



Service Priorities and Programmes Electronic Presentations

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“Best For Your Heart” a continuity caring project for cardiac patients

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Introduction

In year 2016, there were 531 patients with acute myocardial infarction and 208 percutaneous coronary intervention angioplasty cases took part in North District Hospital. There is a need to have a set of services to help people with coronary artery disease to preserve or resume their optimal functioning. “Best For Your Heart” is a continuity caring project for the cardiac patients. Continuity care is concerned with the quality of care over time. It is idealized in the patients’ experience of a “continuous caring relationship” with an identified health care professional. It has a positive effect on patients’ motivation towards cardiac rehabilitation.

Objectives

To promote positive motivation toward continuity of care. To enhance knowledge and awareness of patients in different aspects of cardiac disease. To encourage better communication between health care professionals and patients and their family.

Methodology

From August 2016, the AMI patients admitted in CCU were recruited. There was arranged phone follow-up to them after one to three week upon discharge. Patients’ conditions and compliance were checked through phone follow-up. It was used to early detect any heart failure and/or re-infarction symptoms. The cases whose have symptoms would refer to cardiologist for further assessment. There was an activity held in December 2016. Patients and their relatives were invited to join the activity. The activity day was arranged a health check and health talk to all participants. The talk was about myocardial infarction and cardiac rehabilitation which was spoken by cardiologist and cardiac nurse in order to enhance knowledge and awareness of patients in different aspects of the cardiac disease. There was a sharing session by a cardiac patient volunteer. Cardiopulmonary resuscitation (CPR) demonstration including the introduction of automated external defibrillator was performed. In addition, there was a questions and answers session among cardiologist, cardiac nurses and participants which can engage and improve communication among patients, doctors and nurses.

Result

There were 15 cases being recruited from August to December in 2016. The patient's conditions and compliance were checked and any of heart failure and/or re-infarction symptoms were asked. There were 19 patients and relatives joined our educational activity. We also introduced Community Rehabilitation Network service, cardiac patient group from the Care For the Heart and other community resources to the participants. The knowledge and awareness of patients in different aspects of the disease were also enhanced. All participants showed satisfaction to the activity arrangement. Their family members were interested in the demonstration of CPR and AED. Last but not least, we enhanced the partnership with patients and community. The project would be continued with holding educational activity quarterly. It is looking forward to provide regularly health care activities for cardiac patients in order to increase motivation on long term disease management.