

Review on Memory Clinic and Cognitive Training Program in Ha Kwai Chung GOPC (HKC)

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Objectives:

1. To evaluate the multidisciplinary primary care model of memory clinic including comprehensive cognitive training program
2. To assess patients' and carers' satisfaction on the program
3. To review any improvement in their psychosocial function

Methods:

- From 11/2015 to 11/2016, patients with mild cognitive impairment were recruited
- They on average attended 2 sessions of memory clinic FU + a comprehensive course (at least 16 sessions) of cognitive training class
- Patients and their carers were invited to indicate their satisfaction on the service using a generic 10-point satisfaction questionnaire
- Psychosocial function of patients was assessed with WHO-5 Well-Being Index



世界衛生組織身心健康指數 (WHO-5, 1998)
(2009 年廣東中文版)

下列有五句描寫感受的句子。我們想知道你在過去兩星期內有多少時間出現這種感受。請選擇一個最合適的答案，並圈出代表的數字。數字越大代表身心越健康。

例子：在過去兩星期，我知你有超過一半的時間感到開心愉快及精神奕奕。請圈出 3 號。

	在過去兩星期 所有時間	大多數時間	超過一半時間	少過一半時間	有些時間	完全沒有
1. 我會感到開心愉快及精神奕奕。	5	4	3	2	1	0
2. 我會感到平靜和輕鬆。	5	4	3	2	1	0
3. 我會感到有活力及精神奕奕。	5	4	3	2	1	0
4. 我早上醒來感到清新及已有足夠的休息。	5	4	3	2	1	0
5. 我的日常生活充滿會使我發生興趣的事物。	5	4	3	2	1	0

總分: [() + () + () + () + ()] x 4 = _____

Approval has been obtained from Professor Per Bach, Psy. Research Unit, WHO Collaborating Centre in Mental Health, for the translation to Hong Kong Chinese.

1) 你認為參與職業治療小組對你有幫助嗎?

1—2—3—4—5—6—7—8—9—10 (非常滿意)

2) 你對職業治療小組有滿意嗎?

1—2—3—4—5—6—7—8—9—10 (非常滿意)

3) 你認為記憶診所對你有幫助嗎?

1—2—3—4—5—6—7—8—9—10 (非常滿意)

4) 你對記憶診所所有滿意嗎?

1—2—3—4—5—6—7—8—9—10 (非常滿意)

5) 你認為參與職業治療小組對你和患者有幫助嗎?

1—2—3—4—5—6—7—8—9—10 (非常滿意)

6) 你對職業治療小組有滿意嗎?

1—2—3—4—5—6—7—8—9—10 (非常滿意)

7) 你認為記憶診所對你和患者有幫助嗎?

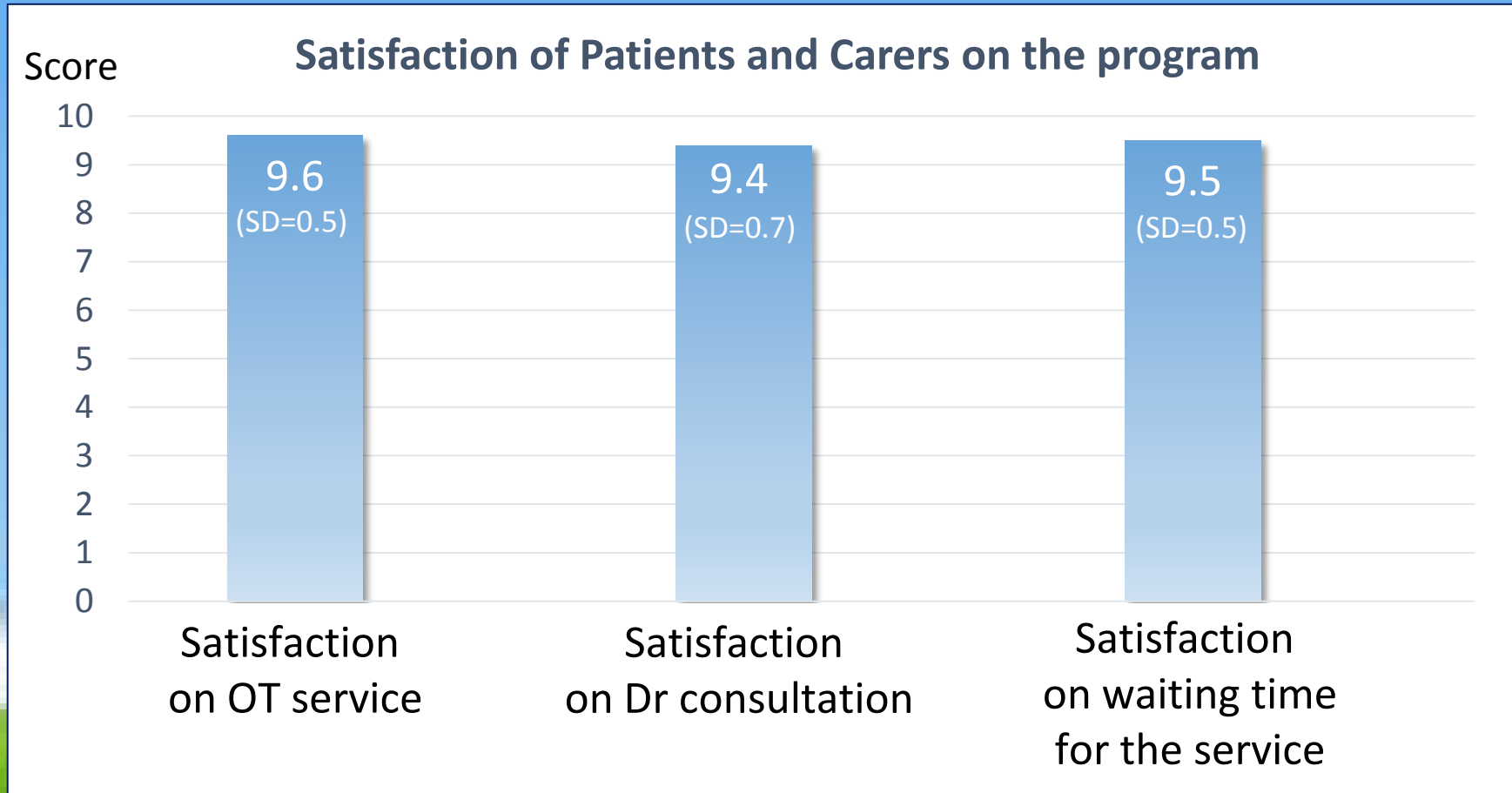
1—2—3—4—5—6—7—8—9—10 (非常滿意)

