



Service Priorities and Programmes
Electronic Presentations

Convention ID: 46

Submitting author: Mr Chi Yin TAM

Post title: Physiotherapist I, Our Lady of Maryknoll Hospital, KWC

Can Physiotherapy Consultation improve the patient's physical fitness level and efficacy in performing exercise in chronic disease patient under General Out Patient Centre (GOPC) care?

TAM CYJ(1), NG OYC (1), CHENG LJ (1)

(1)Department of Family Medicine and Primary Health Care. Our Lady of Maryknoll Hospital

Keywords:

Physiotherapy

GOPC

Chronic disease

Introduction

People having Diabetic Mellitus (DM) and Hypertension (HT) are the majority that attending GOPC for management. In previous time, only brief education on chronic disease management was provided to the patient. In order to provide comprehensive management to this group of patients, multi-disciplinary allied health services were started to provide professional input since 2008. Physiotherapy service was one of pioneer allied health service started in GOPC in handling this group of patients.

Objectives

i) To provide professional knowledge in empower the chronic disease patient to establish active lifestyle, ii) To promote the importance of exercise in chronic disease management, iii) To advice on the appropriateness of exercise and precaution through individual consultation and exercise program iv) To improve the patient's physical fitness level and self efficacy in performing exercise

Methodology

Individual consultation and appropriate goal setting was done by physiotherapist. Advice on exercise precaution and progression were provided in individual consultation. Different forms of exercise class like Tai Chi, Ba Tuen Juan and exercise class by use of small equipments were arranged for selected patients. Exercise log book will be given for patient for recording

Result

Simple fitness test by use of simple equipment was done for reflecting the patient physical condition and self comparison. Patient self confidence in performing exercise was assessed by the self efficacy score scale (Chinese). Results From Nov 2011 to Oct 2013, 6695 patients had attended the physiotherapy consultation. Their mean age was 60 with male to female ratio 1: 2. Half of them were having DM and HT while the remaining were having musculoskeletal problem. Up to Sept 2013, the fitness test result showed that there was a significant change in Upper Limb strength, Lower Limb

strength and aerobic capacity in pre –post test assessment by using paired t test ($p=0.000$) The self efficacy level was also showed statistically significant change in pre post test analysis by using paired t test ($p=0.000$) Conclusion We could conclude that appropriate consultation by physiotherapist in GOPC can effectively improve the patient fitness level and self efficacy in performing exercise for chronic disease patient. The essential role of physiotherapy in chronic disease management in primary care was proven.