



Service Priorities and Programmes
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One Year Follow up for Neurosurgical Patients: Neuro-Rehabilitation Clinic in MacLehose Medical Rehabilitation Centre

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Introduction

A Neuro-Rehabilitation Clinic was formed to follow up the functional level and community integration of selected patients discharged from M.M.R.C. Review of functional status and follow up of adjustment issues in family, work and community aspects will be done in the clinic.

Objectives

The present study aimed at exploring whether participants could maintain their functional status and how is their community integration after 1 year of discharge.

Methodology

Functional status in terms of outcome indicators of Modified Rivermead Mobility Index (MRMI), Modified Functional Ambulatory Category (MFAC), Berg's Balance Scale (BBS), Modified Barthel Index (MBI), Lawton Instrumental Activities of Daily Living Scale (LIADLS), Neuro-behavioural Cognitive Status Examination (NCSE) and Motor Assessment Scale (MAS) were measured in 1 month and 1 year follow up after discharge. Means of 1 month and 1 year post discharge were compared by paired t-test. Community Integration Questionnaire (CIQ) was conducted within one month after the last follow up.

Result

There were 32 patients in the Neuro-Rehabilitation Clinic during the period of April 2011 to March 2013. There were 10 males (31%) and 22 females (69%). Mean age was 47.6 (± 11.3 , range: 23 to 77). 26(81%) of them were working before onset of disease. Paired t-test showed that there was no significant change in functional status after 1 year of discharge in terms of MRMI, NCSE and MAS ($p > 0.05$). Improvement was found in functional status in terms of MFAC, BBS, MBI and LADLS ($p < 0.05$). It means that all the participants in the Neuro-Rehabilitation Clinic in M.M.R.C. could maintain or even got improvement in their functional status upon discharge after 1 year. Mean score of CIQ was 20.7 ± 7.2 with mean of sub-score of CIQhome=8.2

± 4.39 ; CIQcommunity= 8.0 ± 2.14 and CIQ productive role= 4.6 ± 2.01 . Level of community integration was good with reference to normative data of traumatic brain injured patients (Zhang 2002, CIQ mean= 11.95 ± 4.3 , Seale 2002, CIQ mean= 14.6 ± 5.6). 15 participants (65% of total working patients) were back to open employment after 1 year of discharge.