



## Service Priorities and Programmes Electronic Presentations

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### **Evaluation of Mini Rehabilitation Gymnasium Service for Post abdominal Surgery patients**

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#### **Keywords:**

Physiotherapy

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#### **Introduction**

Most of the post abdominal surgery patients were suffered from some forms of physical impairment and deconditioning. Prolonged bed rest, acute wound pain, impaired nutrition, general anesthesia etc, all are contributing to this. However, there was no proper intensive rehabilitation service in acute surgical ward. In parallel, the waiting list of patients for rehabilitation wards was long. Most of these patients were discharged home form the acute ward efore they can regain their premorbid functional status and independence of living.

#### **Objectives**

A groundbreaking mini rehabilitation gymnasium adjacent to acute surgical ward is set up to give a revolutionize rehabilitation service to these patients before discharge. Due to the limited space, assorted ingenious rehabilitation equipment was recruited.

#### **Methodology**

273 post intra-abdominal surgery patients with identified with functional impairment were invited to attend a short course of tailor-made rehabilitation during May 2016 to November 2016 in acute surgical wards of Caritas Medical Centre. The aim was to minimize their physical impairment and maximize functional capacity before discharge from acute wards.

The self-administrated questionnaire used a 3 point rating scale (1: dissatisfied; 2: acceptable; 3: satisfied), addressing the gymnasium environment, quality of exercise therapy and an overall satisfaction of the rehabilitation service

#### **Result**

Total 30 questionnaires (27 female and 4 male patients) were collected and analyzed.

The overall satisfaction rate of the gymnasium environment was 76.7% with 20 % acceptable and 3.3% dissatisfaction (mean 2.73). The satisfaction rate of the quality of exercise therapy was 81.1% with 16.7% acceptable and 2.2 % dissatisfaction (mean 2.78). The overall satisfaction rate of the rehabilitation service was 76.7% (mean 2.76). The aim of this questionnaire was to investigate the customer's response on the new mini gymnasium rehabilitation service. Their rating score imply the establishment of the new rehabilitation gymnasium can address their needs and improve patient's functional status and minimize impairment before they are discharge. It can also release the pressure of the long rehabilitation ward waiting list.