



Service Priorities and Programmes Electronic Presentations

Convention ID: 297

Submitting author: Dr Yin Tak, Ken LEE

Post title: Physiotherapist I, Tuen Mun Hospital, NTWC

Clinical Profile and the Role of Home Care Physiotherapy for Patients Receiving Palliative Care: Patient and Physiotherapist's Perspectives

Lee YT(1), Cheung HL(2), Leung SY(3), Li SF(4), Tang CY, Wong YL(5), Tsang YL(6), Wong SK(7), Yeung TL(8)

Department of Physiotherapy, (1)Tuen Mun Hospital, (2)Shatin Hospital, (3)Grantham Hospital, (4)Our Lady of Maryknoll Hospital, (5)TWGHs Wong Tai Sin Hospital, (6)Caritas Medical Centre, (7)United Christian Hospital, (8) Haven of Hope Hospital

Keywords:

Home care

Palliative care

Physiotherapy

Introduction

Home care physiotherapy plays an important role for patients after discharge from hospital. However little is known about the clinical profile of the patients receiving palliative care and their needs of home care physiotherapy from patients and physiotherapists' perspective.

Objectives

This study aimed to profile home care physiotherapy in Hong Kong from patients and physiotherapists' perspective in order to inform practice.

Methodology

This was an observational study, conducted between 12 Mar to 25 Mar 2015. Patients receiving palliative care service (with EIS code "Hospice") and with discharge plan were included in following clusters: New Territory East Cluster, New Territory West Cluster, Kowloon East Cluster, Kowloon West Cluster, Hong Kong West Cluster.

Result

Totally 76 patients (Male: 41; Female:35) were evaluated, age between 30 to 97 with mean age 73.9. From the study, most of them (87%) were diagnosed with cancer and 76% with Palliative Performance Scale (PPS) between 40-70%. Sixty percent of them were planned to discharge to home while 40% would discharge to old age home. For the remaining symptom before discharge, fatigue (32%) and pain (26%) were common. Sixty four percent of patients/carers expressed the need for home care physiotherapy. The most needs of patients for home care physiotherapy from physiotherapists' perspectives were physical reconditioning (72%), followed by symptoms control (64%), fall prevention (45%) and carer training (43%). Logistic regression analysis was used to predict the need for home care physiotherapy expressed by patients/carers from various variables. Three significant predictors were identified 1. Physical reconditioning 2. Prescription of walking aid 3. Discharge

destination. Discussion: Home care physiotherapy treats a variety of symptoms and physical disability experienced by patients receiving palliative care. More than half of the patients/carers expressed the need of home care physiotherapy. The most common need of the patient was physical reconditioning. Patients who need of physical recondition, prescription for walking aids and discharge to home are likely to express the need of home care physiotherapy.