



## Service Priorities and Programmes Electronic Presentations

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**Submitting author:** Miss Wai Han MAK

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### **A Pilot Study to Evaluate the Effectiveness of Colonoscopy Education Program in Department of Surgery, Prince of Wales Hospital**

*Mak WH(1), Chu TH(1), Leung WW(2), Chan KY(1), Wong SL(1), Chui ST(1)*

*(1)Department of Surgery, Prince of Wales Hospital (2)Department of Surgery, The Chinese University of Hong Kong*

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#### **Introduction**

Colonoscopy is currently the common procedure for examination and early screening of cancerous or malignant lesions of the large bowel. Complications such as perforation, bleeding and significant side effects from sedative medications are often reported. These associated discomfort or complications from colonoscopy not only distress patient willingness to have colonoscopy screening, but also to the medical professionals where they require extra time to explain the colonoscopy procedure clearly during consultation. Education program has been shown to be effective in minimizing patient's anxiety in various medical procedures. However, the role of education program in colonoscopy procedure was not well established. This study aims to provide an educational program in multidisciplinary approach to enhance patients' understanding and preparing during colonoscopy procedure.

#### **Objectives**

1. To provide a multidisciplinary approach of video education program for patients who are preparing to have colonoscopy procedure. 2. To investigate the effectiveness and patients' understanding of the video program.

#### **Methodology**

Hong Kong Chinese subjects with age over 18 and understanding of the Cantonese language would be included in the study. These subjects must not have any surgical follow-up or colonoscopy experiences previously. They were invited during the colorectal out-patient clinical follow-up and asked to finish the video program before going to have consultation. Invited subjects were asked to fill in a questionnaire containing nine specific questions regarding the video contents. Data analysis was done using SPSS statistical software.

#### **Result**

Total 96 questionnaires were received from July to December 2015. 3 out of 96 were excluded as the questionnaires were not answered completely. The subjects' demographics data (age, sex and education background) were compared between groups. Overall, over 86% of the subjects agreed the colonoscopy video was useful to them prior to the colonoscopy procedure. 80% of the patients understood the colonoscopy procedure related complications after the video program. More than 74% of them recognized dietary, medications and bowel preparations prior to the colonoscopy and around 80% of subjects realized the follow-up and cautions after the procedure. In conclusion, the study demonstrated the successfulness of the video program in terms of colonoscopy procedure preparation and understanding. Further study will be considered to explore its effectiveness in shortening the medical consultation time, quality of bowel preparation during colonoscopy and finally reducing the colonoscopy procedure time.