



Service Priorities and Programmes
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To evaluate the effectiveness of home based physiotherapy rehabilitation program in the Integrated Care Model Service

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Introduction

Elderly patients discharged from the hospitals always found it difficult to reintegrate into the community. This may be due to a physical deconditioning, functional limitations, poor social support or lack of confidence to restore their pre-morbid activities, etc. Home based physiotherapy rehabilitation program could provide a continuous physical and functional training, enable a more tailor made support and advise to the elderly patients regarding their living environment.

Objectives

To introduce a home based physiotherapy rehabilitation program in order to improve patients' functional mobility, enhance their daily activities and help them re-integrate into the community.

Methodology

From October 2012 onwards, patients referred to the ICM (Integrated Care Model) were recruited for the home based physiotherapy rehabilitation program. Tailor made physiotherapy intervention were provided including specific home based exercise, balance training and strengthening exercise. On-site carer training was also carried out to enhance the carry-over of the exercise program.. Active participation of the patients and carers are emphasized.

Result

From October 2012 to September 2013, 31 elderly patients (average aged 80yr) were recruited for the home based physiotherapy rehabilitation program. After an average of 10.6 sessions of home based physiotherapy rehabilitation program, the functional reach test improved from 15.8cm to 20.9cm ($p < 0.001$, 95% CI 2.6-7.6). When comparing patients' Modified Functional Ambulatory Categories upon discharge with the baseline by Nonparametric Test (Wilcoxon Signed Rank Test), there was statistically significant improvement ($z = 4.068$, $p < 0.001$). It indicated an improvement in patients' ambulatory status. Moreover, 35.5% of them have been upgraded from high risk faller to low fall risk group. Subjectively the patients and carers reported an average of 70% satisfaction to their progress. Conclusion Home based physiotherapy rehabilitation program was effective in improving patients' physical fitness and

functional mobility. The service was appreciated by patients and the relatives which could facilitate an earlier discharge and assists our patients a better reintegration into the community.