



## Service Priorities and Programmes Electronic Presentations

**Convention ID:** 574

**Submitting author:** Mrs Chun King CHIM

**Post title:** Nurse Consultant, Prince of Wales Hospital, NTEC

**“Winter Health Project” To Support Discharged Frail Elderly Patients during Winter Surge (冬日送暖 – 關懷出院長者大行動)**

*Chim CK (1), Wu E(2), Fong FSC(2), Chan S(2), Lee C(2), Lam AT(5), Chung TK(3), Chan SP(4), Chui MYP(1), Ho BPY (4), Lau HMC(2), Li PKT(1)*

*(1) Community Outreach Service Team (2) Health Resource Centre (3) School of General Nursing, Prince of Wales Hospital (4) Central Nursing Division, Prince of Wales Hospital (5) Division of Family Medicine and Primary Healthcare (6) Jockey Club School of*

**Keywords:**

winter surge

frail Elderly

discharge support

**Introduction**

Frail elderly with chronic diseases including COPD, Heart Failure and DM are frequently admitted to hospitals due to poor control of symptoms and weak social support during winter. To enhance better support to the discharged frail elderly during winter period, a network among Community Outreach Service Team (COST), GOPC, volunteer services and community stakeholders was formed in Shatin area and the “Winter Health Project” Discharged Elderly Support Program was launched in December 2013.

**Objectives**

To form a network with professionals and the community for these elderly To reinforce the self-management skills on chronic disease management To raise the public awareness on care of elderly To monitor the frail elderly conditions and equip them with adequate warm clothing and food to avoid hypothermia

**Methodology**

To collaborate with Health Resource Centre, COST, GOPC, Nursing school, Hong Kong Institute of Vocational Education (IVE), corporate volunteer teams and hospital volunteer service to form a strong network in Shatin Area To recruit volunteers including nursing students, IVE students and professional volunteers To provide health care training to the volunteers To design a chronic disease education checklist for volunteers for clients education To set up a backup system by COST and GOPC for nursing and medical support respectively To design a volunteer visiting schedule including home visits and telephone visits for monitoring of elderly’s health conditions. To prepare warm clothing and consumables for elderly with suboptimal background

**Result**

199 volunteers have completed the training for visitation. From December 2013 up to 16th February 2014, 131 discharged elderly received the volunteer support. 49 out of 131 received professional volunteer support. The mean age was 77; 95.9% are CSSA recipients; 63.3% were living alone while 24.5 % with an old spouse; 12.24% with family currently receiving CSSA assistance. During the supported period, the AED attendance rate was 12.4% (N=7) and the hospital admission rate was 2% (N=1). No admission due to hypothermia was reported. All the elderly were satisfied with the program especially the warm clothing, food and the useful tips in keeping warm. The "Winter Health Project" brings "warmth and love" to the discharge elderly and helps them to avoid hospital admission during winter by the joint efforts among health care professionals, social workers, students and community stakeholders.