



Service Priorities and Programmes Electronic Presentations

Convention ID: 268

Submitting author: Ms Y Y TANG

Post title: Advanced Practice Nurse, United Christian Hospital, KEC

Help Spinal Patients Living to the Fullest - Nurse Clinic (Spine)

Tang YY, Lai HM, Tse CC, Lam KB, Wong WS

Keywords:

nurse clinic

Introduction

Besides the neurological symptoms “ants crawling”, “burning feet”, “feet in ice” and “pricking needle”, many spinal patients are further complicated with lifelong physical disabilities. The patients treated with operation or non-operation may leave the hospitalized care with certain levels of neurological deficit, pain and uncertainty to face their daily lives. In view of the growing public expectation and demands, spinal care should focus on empowering the patients to regain confidence and independence for living to their fullest. In 2014, Nurse Clinic (Spine) (NCS) was established in the United Christian Hospital. It allows the patients on scheduled operations to understand the patient’s journey from pre-operation to post-operation through health education and counselling to patients and care-takers.

Objectives

This paper reported the survey on the patient’s satisfaction and opinion on the NCS, and to further explore the patients’ demand on spinal care.

Methodology

A survey was conducted on three types of data for all NCS attendances from September 2014 to August 2015. The first was the compliance on pain control regimen and treatment regimen and the need of follow-up nursing care. The second was complications including wound infection, fall incidence, and deep vein thrombosis by reviewing from patients’ medical record. Thirdly, a validated Consultation Satisfaction Questionnaire was used to collect patient’s satisfaction and concerns.

Result

A total of 179 patients visited the clinic. The operation ranged from simple Discectomy to complicated Revision of Spinal Fusion. 12% of the patients expressed worry about pre- and post- operative issue. One patient attempted suicides due to back pain. It indicated the need of improvement in preparing patients for the major or ultra-major spinal operation. In first post-operative follow-up in clinic, 42% of the patients concerned about pain control and poor compliance on pain control regimen. They needed further education and monitor. It was found 3% patients with superficial surgical wound infection and 6% with fall incidence. Over 40% of the post-surgery patients & caregivers need further counseling and post-operative education on fall prevention and wound care. Echoing to our observations in the questionnaire, 6.7% of patients stated “neutral” on the items of understanding their

condition, control of symptoms and emotional support although all of the respondents expressed satisfied with NCS service.