



Service Priorities and Programmes Electronic Presentations

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Reach Early Discharge (RED) Program in Orthopaedics Rehabilitation

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Introduction

The RED (Reach Early Discharge) Program was implemented since Jan 2014 in Orthopaedic wards is to improve and maximize patient's mobility and independence in daily living, by providing community support to patient and care-givers as early as possible. A strong orthopaedics rehabilitation community network was established. A systematic referral strategy was implemented. A proactive discharge nursing round was conducted to interview and motivate patient to RED program. A mobile electronic education kit was used to facilitate patients to choose the community service, target to specific needs of the patient and develop strategies to maximize each patient's function. The designated nurse was also act as a coordinator to enhance the communication between two parties, and provide medical support to ensure patients' safety and compliance during the interim period. Regular meeting was held to review the service and collect feedback from community partners. A study on the evaluation of the program was conducted in TWEH to assess the extent to which the orthopaedics rehabilitation patients can be benefited from the RED program.

Objectives

To investigate the effectiveness of RED program by comparing the length of stays (LOS), Barthel Index (BI) and Berg Balance of orthopaedics rehabilitation patients after the completion of program.

Methodology

Data were obtained from the patient records at two phases: On commencing RED program, after completion of RED program. Data were collected: 1) Barthel Index (BI); 2) Berg Balance and 3) LOS. The data was analyzed by descriptive statistics and paired sample T-tests.

Result

In Orthopaedics rehabilitation, increased 5% discharged patient was referred to community for continuum care. The numbers of referrals was 257 in 2014. The average LOS of in-patient was 20.57 days in 2013 and 18.98 days in 2014. The LOS has been shortened by 1.5 days. It saved the health care cost about HK \$2556,000 /year (7.9 nurse). Data on 193 patients who had completed community program rehabilitation program were analyzed. 44(22.9%) male and 148(77.1%) female, the overall mean of age was 78.99 years. There were significant improvement on BI and

Berge Balance. BI was improving from 74.20 +/- 14.96 to 87.09 +/- 13.79 (P< 0.005) and Berg balance 18.55 +/- 9.08 to 32.44 +/- 13.37 (P< 0.005) respectively. The results reflected the effectiveness of community program. This program had effective in decrease LOS by enhance the utilization of community services. Patients were significantly improve in activity daily living, functional outcome and had benefited from program.