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A Win-Win Approach: Launching of Modified Red Dot Mobility System at Geriatric Day Hospital (GDH)

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Introduction

GDH frail elderly patients have poor mobility status and with high risk of fall. The Modified Red Dot Mobility System (M-RDMS) was adopted at admission to the existing risk assessment process.

Objectives

To develop and study the effectiveness MHO system for staff, caregivers and patients in GDH.

Methodology

A GDH multi-disciplinary working group was formed in July 2014. Through literature review and analysis of the current local situation of TWH-GDH, the RDMS was adopted, modified, and launched for MHO assessment for all the GDH patients from September 2014 and revised in August 2015. The M-RDMS was assessed by a physiotherapist at admission & implementing to the whole period of GDH training. The staff compliance audit and the feedback of the patients, caregivers and GDH staff, were collected during the implementation period.

Result

816 GDH patients were recruited. After full implementation, the rate of the compliance was 100%. The overall feedback were satisfactory, they felt "very knowledgeable" about the mobility level of patients and the type of walking aids required. Some of comments were M-RDMS provides clear indication of proper walking aids which enables enhancement on walking stability, safety and confidence of the patients and staff. The M-RDMS is a simple and efficient way to assess mobility requirements of geriatric patients. Besides safeguarding staffs' MHO and reducing incidents of patient falls, M-RDMS also serves to create a safety culture from professional staff to supporting staff in geriatric rehabilitation setting.