



Service Priorities and Programmes
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Empowerment of caregiver of elderly hip fracture patients through individualized education and care session

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Introduction

With the increasing prevalence of elderly hip fracture in Hong Kong, the post-injury deterioration in mobility has hampered the elders' independence and created enormous stress to caregivers and family members. Tailor-made caregivers' education on handling techniques and home management can empower care-givers in shouldering the task with greater ease.

Objectives

The current review aimed to evaluate the effectiveness of the individualized education and care session given to caregivers of elderly patient with hip fracture in Kowloon Hospital.

Methodology

Single group pre- and post-intervention design using non-parametric test of Wilcoxon Signed Rank test was adopted for data analysis. Tailor-made individualized education and care session included information on patient's condition, rehabilitation progress, discharge plan, practical handling skills and home exercises were delivered to caregivers by case physiotherapist. Caregivers were invited to complete questionnaires surveying on their levels of understanding of the patients' conditions and home programs, confidence in handling of the elderly patients using a 6-point likert scale right before and after the caregiver session, with higher score representing better result. User satisfaction was also surveyed from both patients and caregivers as customer feedback.

Result

Seventy-eight questionnaires were collected from February 2013 to January 2014 for analysis. The patients recruited consisted of 23 males and 55 females with mean age of 83.7. There was significant increase in the level of understanding and confidence of the caregivers after attending the education and care session ($p < 0.001$). High level of user satisfaction was found (5.18 ± 0.716 for patient and 5.15 ± 0.626 for caregiver). In summary, individualized education and care session conducted by case

physiotherapist to caregivers of elderly patient with hip fracture, availed the caregivers in looking after the patient with the required knowledge and skills compatible to the patient's needs and condition. The session provided the caregivers with an interactive platform for gaining specific information and clarification on the rehabilitation plan, practical tips and confidence in assuming the caregiver's role with "mind, heart and hands".