

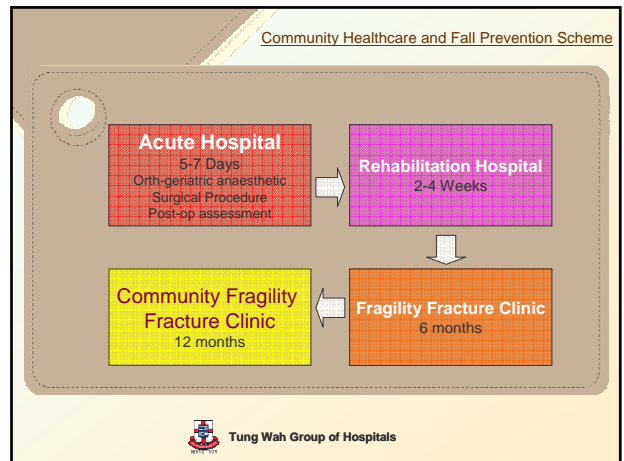


Comprehensive Fragility Fracture Scheme- How to operate

Community Healthcare and Fall Prevention Scheme



Ms Janet Chan
Assistant Supervisor
T.W.G.Hs. Wilson T.S. Wang District Elderly Community Centre

Community Healthcare and Fall Prevention Scheme

Where is the Community Fall Clinic?

1. Located in District Elderly Community Center (DECC)
2. Operate since Jan 2008
3. Serving elders living in Shatin




Community Healthcare and Fall Prevention Scheme

Objectives:

1. To provide profession medical care and rehabilitative training to elder patient with fracture
2. To enable patient to recover mobility
3. To enhance quality of life after recovery
4. To enrich social life of patient living in the community



Community Healthcare and Fall Prevention Scheme



Hospitals
CUHK/PWH
香港中文大學矯形外科及創傷學系


NGO
Tung Wah Group of Hospitals
東華三院王澤森長者地區中心

GP
Town Health International Holdings Co. Ltd
康健醫療中心

**Start in Jan 2008
In Shatin District**



Community Healthcare and Fall Prevention Scheme




Nurse

Doctor

Social Worker

Physio-therapy

Multi-disciplinary Approach



**At the Community Fall Clinic,
Elder will receive:**

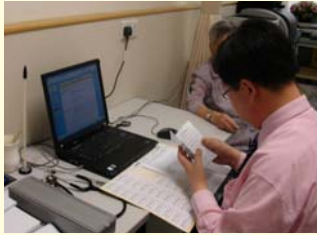
1. 4 GP Follow up per year
2. 4 PT Assessment per year
3. Weekly PT Exercise
4. Vibration Therapy
5. Education Talk
6. Home Visitation for patient in need

Service Package: Community Healthcare and Fall Prevention Scheme

	Plan A	Plan B	Plan C	Plan D	Plan E
GP consultation	√	√	√	×	×
PT assessment	√	√	√	√	×
PT exercise class	√	×	×	×	√
Vibration Therapy	√	√	×	√	√
Education Talk	√	√	√	√	√
Home Visitation	√	√	√	√	√
Fees	\$500(Non-CSSA)/ \$300(CSSA)	\$400(Non-CSSA)/ \$200(CSSA)	\$230(Non-CSSA)/ \$150(CSSA)	\$180(Non-CSSA)/ \$280(CSSA)	\$180(Non-CSSA)/ \$280(CSSA)

GP consultation

1. 4 GP FU per case to monitor the patient's progress
2. On-line fragility fracture management system
3. Linked with Lek Yuen GOPC, Ma On Shan FMC, PWH SOPD



PT Assessment

1. To assess their balancing and functioning
2. To advise suitable rehabilitative exercise for the elders
3. To monitor their rehabilitative progress



Vibration Therapy

1. At least 3 intervention per weeks
2. 15-20 minutes depends on patient's situation
3. Require staff/volunteer to monitor



