



Service Priorities and Programmes
Electronic Presentations

Convention ID: 740

Submitting author: Ms KEE NGAN Edwina SEE

Post title: Physiotherapist I, Ruttonjee & Tang Shiu Kin Hospitals, HKEC

New Physiotherapy Service Delivery model in Primary Health Care: Promoting Different Levels of Care in Chronic Disease Management

See E(1,2), Kwan M(1,2), Chan W(1,2), Kwong S(1), Chung M(1), Sin MC(2), Leung V(2), Wong J(2), Wong M(2), Chu D(2)

(1)Physiotherapy Department, (2)FM &PHC Department HKEC

Keywords:

physiotherapy in primary care
chronic diseases

Introduction

Introduction: The prevalence of chronic diseases, such as Hypertension(HT), Diabetes mellitus(DM), Obesity, musculoskeletal pain and fall, is increasing with aging population. A new physiotherapy service model is essential to benefit the high volume of patients with chronic diseases.

Objectives

Objectives: (1)To promote self-management and healthy life-style (2)To facilitate early intervention and minimize disease complication (3)To improve accessibility to physiotherapy services (4)To streamline patients to appropriate levels of care

Methodology

Methodology: Two physiotherapists started 5 programs to manage GOPC's patients with chronic diseases in HKEC since June 2012. Patients referred from GOPCs were assessed by physiotherapists and offered self-empowerment group sessions on self-care and coping strategies. Correct home treatment and good exercise compliance were ensured. Tailor-made sessions were then given to patients with particular symptoms.

Result

Result: From June 2012 to December 2013, 3177 patients were referred from GOPCs. The average waiting time was 10 weeks. 49(1.5%) patients required intensive physiotherapy were referred to PT SOPD after advice and exercise prescription in GOPCs. 28 patients(0.9%) required medical attention were referred back to GOPC doctor for further management. 1517 patients(50%) were in Osteoarthritis Knee Program, the mean subjective improvement and sessions were 64% and 4.4 respectively. 472 patients(15%) were in Upper Limb Musculoskeletal Pain Program (Tennis elbow, Golfer's elbow, Carpal Tunnel Syndrome and Dequervain's syndrome), the subjective improvement and sessions were 78% and 5.2 sessions respectively. 661 patients(21%) participated in Shoulder Pain Program, the subjective improvement and sessions were 73% and 4.7 respectively. 387 patients(12%) participated in 4 sessions of Physical Fitness and Weight Management Program (HT, DM and Obesity).

Among them, 48% patients who did not exercise previously started to exercise regularly while 40% continued to exercise according to exercise intensity prescription by physiotherapists. Besides, 63 patients(2%) participated in a preventive program of Taichi exercise for advance balance. Conclusion: The new physiotherapy programs in primary health care could effectively and efficiently manage high volume of chronic diseases. The accessibility to physiotherapy services was improved in terms of timely intervention and group management of more patients. Through self-empowerment strategies, patients could improve symptoms, function and minimize disease progression. Physiotherapists in GOPCs served a triage role, streamlining patients to different and appropriate levels of care, which could facilitate a better utilization of resources.