

Collaborative Community-Based Care for Older Persons: An Outcome Evaluation

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Introduction:

The demand for health care support for frail older persons in community is increasing in regards to the aging population in Hong Kong. In view of the service need of the aging population, a Community Gerontological Nurse Specialist Clinic (CGNSC) had been established in collaboration with a Non-Government Organization (NGO) since 2000. It is independently led and operated by a Nurse Specialist (Geriatrics) (NS).

Purpose of the Project:

To evaluate the generic and disease-specific outcome of CGNSC on community dwelling frail older persons who, over 80%, are living alone and caring by community carers.

Method:

A 1-year generic pre-post single group outcome evaluation on older clients attending the CGNSC was carried out in regards to the frequency of attendance to the accident and emergency department (A&E), and, hospital admission (hospitalization), and length of stay in hospitals (LOS). Additionally, a non-equivalent, pre-test post-test control group study on older persons suffering from clinical knee osteoarthritis (KOA) was conducted to study the disease-specific function of the CGNSC. Study outcomes was measured by the Medical Outcome Survey SF-36, the Western Ontario and McMaster Universities Osteoarthritis Index, timed performance test of mobility and chair-rising ability.

Result:

There were statistical significant ($n = 260$; $p < 0.05$) reduction (35-52%) in the "A&E attendance", "hospitalization" and "LOS" for study clients especially who were regularly consuming specialist health care service in the Hospital Authority. In regards to the non-equivalent, pre-test post-test control group study of the CGNSC function ($n = 46$), all the outcome parameters of treatment group ($n = 23$) demonstrated statistical significance changes.

Conclusion:

The study result clearly demonstrated the effectiveness of the CGNSC, in collaboration with NGO, on health outcome of community dwelling frail older persons. The result of this study may be used to further develop collaborative community-based care for frail older persons in community in future.