



3

## Service Priorities and Programmes Electronic Presentations

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### **Empowering care-giver through developing standardized care-giver training in physiotherapy department**

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#### **Introduction**

Care-giver training is to ensure that the care-giver could take care of the patients by acquiring proper skills. In the first quarter of 2015, there were 28.9% of orthopedic patients, 8.2% of medical patients and 30.5% of stroke patients received care-giver training. Despite its importance in the profession, different standards in delivering it exist.

#### **Objectives**

To empower care-givers to acquire proper skills by establishing the standards of care-giver training

#### **Methodology**

The establishment was conducted in three phases: (1) Preparation phase had identified that care-giver training should be provided if the patient had the following changes: the mobility as assessed by the modified functional ambulation category (MFAC), the walking aids used or the main care-giver. The content of the care-giver training included transfer, ambulation and mobilization techniques. Workflow was set to stratify patients in accordance with their needs and to decide the intensity and the mode of training. Education pamphlet was designed and provided to care-givers so that the skills could be reinforced at home. (2) Implementation phase was to request colleagues to strictly follow the pre-set standards. (3) Evaluation phase was to perform the audit to evaluate the compliance of the standards and the extent of care-giver training received.

#### **Result**

40 patients who were discharged in December were randomly selected for the compliance audit. 3 of them were excluded because of the missing data. 28 patients (75.7%) who fulfilled the criteria had performed the care-giver training. Also, the extent of care-giver training has been increased 19.2% in orthopedic patients, increased 1.1% in medical patients and increased 8% in stroke patients. The results indicated that empowering care-giver training through standardization could enhance the care-givers to receive proper and structured training so that better facilitation of

the discharge plan could be achieved.