



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

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**Enhance Client Safety and Access to Postnatal Physiotherapy Service in QMH**

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**Introduction**

Postnatal physiotherapy service was started in QMH since 2001 after the relocation of in-patient obstetric services from Tsan Yuk Hospital. We provided group exercise class in the multi-function room on 2/F of the building while the wards are located on 6/F or 9/F of the same building. Group exercise classes were provided three times a week and all clients who fulfilled the criteria for attending postnatal class were welcomed to join. However, there is always a risk of fall in the course from the ward to the multi-function room which is far away from the wards, since it is not uncommon that clients may experience dizziness and severe wound pain during transfer from chair to floor mat for mat exercises in the first couple of days after delivery. Owing to the above reasons, postnatal exercise class was restructured to bedside individual teaching in February, 2013 to reduce fall risk and unnecessary pain encountered during transferring to mat.

**Objectives**

(1) To improve client safety and reduce fall risk during postnatal exercise class; (2) To improve client's access to postnatal physiotherapy service; (3) To avoid unnecessary discomfort.

**Methodology**

Clients are screened daily on weekdays in the postnatal wards by physiotherapist. Individual bedside teaching will be provided if the clients are twenty four hours after normal spontaneous delivery or forty-eight hours after caesarean section and are medically stable. Physiotherapy service includes: advice on proper posture of handling baby, back and neck care and postnatal abdominal and pelvic floor exercises. Incidence of fall, dizziness and general satisfaction score of client is captured.

**Result**

From Feb 2013 to Dec 2013, 1839 clients received postnatal physiotherapy service, a 80% increase as compared to data in 2012. There is no incidence of fall or dizziness reported and the general satisfaction of client is 8.7 out of 10 in the service provided. Client safety is improved after the restructuring of the postnatal physiotherapy service.

More clients are able to receive physiotherapy exercise and advice before they are discharged and generally satisfy with the overall services.