



**Service Priorities and Programmes**  
**Electronic Presentations**

**Convention ID:** 939

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**Post title:** Occupational Therapist II, Shatin Hospital,

**Instrumental Activities of Daily Living (IADL) training program in a fall-free environment: an innovative trial**

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**Keywords:**

Fall-free training environment

IADL training program

Safety

**Introduction**

Enhance functional competence is one of the main goals of geriatric rehabilitation. Training provided by occupational therapists on IADL aspects help to attain this goal. Since falls can cause devastating consequences to function, so manual assistance provide by therapists for fall prevention during training is inevitable. However, this may hinder patients' actual performance and this traditional mode of training also demand one-to-one basis which has much constraint on manpower. So relatively low training intensity may be resulted. Fear of falls is also a major factor which causing patients refrain from daily participation. Hence, prevention of fall during training, increase patient's confidence and training intensity through regular practice is essential. It is an innovative trial to apply a ceiling sling in providing a fall-free environment for functional and IADL training in Occupational Therapy Department of Shatin Hospital.

**Objectives**

To investigate the self-efficacy and functional outcome of the elderly patients participating in the IADL training program in a fall-free environment.

**Methodology**

Patients attending Geriatric Day Hospital in Shatin Hospital with risk of fall, functional decline, or low confidence but with actual needs in performing IADL were assigned to participate in the IADL training program with the use of a ceiling sling. The program includes both simulated and real tasks training on housekeeping, laundry, meals preparation and cooking, and shopping in a scheduled sequence on an 8-session basis. Occupational Therapist would focus more on performance feedback and provide adaptive advice on initial stage. From the 3rd or 4th session onwards, therapist would leave chance for practice in a fall-free environment with intermittent supervision and round-up discussion. Falls Efficacy Scale was used to assess the level of confidence and Lawton Instrumental Activities of Daily Living Scale (Lawton IADL) was used to evaluate functional performance in a pre-/post- basis.

**Result**

From September to December 2013, 30 patients participated in the IADL training

program reported to have better competence during training and more participation in IADL at home afterwards. The mean Lawton IADL improved from 3.5 to 5.0. The fall-free environment can ensure safety which promotes patients' confidence during the IADL training and showed positive functional outcomes.