8) 你對記憶診所所有滿意嗎?

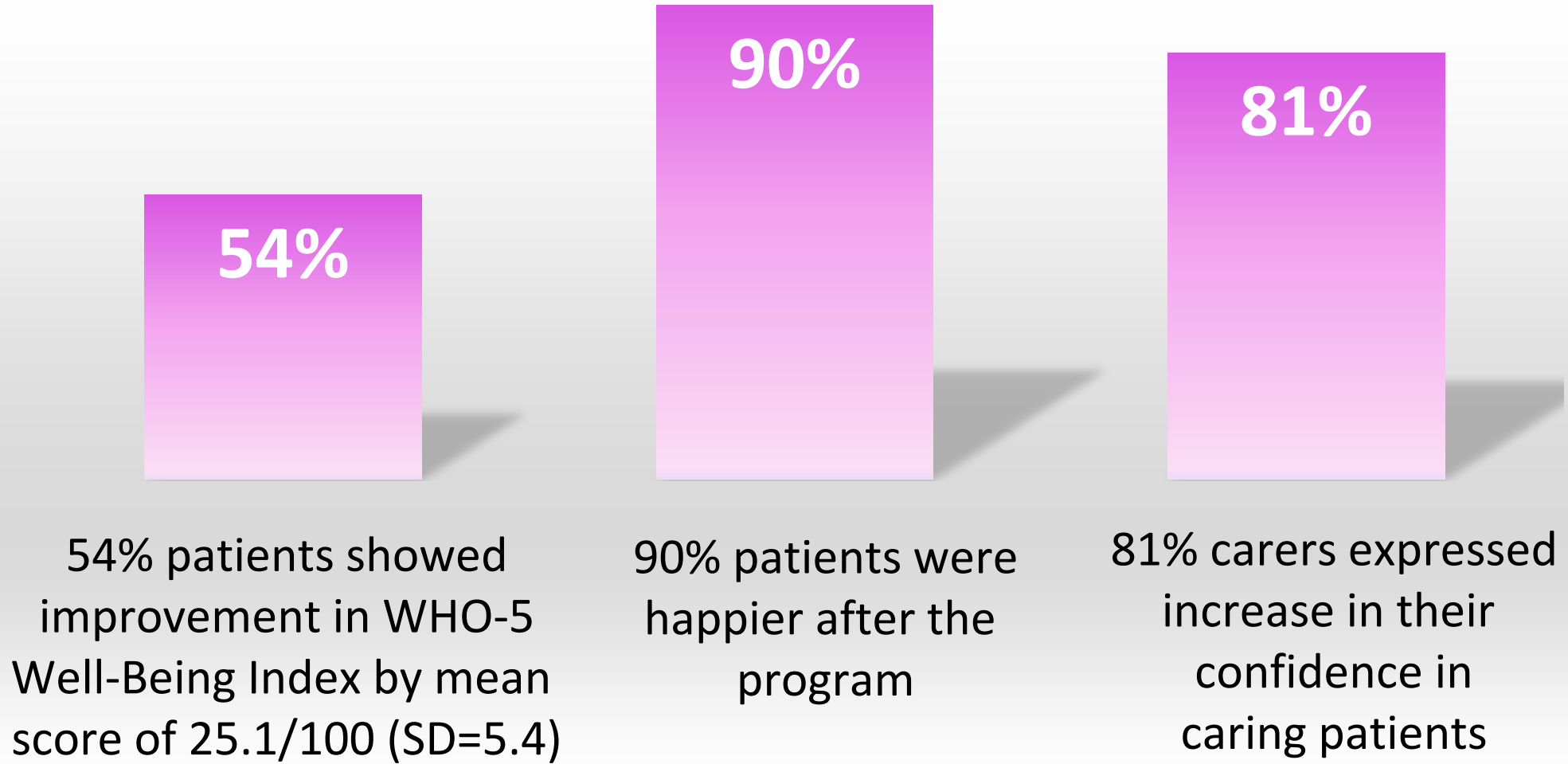
1—2—3—4—5—6—7—8—9—10 (非常滿意)

Results:

- 25 patients were recruited (64% male; 36% female)
- Mean age was 79.5 (SD=7)
- 100% agreed that memory clinic and cognitive training class were helpful to them



Results:



Conclusion:

- A structured cognitive impairment management program in GOPC setting including collaboration between doctors and occupational therapist was effective
- It could enhance the psychosocial function, happiness of patients and satisfaction for both patients and carers
- This program demonstrates the capability of GOPC in managing dementia patients in their early journey and ready to share the SOPC burden to a greater extent if with additional resources