medicine, Yan Chai Hospital, (2) Central Nursing Division, Yan Chai Hospital*

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#### **Introduction**

Apart from the acute and rehabilitative phase, post-discharge phase should not be neglected. In this light, Geriatric Day Hospital plays an essential role in support early discharge for patients suffering from acute medical illness such as stroke, acute functional decline, and some social isolation elderly patients. In the past, the GDH placement in Tsuen Wan was supported by Princess Margaret Hospital. In average, Yan Chai would yearly refer about 120 clients to PMH for further day rehabilitation Training. Eventually, Yan Chai commenced the Day Rehabilitation Training Service, our clients no longer needed to take a long journey from Tsuen Wan to PMH since February 2012.

#### **Objectives**

1. To shorten the waiting list of Geriatric Day Hospital Service 2. To provide rehabilitation training to patients in need, manage medication problems common in post-discharge transitional period 3. To bridge up the service gap between post-discharge and community care

#### **Methodology**

YAN CHAI Geriatric Day Rehabilitation centre(GDRC) adopts an integrated, multi-disciplinary approach for patient services. It includes physiotherapy, occupational therapy, medical assessment and Fast Track Clinic which provide Geriatric Consultation to patients in need, early drug titration prior to routine scheduled special out-patient follow up. It is the extension of our Integrated Care Discharge Support Team (ICDS).

#### **Result**

From February 2012 to the end of 2013, the total attendance was 3,489 & 4,015 respectively. The average attendance was about 326/month. In view of zero manpower support in this expansion service, we still got 8.6% service increased. In the period, total 505 clients were recruited, 311 of them (nearly 70%) were completed the training with functional maximized. The overall functional score was about 76.41 (Barthel Index) upon discharge. The average waiting time was about 18 days. We hope this move will truly reflect the roles of our Geriatric Team to strive toward

excellence in the provision of high quality care to the older people in Tsuen Wan. The GDRC bridges up the gap between hospital and community. It forms a safety net to the older people including functional training to maximize their independence and continuous support to them and their carers after discharge.