Daily Exercise

- As advised PT, elders will also receive
1. Pedal exercise
 2. Pulley exercise



Community Healthcare and Fall Prevention Scheme

香港中文大學
物理治療及防跌學系
社區保健及防跌診所
物理治療運動小組

Weekly Exercise Class by PT



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Community Healthcare and Fall Prevention Scheme

Nurse/ Care Assistant's Role

1. Health Assessment and Routine monitoring
2. Nursing advice on medication and health issues
3. Report any abnormal situation



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Social Worker's Role

1. To assess patient's social and psychological needs
2. To assess caregiver's stress and caring needs
3. To assess long-term care needs




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Social Worker's Role

1. Education Talk
2. Mutual Support Group
3. Carer Support Programmes
4. Volunteer Training
5. Referral if needed



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Community Healthcare and Fall Prevention Scheme

Client's profile

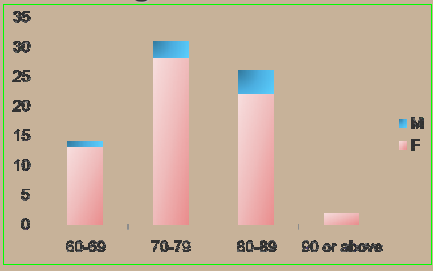
From Jan 2008 to Oct 2009, there are 73 elder participants.



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Community Healthcare and Fall Prevention Scheme

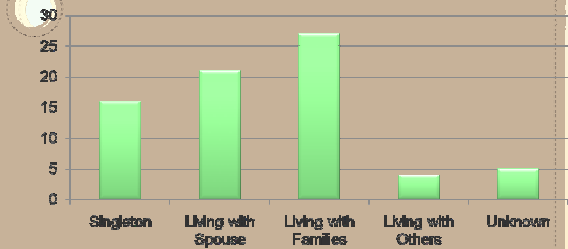
Age and Sex



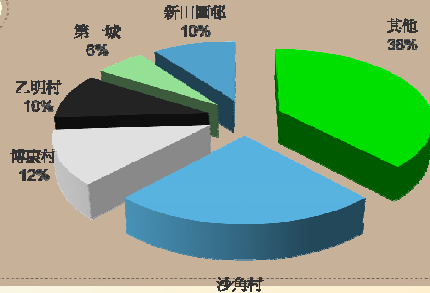
Age Group	Male (M)	Female (F)
60-69	2	12
70-79	3	27
80-89	4	20
90 or above	0	2

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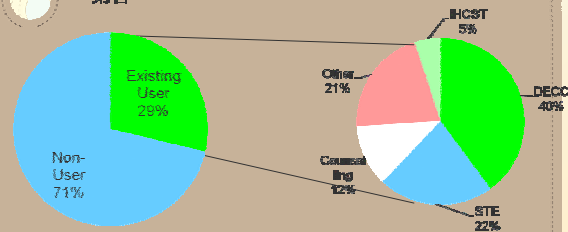
Living Condition



Residential Place



Community Service User



Cover Highlight "I can stand now"

- An 89 years-old lady
- Singleton
- Fall on 2.2007 → Hip pain, could not stand
- Join the project since 4.2008
- Consultation, vibration and other exercises
- Wheelchair → Walking frame

Story Highlight "A Miracle Treatment"



- An 76 years-old singleton elder
- Walk with stick
- Ostoporosis, chronic back pain, mild compression on conus medullaris
- Join the project since 3.2009

Successful Elements

Cosmic Timing	Favorable Condition(地理)	Human Harmony
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1. De-labeling
2. Elder-friendly environment
3. Well-equipped Centre
4. Friendly professional help desk

Successful Elements

Cosmic
Timing

Favorable
Condition

(人和) Human
Harmony

1. Devoted Multi-disciplinary Input
2. Good communication between collaborating parties
3. Peer support
4. Friendly support
5. Psychological condition of elders



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Challenges:

1. Balancing between demands and resources
2. Convenient to patients?
3. Fee charging?
4. Sustainable?



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Thank You



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