



## Service Priorities and Programmes Electronic Presentations

**Convention ID:** 45

**Submitting author:** Ms Kam Ying Li

**Post title:** Ward Manager, TWGHs Wong Tai Sin Hospital

### **Redesign of Ward Setting for Consolidation of Rehabilitation - Elderly Friendly & Occupational and Health Safety Principles**

*LI KY, Tang FKI, Chan SK, Ko SHC, Kwong WY, Lau OLM, Wong YN*

*Hong Kong Jockey Club Rehabilitation Medical Centre, Department of Rehabilitation and Extended Care, TWGHs Wong Tai Sin Hospital*

#### **Keywords:**

Rehabilitaion

Elderly Friendly

#### **Introduction**

The aging of Hong Kong's population, attributable to increased longevity, will present significant challenges in relation to the health care facilities and hardware design.

About 89 % of Rehabilitation patients in Department of Rehabilitation and Extended Care (DREC) of TWGHs Wong Tai Sin Hospital (WTSH) were over 65 years old in year 2015-16.

With the support from Hong Kong Jockey Club and Tung Wah Group Hospitals, renovation and redesigned of ward setting according to "Elderly Friendly" could be carried out in two Rehabilitation wards of DREC and renamed as Hong Kong Jockey Club Rehabilitation Medical Centre. And its healing environment helps elderly patient return to a good state of mind and physical health. The Centre was fully operated in Jan 2016 and it starts the new page of Elderly rehabilitation model of care by then onwards.

#### **Objectives**

To build an Elderly Friendly and Barrier Free environment, in order to ease elderly vulnerability or disabilities, promote mobility, facilitate health literacy and enhance dignity, through significant hardware and logistic re-design included,

Foster Space Utilization and Barrier Free

Adopt Suitable Lighting

Use distinctive Pictures and Color tone

Adopt Open Station and accessible Substations

Install Ceiling hoist for better Manual Handling operation (MHO) and safety

#### **Methodology**

We planned ahead, according to elderly patient's disabilities and needs, matched with the new Medical Rehabilitation Centre. We refined the top-up systems and space utilization. We repartitioned patient's area for designing a patient activity area in ward centre for patient activities and education program. Barrier free design was planned. 4 mini-work stations were embraced by patient's cubicles to facilitate elderly patients'

accessibilities. Distinctive pictures and patterns, floor mat and wall color were adopted as signage effect especially for cognitive impaired elderly patients and provide lively meaning for them. We planned adequate lighting to enhance better sightseeing and safety as in our ceiling plan. Ceiling mounted hoist transferring system was also planned in advance to reinforce MHO and safety compliance.

### **Result**

With redesigned hardware support and work logistics, it

- (1) increases patient's and carer's health literacy.
- (2) improves patient's physical mobility and psychomotor skills
- (3) assists the patients with disability and chronic illness to attain maximized function.
- (4) increases their awareness of their personal strength.
- (5) relieves carer stress by increasing their sense of control through training in the activity area.

To staffs, the working space is broadened; no injury incidents related to narrowing workplace has been reported. About 60% of patients need transfer with heavy assistance; the ceiling hoist is in used to reduce MHO or heavy lifting.

In fact, the new Centre is highly appreciated by patients, carers and staffs with positive feedback.