



**Service Priorities and Programmes
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**Health Qigong in Occupational Therapy services in West Kowloon GOPC:
Preliminary outcome**

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Introduction

Health Qigong is known to enhance health and well-being. Occupational therapy has been applying health qigong for different patients including those with hypertension, pulmonary disease, cancer and stroke, and it was found to be effective to improve their sense of well-being and function. With increasing emphasis of primary health care, health qigong acts as a culturally relevant body-mind activity for empowerment of client's well-being and preventive disease management. However, there are limited related studies in the primary care setting in Hong Kong.

Objectives

This study aimed to explore the effect of health qigong in primary care setting in respect to level of well-being, stress control, self-pain management, physical health and fall efficacy.

Methodology

A tailor questionnaire was designed, with a 10-point Likert scale covering level of well-being, stress control, self-pain management, physical health and fall efficacy. The scores of those parameters were compared before and after completing qigong classes.

Result

34 subjects were recruited. All of them completed the health qigong classes, Ba Duan Jin, conducted by occupational therapist in West Kowloon General Outpatient Clinic (GOPC) during Apr-Dec 2013. Their average age was 58 year old (ranged 47-76) and 25 (74%) of them were female. 16 (47%) of them reported they had chronic diseases such as hypertension or diabetes. After they practiced health qigong for 2-3 months, they came back to submit post-questionnaire in the revision class or telephone interview was done. They reported that the average frequency of practicing qigong per week was four times per week. Their perception of well-being improved significantly from 6 (ranged 0-10) to 7 (ranged 4-10) ($p=0.0005$). 25 (74%) cases experienced various degrees of pain over limbs or back area before attending qigong class. The level of pain control improved significantly from 6 (ranged 0-10) to 7 (ranged 5-10) ($p=0.001$). 10(29%) of them had previous falls and their average level of fall efficacy improved from 7 (ranged 0-10) to 8 (ranged 0-10) ($p=0.02$). Their

perceived level of physical condition was also improved significantly from 6 (ranged 0-10) to 8 (ranged 4-10) ($p=0.001$). The level of stress control was also significantly improved ($p=0.01$) from 6 to 8. Conclusion: These preliminary results were encouraging and supported occupational therapists to apply health qigong as one of the effective modalities for preventive and empowerment treatment. Further longitudinal study with larger study sample is advised.