





Hospital Authority Convention 2017

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

LO KFV(1), WONG FYT(2), CHAN CMA(1), LAU MYP(1), LEE SY(3), MAN HY(3), LI W(3), CHEUNG YM(4)

- (1)Physiotherapy Department, Queen Elizabeth Hospital,
- (2) Physiotherapy Department, Kowloon Hospital,
- (3) Department of Orthopaedics & Traumatology, Queen Elizabeth Hospital,
- (4) Specialist Outpatient Service, Queen Elizabeth Hospital, Kowloon Central Cluster

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 wellbeing 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)

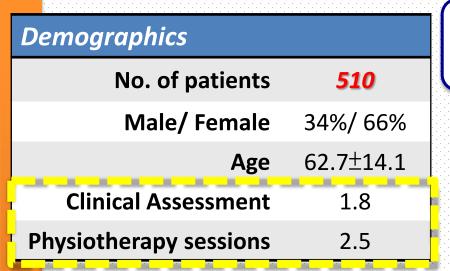
Organization Outcomes:

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



Results

PT OPD Referral



Self Home Management Programme



- Knee Class
- Back Class

FU GMSK

Tailored Individual PT

Compared to
5% overall
discharge rate
in orthopedic clinic

D/C from ORT (N=332) 65.1% FU ORT (Except GMSK) 34.9%

Data as at 2016.09.30

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



