



Service Priorities and Programmes Electronic Presentations

Convention ID: 529

Submitting author: Mr C K TSANG

Post title: Registered Nurse, United Christian Hospital, KEC

Help Spinal Patients Living to the Fullest - Support Group for Spinal Patients in Community (脊康會)

Tsang CK(1)

(1)Department of Orthopaedics and Traumatology, United Christian Hospital

Keywords:

spinal patients

support group

patient empowerment

psychosocial support

community resources

integrate to community

Introduction

Spinal disorders have great impacts on the psychosocial aspect of patients. With the aging population, the number of patients with spinal disorder is increasing, evidently with more than 2000 outpatient cases each year. In Kwun Tong district, most of the spinal patients have poor psychosocial and resources support, and this may induce great pressure to their caregivers. Therefore, we developed a community program to empower the caring ability and increase the knowledge of the spinal patients and their caregivers in 2015. In Hospital Authority (HA), the Orthopaedics and Traumatology Department of United Christian Hospital is the pioneer to provide this kind of service.

Objectives

To review the process and outcome on the community program for spinal patients and their caretakers.

Methodology

“Support Group for Spinal Patients in Community” (脊康會) was established by a crew of orthopaedic specialty nurses and doctors, collaborating with physiotherapist, occupation therapist, medical social worker and workers of Department of Community Relations and Partnership to provide services for the discharged patients with spinal disorders. Activities are organized every two months. Different topics are designated each time. The scope of services includes the spinal disease seminar, the relevant nursing care to their spinal disease, various home exercises, the usage of aid in daily life, multi-disciplinary assessment workshop, empowerment program and games workshop. NEATS / Easy Bus are arranged for patients with transportation difficulty. Peer gathering is organized regularly to allow our patients to share their feelings and release their pressure and emotions. It helps them to develop relationship and caring with each other. Nurses and medical social workers provide counselling during the activity. We also introduce community resources and assist

them to integrate in the community. An anonymous and self-administered questionnaire was distributed to patients after each activity.

Result

100% of patients reported that their knowledge about diseases is increased and all of them are satisfied with our emotional support. Over 85% patients agreed to the depth of our provided information and 75% of patients stated that they could better manage the spinal disease by themselves in the community after joining this support group. On the aspect of psychological support, all agreed that we showed our concern and empathy in the supporting group and felt our staffs are easy to approach. They found pressure could be relieved after the activity. In conclusion, the support group for spine patients in the community achieved its aims and supported patients in need.