



Service Priorities and Programmes Electronic Presentations

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New Service Model of Occupational Therapy Elderly Cognitive Care Program in the Nurse and Allied Health Clinic at Tsan Yuk Hospital

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Introduction

Early detection of Mild Cognitive Impairment (MCI) may allow critical period for preventive treatment and this service gap was identified by the doctors of the Family Medicine and Primary Healthcare (FM&PHC) in Hong Kong West Cluster. Based on the need and the conjoint effort of the Department of FM&PHC and the Department of Occupational Therapy (OT), a new service model of OT Elderly Cognitive Care Program (OTECCP) was developed in the Nurse and Allied Health Clinic at Tsan Yuk Hospital in January 2014.

Objectives

This program aimed to provide early detection and intervention for MCI patients.

Methodology

Elderly patients (aged \geq 60) were assessed using Chinese version of Mini-Mental State Examination (CMMSE). Those patients with score \geq 21 were further assessed using The Montreal Cognitive Assessment Hong Kong version (HK-MoCA) and Chinese version of the Activities of Daily Living Questionnaire (ADLQ-CV). For those patients with CMMSE score $<$ 21 and marked cognitive deficits, they were triaged to received OT at David Trend Rehabilitation Centre (DTRC). For those with subjective memory complaints but not MCI, they joined an educational class on normal aging. For those with MCI, they were recruited to join the OTECCP.

Result

A total of 307 clients were recruited into the program for the period from January 2014 to December 2015. 41.4% (127) were male and 58.6% (180) were female with the mean age of 74.9. The mean scores of CMMSE, HK-MoCA and ADLQ-CV were 23.5, 21.4 and 16.6 respectively. 19.9% (61) were triaged to receive OT training at DTRC.

46 clients completed the one-year-follow-up re-assessment after attending the OTECCP. The mean scores of CMMSE and HK-MoCA were increased by 2.3% (0.6) and 21.4% (4.2) respectively whereas the mean score of ADLQ-CV was reduced 21.7% (3.0). The above scores indicated that cognitive functions were maintained and the subjectively memory complaints were reduced.