



## Service Priorities and Programmes Electronic Presentations

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### **Outcome Measures on Occupational Therapy programs for patients having chronic diseases in GOPC(s) at NTWC**

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#### **Keywords:**

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#### **Introduction**

Specialized Occupational Therapy programs have been designed for patients having chronic diseases in general out-patient settings, most of them are having hypertension or Diabetes Mellitus or both. The program aim is assisting patients in reducing their risk factors and developing healthy living behaviours in order to manage their chronic diseases. The three special Occupational Therapy programs are: 1- Individual Occupational Lifestyle Redesign Program: we adopt the Flinders' program from Australia on Chronic Disease Self-Management Program CDSMP. This program helps patients to evaluate how well they manage their chronic disease by using Partners in Health between patient and therapist (PIH), then therapist facilitate patient to set goals in improving their health through SMART method. 2- Five-ways of wellbeing therapeutic group aim at improving sense of wellbeing and happiness. It helps patients to build up confidence in manage their chronic disease and motivate their internal drives to change on developing healthy behaviours. 3- Mind-body relaxation therapeutic group: we educate patients to handle their stress and coping skills. To help them through practice healthy Qigong Ba Duan Ji in order to maintain their relaxed minds and body as well as relax breathing.

#### **Objectives**

To evaluate the effectiveness of the Individual Occupational Lifestyle Redesign program and the two therapeutic groups by measuring outcomes on Partners In Health, Healthy living behaviours, sense of welling, happiness, blood pressure and body weight.

#### **Methodology**

2-years' retrospective study by comparing pre and post data on Individual Occupational Lifestyle Redesign program and the two therapeutic groups.

#### **Result**

Results: 1. The Occupational Lifestyle Redesign program showed patients develop better healthy living behaviours and reduce in discrepancy between therapist and

patient view on chronic disease management. 2. The Five-ways of wellbeing group help patients' overall rating in sense of wellbeing improve from 17.4 to 59.9 and happiness rating improve from 3.1. to 3.9. 3. The Mind-body relaxation group showed patients improved in home blood pressure by average 5 mmHg after practicing breathing relaxation. The overall satisfaction rate was also reported as good after practicing health Qi-gong Ba Duan Ji. Conclusions: Specially designed Occupational Therapy programs are effective for patients in managing their chronic diseases in general out-patient settings.