

# Collaboration among PYNEH and Community Partners regarding Services for Patients with Parkinson's Disease

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## Introduction

This paper describes the collaboration between Patient Resource Centre of Pamela Youde Nethersole Eastern Hospital (PYNEH-PRC), Community Rehabilitation Network (CRN) and Hong Kong Parkinson's Disease Association (HKPDA). The role of each partner will be highlighted.

## Purpose of the Project

Community rehabilitation plays a key role for patients with Parkinson's Disease for sustaining their physical ability and quality of life. In order to achieve these goals, it is important to increase their efficacy in self-managing their illness and life, as well as to enhance their peer support. Apart from the contribution of clinical and community rehabilitation professionals, the participation of patient self-help organization is also essential. However, patients may only rely on one of these aspects because of lacking information and understanding for the concerned channel. Therefore, collaboration among these service partners could provide platform for holistic rehabilitation of patients.

## Material & Methods

The collaboration started several years ago and has resumed in this year. Apart from large-scaled educational seminar, the project also includes small-scaled patient workshop and regular stationing service in PYNEH specialist out-patient clinic. In order to raise patients' awareness of the significance of self management and mutual support, the project begins with seminar and workshop. In these programs, short lectures will be delivered by medical professionals, followed by patients' sharing on benefits of and ways to self-management and mutual support. Community resources will also be introduced. Regarding the roles between different partners, PYNEH-PRC invites the clinical partners as speakers and recruits the newly diagnosed patients. HKPDA encourages the patients they encountered during the stationing service and their members to join. CRN is responsible for organising and coordinating these programs.

## Results

In the year of 2007-08, several seminars and workshops have been organised, namely cognitive impairment, Chinese and Western medication and treatment, drug workshop and speech therapy with the inputs of PYNEH neurologists and other professionals. Over 200 patients and caregivers attended. Most of the newly diagnosed patients have participated in CRN's follow-up services to further increase their self-efficacy and self-management behaviours.

## Conclusions

Through interfacing among different service partners, patients could have a full picture of resources available for their rehabilitation. Moreover, the leaders from patient self-help organization have also been empowered through participation. Exploration on further collaboration would surely benefit patients in the journey of community rehabilitation.

