



Service Priorities and Programmes Electronic Presentations

Convention ID: 113

Submitting author: Mr Kin Ming LAU

Post title: Physiotherapist I, Tai Po Hospital, NTEC

Support Patients' Discharge by Provision of Information on Community Rehabilitation Resources in New Territories East Cluster (NTEC)

Lau KM(1), Ng CM(1), Sit SY(1), Woo KH(1)

(1) Physiotherapy Department, Tai Po Hospital

Keywords:

Discharge planning

Community Rehabilitation

Physiotherapy

NTEC

Introduction

Patients and their caregivers might find it stressful while facing the reality of their discharge from hospital before they are ready. Providing suitable ongoing rehabilitation support in the community will be one of the ways to help them in the transition from hospital to home. Nonetheless, the referral rate for further training after discharge from Tai Po Hospital is found to be low. As increasing number of rehabilitation services were provided in community by service providers other than Hospital Authority. Patients would be able to continue their rehabilitation process in community by the utilization of these services if they were being sufficiently informed. However, with fragmented information and varies level of awareness among physiotherapists (PTs) on community rehabilitation resource, the provision of information to patients and caregivers was found to be insufficient and unstructured.

Objectives

1. To reduce patients' and caregivers' stress on rehabilitation upon discharge. 2. To enhance PT colleagues' knowledge and level of awareness on community rehabilitation resources. 3. To review and set up a system for maintaining an up-to-date information on accessible network of resources for patients and their caregivers.

Methodology

- Target patient group(s) with potential service needs were identified
- Baseline knowledge and level of awareness on community rehabilitation services among PTs were collected
- Up-to-date information covering NTEC community rehabilitation services were consolidated in a leaflet for dissemination
- Briefing session to PTs on the content and use of leaflets was carried out
- Patients' and/or caregivers' feedbacks from questionnaire before & after distribution of leaflet were collected for evaluation

Result

1. PTs were generally insufficient on knowledge and level of awareness on community

rehabilitation services in NTEC. 2. Almost all patients/caregivers were satisfied with the information provided by PTs and able to obtain the necessary information on community rehabilitation services after the provision of leaflet. 3. A decrease in number of patients/caregivers expressed to have worry on their post-discharge rehabilitation arrangement after the provision of leaflet. 4. A Community Rehabilitation Resource Leaflet covering NTEC community rehabilitation services was prepared and a regular revision system in maintaining its information up-to-date is established.