



Service Priorities and Programmes Electronic Presentations

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Carer Empowerment Programme: A family carer-oriented discharge program for patients and their carers in Shatin Hospital

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Introduction

Carers often feel incompetence in bringing patients home, which usually results in delayed discharge or repeated admissions. (Bauer et al., 2009; Shyu et al., 2007). To address this issue, carers' interviews were conducted to collect their main concerns on taking care of patients upon discharge home. Based on the results, Carer Empowerment Programme (CEP) was developed in May, 2015. The program aims to enhance carers' competence in patient-care at home through hands-on caring techniques training and providing information on transportation, continuity of rehab service, community support and leisure activities. At the end of the program, a resource folder with videos CD and content of the programme including smartphone apps and websites search were distributed to the participants to ensure carers to have updated resources.

Objectives

To evaluate the effectiveness of CEP in improving carers' confidence level on caring patient at home

Methodology

A total of 50 groups of families' carers attended the program. Questionnaire with 10-point Likert scale showing caregivers' competence was tailor-made to measure their change in confidence level in four areas including (1) caring techniques, (2) utilization of transportation, (3) accessing community resources and (4) arranging leisure activities before and after the session. Outcome survey was also conducted to evaluate participants' comments on the usefulness of the programme. Sign test was used to analyse the collected results.

Result

Results from the questionnaires have shown that there is statistically significant increase in median score in the 10-point Likert scale in all four areas (p -value < 0.001). For the outcome survey, all contents of the program were scored with highest frequencies on "Strongly Agree" and "Agree" (42/50 in caring technique; 44/50 in

utilization of transportation; 45/50 in community resources; 32/50 in leisure activities). It is concluded that "Carer Empowerment Programme" is effective in improving caregivers' competence in taking care of patients in the community. The program is now conducted in a bi-weekly basis as part of the pre-discharge program in Occupational Therapy, Shatin Hospital.