



Service Priorities and Programmes Electronic Presentations

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Empower Patient Self-Management of Their Illnesses Through An Education Program in Geriatrics and Rehabilitation Wards of Haven of Hope Hospital

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Introduction

To engage and empower patient self-management of their illnesses, the 'Patient & Carer Education Working Group' of Haven of Hope Hospital (HHH) has developed an education program for patients and carers in 2016. It focused on four main areas: 1) Dementia care, 2) Continence care and pressure ulcer prevention, 3) Diabetes Mellitus care, and 4) Osteoporosis care.

Objectives

This program aims at empower patients and their carers to manage their illnesses.

Methodology

In-patients and their carers with the illnesses specified above were recruited one week before the program from four Geriatrics and Rehabilitation wards. Eighteen sessions were conducted from May to December of 2016. Each session lasted for 1.25 hours. The education programs were scheduled just before visiting hours in order to increase the participation of carers. In each session, two nurses were responsible for conducting the program. The first part included a 30-minute talk on the illnesses while the remaining 45 minutes focused on teaching and demonstrating caring techniques, such as dementia care, skin care and pressure ulcer prevention, home blood glucose monitoring, home safety and fall prevention. Participants were asked to complete a feedback questionnaire after the program. Results were analyzed to evaluate the usefulness of the program on enhancing their knowledge and skills on caring and managing of the illnesses.

Result

A total of 96 patients and carers participated in the education program. Results show that most of them (range: 90-100%) agreed that the program enhanced their knowledge on different diseases. All participants agreed that the program is useful for them in caring for patients with the diseases.

In conclusion, the education program can enhance patients and carers' understanding

of the illnesses. It also helps to encourage their engagement and empowerment on self-management of diseases. It is suggested to further explore the opinion of patients and carers to advance the program.