



Service Priorities and Programmes Electronic Presentations

Convention ID: 16

Submitting author: Ms W Y KEUNG

Post title: Advanced Practice Nurse, Yan Chai Hospital, KWC

The High Fibre & Healthy Intestine Talk in YCH to community in Tsuen Wan district.

Keung W Y (1) Oliva Chu (2)

(1) Surgical Department, YCH (2) Dietetic Department, YCH (3) Health Resource Centre, YCH

Keywords:

Healthy intestine

High fibre

community health talk program

Introduction

In order to raise the awareness and the knowledge of bowel disease in the community, there is a need to provide high fibre dietary information and selection criteria of high fibre snacks in the daily life of the public. However, it is difficult to deploy extra time and effort in organizing the intensive education programs for the community due to the heavy workload in the clinical departments. Hence, the Surgical department and Dietetic Department had co-operated with the Health Resource Centre in YCH to provide a High Fibre & Healthy Intestine Talk in YCH for the public living in the Tsuen Wan District. We aimed to use the limited time, materials and manpower to provide a fun and leisure experience to our participants for obtaining the knowledge through the program. Moreover, we plans to organize the programs periodically in the future.

Objectives

All the participants enhanced their knowledge on colorectal disease and information on high fibre diet. They had more aspiration on the selection of healthy snacks through the display tables and tasting of high fibre snacks. Another unexpected benefit was multi-dispensary team building between different departments. By serving the community and drawing on individual knowledge, this was definitely a golden opportunity for doctor, nurses, dietician, social workers and volunteers working as a team. It was our responsibility to meet the common goal for providing a chance for the participants to learn efficiently and effectively.

Methodology

An easy to understand Health Talk was given by dietician and APN (colorectal nurse) on some common colorectal disease and dietary with information highlighted on display boards. Some inter-active games were also played so as to generate more interaction and interest. Besides, we had provided a selection of healthy high fibre snacks for the participants to try and to stimulate their tasting buds in order to enhance their eating habit. Having achieved the objectives, all the participants would be more capable to live a healthy life style in choosing what they eat and drink in order to make their intestine healthier. As a result, it helped to raise the awareness

and the knowledge of bowel disease in the community.

Result

In 8 Sept., 2015, there were over 60 participants in the programs, with age ranged from 32 to 78. The feedbacks were positive and they enjoyed the talk very much. The pre and post-test results of the participants showed that they had acquired some knowledge after the health talk. The Surgical & Dietetic Department therefore plans to organize the programs periodically in the future with the hope that more specialties can join together for similar program to support and benefit our community.