



Service Priorities and Programmes Electronic Presentations

Convention ID: 410

Submitting author: Mr Y M CHU

Post title: Advanced Practice Nurse, Tseung Kwan O Hospital

District-Wide Collaboration: Empowering People for Brain Health

*YM CHU, Jennifer SAN, Nancy CHOW, Colin HT LUI, IT LAU
Stroke Team, Department of Medicine, TKOH*

Keywords:

Brain Health

Stroke prevention

Volunteer ambassador

Empowerment

Introduction

Stroke is a disabling and costly disease for patients and the community. Revealed by non-government organizations (NGOs) in Tseung Kwan O & Sai Kung Districts, there is a need of healthcare input for discharged stroke patients in these districts. The Department of Medicine and seven local NGOs had collaboratively launched out a "Brain Health & Stroke Prevention Program" for elderly volunteers including those stroke survivors. The core of program focused on lifestyle modification, which was stated as the first and fundamental measures for stroke and chronic diseases management in related international guidelines.

Objectives

The objectives are 1) providing essential knowledge on brain health & stroke; 2) Reinforcing the need of self-management; 3) empowering participants to share their learning in the community.

Methodology

With the input from NGOs, the stroke team had developed 4-session program accordingly. The program was taught by a Stroke Nurse with Qualification of Fitness Instruction. Each session composed theoretical and practical elements, lasting 1 1/2 hour. Participants were required to demonstrate how to perform full body exercise. A DVD with these participants as demonstrators was produced. A pre & post program survey on knowledge, importance and feasibility on stroke health was conducted. A homework test with 30 true or false questions was completed before last session. Afterwards, these participants would lead different brain health activities in the community.

Result

The survey was conducted on the first session and the last session. Participants were asked to rate their knowledge, importance and feasibility on eight dimensions of 1) brain blood supply and stroke, 2) hyperglycaemia, 3) hypertension, 4) stroke prevention, 5) healthy diet, 6) effective healthy exercise, 7) assisting stroke patient in

moving, 8) communicating with stroke patients. The post program survey indicated that the knowledge increased 11 folds, importance increased 2.75 folds and the feasibility increased 6 folds. The mean score of brain health questions was 73% (range from 53 to 97%). Common mistakes were 1) the need of cholesterol, 2) timing for exercise, 3) post stroke aphasia. As the extension of the program, eight brain health promotion events were conducted by these participants (as ambassadors) in different venues. Total attendants for these community events were 536 persons. Voluntary feedbacks were received from the ambassadors, with very encouraging results including mutual support and effective health maintenance.

Conclusion

With the collaboration among community partners, the program has illustrated a path of empowerment for health care sustainability. Further development is feasible.