



Service Priorities and Programmes Electronic Presentations

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Comprehensive Health Assessment and Niche for the Community Based Elderly (CHANCE): a win-win-win solution to primary health care

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Introduction

Currently, the majority of patients attend the outpatient clinics are elderly but health assessment for them was lacking. A pilot study was carried out in an out-patient clinic to offer comprehensive assessment to the elderly for better patient care and offer early intervention.

Objectives

- 1) To provide a structured, coordinated comprehensive assessment to elderly living in the community
- 2) To promote disease prevention and health education among elderly.
- 3) To empower the clinic staff about health assessment and redesign clinic workflow.
- 4) To provide early intervention to those at high risk.

Methodology

Starting from September 2016, ten elderly patients were randomly selected from Shroff and assessed by clinic nurse on weekdays after the doctor consultation with the following parameters: fall risk, yearly flu vaccine record, pneumococcal vaccine record, smoking history and risk assessment and management program (RAMP) of Diabetes Mellitus and hypertension if any. Patients will be advised on their health needs and related services will be arranged accordingly. Remarks will be made in the computer system for easy identification and avoid repeated works.

Result

In the past four months, 800 patients were selected and >90% of them were assessed. 130 of them were noted to have significant fall risk and were referred to the fall prevention programme for further training, compared to only 24 patients referred to the same programme in the first four months of the year. 329 patients were advised and vaccinated against flu vaccine and 70 patients were

eligible for pneumococcal vaccine and had been vaccinated subsequently.
59 DM patients and 113 HT patients were noted to have their RAMP assessment overdue and rearranged.

Only 6% of them were smokers, smoking cessation service was introduced but refused.

In conclusion, the CHANCE is successful in providing a comprehensive assessment to the community based elderly and arrange health services to those in need. It also gives healthcare professionals a golden opportunity for disease prevention and health education.