



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

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**One-stop Multi-disciplinary Patient Empowerment Program for Chronic Obstructive Pulmonary Disease Patients and Carers**

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**Keywords:**

OM-PEP for COPD Patients & Carers

**Introduction**

Introduction: Patients with Chronic Obstructive Pulmonary Diseases (COPD) are frequent hospital re-admitters. Problem Identified: Knowledge deficit and improper management skills of both patients and their carers are the main culprits.

**Objectives**

Objectives: - Collaborate with multi-disciplines to update and enhance health information for patients and carers to promote patient-centred care - Improve general knowledge and management skills on COPD for those patients and carers - Promote patient empowerment to increase their abilities to cope with illness

**Methodology**

Methods: COPD patients admitted to Pulmonary Rehabilitation Unit from Nov. 2013 to Jan. 2014 were selected for the one-stop multi-disciplinary patient empowerment program (OM-PEP). COPD health information was provided to them and their carers by each multi-discipline via weekly group classes, bedside individual enhancement and evening video education. Booklets, pamphlets and a colorful OM-PEP record sheet were distributed to patients for their reference and engagement. GOLD's combined assessment of COPD (GOLD Classification, mMRC, CAT & FEV1) and HKC-MUST were used to identify patients' characteristic and nutritional risk respectively. Pre and post evaluation on nutritional status, puff technique, COPD knowledge questionnaire and SOBQ were assessed. Feedback from patients / carers was finally evaluated.

**Result**

Results: According to GOLD's combined assessment of COPD, 10 patients (70% Group D) with mean ages 74.7 were selected. They had low to medium risk of malnutrition and gained BW with average 1.01kg after individual enhancement. The mean score of puff technique, COPD knowledge questionnaire and SOBQ was improved from 7.1/10 to 10/10, 31.11/100 to 75.13/100 and 59.75/120 to 39/120 respectively. 156 carers attended video education sessions within 13.7 LOS. All (100%) patients and carers were satisfied and had confidence in managing their illness. Conclusion and Recommendations: The OM-PEP could improve general knowledge and management skills of both COPD patients and their carers, and

promote patient empowerment through multi-disciplinary approach. Further study with greater sample sizes was suggested.