



## Service Priorities and Programmes Electronic Presentations

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### **Enhancement of Community Rehabilitation Program in Renal Unit of UCH**

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#### **Introduction**

UCH Renal Unit is a pioneer to implement Community Rehabilitation Program (CRP) for renal patients among all hospitals. The program has been implementing since 1999. Patients were divided into 6 community exercise groups to practise Tai Chi and Ba Duan Jin 2-3 times per week. The outcome of CRP revealed in 2009 showed that the participants had significantly lower hospitalization rates and longer patient survival. In recent years, the numbers of participants gradually dropped down due to various reasons. To encourage patients to join, a series of actions were taken to enhance the program.

#### **Objectives**

To speed up patients rehabilitation progress and optimize patient's health.

#### **Methodology**

a) CRP promotion CRP was introduced to all Renal Replacement Therapy (RRT) patients. The RRT include peritoneal dialysis, haemodialysis and renal transplant. We had made rehabilitation exercise pamphlet and health education poster to promote the advantages of exercise for the patients. A seminar was also organized to all new join renal nursing staff. b) Set up CRP team A committee was set up that include doctors and nurses. There are 14 voluntary committee members to run the program. They organized exercise sites near patients' residential district. The volunteers visit individual groups every 3-4 weeks to give support to patients. c) Invite exercise tutor A volunteer Tai Chi master was invited to hold Tai Chi class weekly for the program members. Two motivated patients were selected to be group leaders to coordinate all events and communicate with nursing staff. d) Patient recruitment The volunteer nurses invited eligible renal patients by phone according to patient's residential area and led them to the sites to join the program. Those with impaired mobility were excluded. d) Develop new CRP sites Two exercise groups were newly developed in 2015.

## **Result**

Before the enhancement work, two groups remained. Now, five community rehabilitation groups are maintained with two exercise sessions per week. Number of patients in the program is increasing from 20 to 63. A Patient Satisfaction Survey was done in 1/2016. The result showed that 98% (62/63) of the patients were satisfied with the program, 98% (62/63) of the patients would recommend CRP to others. 97% (61/63) of the patient's social circle became enlarged and 97% (61/63) of the patients claimed their subjective physical condition improved. Conclusion: The program was enhanced successfully with good patient outcome, but we still need more effort to maintain and develop the program continuously.