



## Other Abstracts

# Physiotherapy Interactive Class

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### **Introduction:**

TWGHs EHCCS(ED) has commenced services since 2001. The aim of this service is to provide a wide range of care and support to elders on a sustained basis so as to enable them living in the community as far as possible and to maintain their maximum level of functioning by means of mutli-disciplinary care, i.e. nursing care, rehabilitation care and psychosocial care. At the same time, support services are provided to their caregivers to relieve their carer stress.

### **Purpose of the Project:**

1. To look into the effectiveness of the physiotherapy interactive group on the enhancement of EMS, muscle strength, self-image, social interaction and life satisfaction of the service users.
2. To increase the motivation of service users in doing physical exercise through having mutual support.
3. To relieve the burden of the caregivers and reduce their stress level.

### **Material & Methods:**

The service users had to attend the physiotherapy interactive class once a week in a group of 6-8 for no less than 3 months. The concerned physiotherapists (PTs) have to tailor-made rehabilitation exercise plan for each individual service user and group exercise. 2 Care Workers who are well-trained assisted in each class and help those users to follow the exercise plan. The PTs and social workers have to review the users upon their discharge.

### **Results:**

It is found that most of the service users have enhancement on EMS, muscle strength, self-image, social interaction and life satisfaction. Besides, the carer stress had been reduced significantly due to the improvement in self-care of users and more private time for carers' own selves.

### **Conclusions:**

The physiotherapy interactive class has improved the physical strength and functioning of our service users. Apart from only focusing on the physical training of the each individual service user, through the social interaction of the users in the physiotherapy interactive class, their motivation can be enhanced through the mutual support and encouragement among users. As a result, the service users can have the perseverance to maintain regular exercise. The class also provides a platform for the socialization of the frail elders which can facilitate them in building up a more positive self-image and accept the fact of their physical deterioration. Therefore, their life satisfaction rate can also be improved. At the same time, the stress of caregivers can then be alleviated accordingly. As to conclude, the physiotherapy interactive class is necessary in Enhanced Home and Community Care Services which can assist in achieving the aim of this Service, i.e. enabling the frail elders living in the community as far as possible and to maintain their maximum level of functioning.