



## Service Priorities and Programmes Electronic Presentations

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**Submitting author:** Dr Savio LEE

**Post title:** Resident Specialist, Tuen Mun Hospital

### **Employment Outcomes of Rehabilitation after a Cardiac Event**

*Lee S(1), Yick H YA(1), Chow SLE (1), Chu CKA(1)*

*Division of Rehabilitation, Department of Medicine and Geriatrics, Tuen Mun Hospital.*

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#### **Introduction**

Ischaemic Heart Disease is a major cause of morbidity and mortality in HK, with a significant number occurring in the younger working age group. Contribution to have a paid employment has an important impact both the patient and the family. Absence from work leads to a loss-loss situation with both a productivity loss and an additional socioeconomic burden to the society. There were limited local studies on the situation of returning to work (RTW) of patients with cardiac disease.

#### **Objectives**

To study the working conditions of cardiac patients referred to work rehabilitation services after a cardiac event.

#### **Methodology**

From 10/14 to 10/15, a total of 40 patients who had a paid-employment before one's index cardiac event were referred to the specialized cluster work rehabilitation service of a regional rehabilitation centre. A retrospective review was conducted on the work outcomes for these patients.

#### **Result**

All of these patients were male with mean age of 54.8 (range 28-71). 24 (60%) were commercial vehicle drivers. 11 (27%) were manual workers. Three were police officers whose duties involved firearm carriage and the rest (2) were sedentary workers. All of them underwent specialized rehabilitation assessment and work counseling with 10 patients (25%) subsequently underwent further high-intensity rehabilitation training. At the end of study, the outcome of 35 patients (88%) were known, with 24 out of 35 (69%) had a paid employment, and another 3 patients (9%) planned to resume work after the sick leave period ended. For the remaining 8 patients (23%), 5 decided to retire and 3 remained unemployed.