



Service Priorities and Programmes Electronic Presentations

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The Pilot Community health promotion program of Urology service in NTWC

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Introduction

With the ageing and growing in population of NTWC, new non-life-threatening urology case appointment has significantly prolonged the waiting time. Hence, we have collaborated with Community service center in NTWC to conduct two series community health talks to build up community urology health practices. With a focus on urological disease prevention and promotion of healthy lifestyles to strengthen the communities' self-care knowledge in urology aspect and seek medical advice in early stage to prevent the disease progression.

Objectives

Aims: 1. To help community to stay and get healthy, 2. To raise urological problems awareness and promote health behavior change, 3. And assess the community satisfaction by feedback questionnaires.

Methodology

The pilot program commenced in 2013 and completed in 2015 with two series on the same topics on Saturday afternoon in quarterly base. The first series in 2013/14 consisted of five health talks and four in second series 2015. The talks included the most common urology problems e.g. lower urinary tract symptoms in male of benign prostatic hypertrophy and female of urinary incontinence, urinary tract stone disease, erectile dysfunction were included. After each talk, satisfaction questionnaires were given to each participants for feedbacks.

Result

Total attendance were 138 and 134 people in 2013/14 and 2015 (mean attendance were 27.6 & 33.5) with 103 and 113 feedback questionnaires received respectively. The return rate of questionnaires were 74.6% and 84.3%. The average of overall satisfaction rate was over 90% and the rate of improvement in the prevention of the disease and the confident of disease treatment had been increased by 10-20%. As

a result, our community members gained the knowledge to make positive health and wellness choices with this sustainable community health empowerment program.