



九龍中醫院聯網
Kowloon Central Cluster



Hospital Authority Convention 2017

A Multidisciplinary Group Rehabilitation Programme for Enhancing the Management of Patients with General Musculoskeletal (GMSK) Pain

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Introduction & Objectives

Orthopaedic
Surgeons

Nurses

GMSK
Pain
Clinic

Physiotherapists



- Launched in October 2015
- SOPC of the Department of O&T of the QEH
- Early *comprehensive assessment and coordinated care planning*
- To evaluate the effectiveness in *managing the growing service demand* and *improving the well-being* of GMSK patients

Methodology

Programme Evaluation - Outcome Measures

Clinical Outcomes:

<Generic>

- Pain intensity (NPRS)
- Subjective overall satisfaction (NGRCS)
- Pain Self-Efficacy Questionnaire

<Disease-specific>

- **Back:** Roland-Morris Disability Questionnaire (RMDQ)
- **Neck:** Norwick Park Neck Pain Questionnaire (NPQ)
- **Knee:** Western Ontario & McMaster Universities Osteoarthritis Index (WOMAC)

Organization Outcomes:

- Treatment cost (number of treatment sessions)
- New case waiting time



Results

Demographics

No. of patients **510**

Male/ Female 34%/ 66%

Age 62.7±14.1

Clinical Assessment 1.8

Physiotherapy sessions 2.5

Compared to
**5% overall
discharge rate**
in orthopedic clinic

**D/C from ORT
(N=332)
65.1%**

PT OPD Referral

Self Home
Management
Programme

Referred for PT OPD (N=278):

- Knee Class
- Back Class
- Tailored Individual PT

FU GMSK

0%

FU ORT
(Except GMSK)
34.9%

Results & Conclusion



- Effective in improving the **accessibility** and **health outcomes** of GMSK patients
- Further investment is beneficial to increase the capacity in managing **growing service demand** and improving the **patients' well-being**

