

# **GPs Clinic and the Community Beyond**

西醫診所伸展到社區去

# Objective

- To explore the needs of chronic diseases (as managed by GP) for community resources

# Methodology

- (1) A cross-sectional data collection for chronic illnesses
- (2) Data collection period: Jan 1st 2014 - Mar 31st 2014
- (3) GPs clinics involved: 5

# Methodology

(4) No. of visits for individual chronic illness during the specified time-frame

# Disease categories

- 1. Cardio-metabolic disorders:** DM, HT, Lipids, Obesity, Coronary Artery Diseases, Heart Failure, Peripheral Artery Diseases, Chronic Kidney Disease
- 2. Orthopaedics & Traumatology :** Acute or chronic Back, Neck, Shoulder, knee, hip, wrist problems, Inflammatory arthropathy such as RA, Ankylosing Spondylitis
- 3. Mood & Psychiatric problems:** Depression, Anxiety, Schizophrenia, Bipolar Affective Disorder, Childhood ADHD, Aspergers, Substance Abuse, Alcohol abuse, Smoking
- 4. Movement Disorder and Elderly related:** Dementia, Strokes, Parkinson's disease, COAD, Frequent Falls, Osteoporosis

- Clinic Software: Clinic Solutions™ (Softlink Medical Solution Ltd)

# ClinicSolution+

Enterprise Edition

6.0

Wed, 09 Jul, 2014

简体

繁體

English

Exit

Clinic : WANCHAI  
Doctor : DR. LAM SEE YUI JOSEPH

林思睿醫務中心

Dr. Lam See Yui Joseph

A

Appointment

C

Consultation

D

Drug Book

R

Report

P

Patient

E

Expenses

I

Inventory

G

Configuration

support hotline

(852)2187 3001

Patients with chronic illness in HK East Cluster (Jan - Mar 2014)

Clinic	Total Visits	Cardio-Metaboli %		Ortho & Trai %		Mood & Psy %		Movemε %	
A	2066	142	6.80	121	5.80	190	9.19	23	1.11
B	3434	119	3.40	172	5.07	37	1.07	4	0.11
C	2075	97	4.70	42	2.02	82	3.95	24	1.15
D	3314	82	2.47	95	2.87	15	0.45	35	1.06
E	3946	385	9.76	274	6.94	175	4.43	32	0.81
Total	14835	825		704		499		118	
Average	2967	165	5.43	140.8	4.54	99.8	3.82	23.6	0.85

% Chronic cases 14.47



# Interpretation

- Total No. of GPs in HK East Cluster ~ 500
- Average no. of cases per GP per month ~1000
- No. of Chronic Cases =  $1000 \times 0.14 = 140$
- Total no. of chronic cases per month in HK East Cluster =  $140 \times 500 = 70\ 000$

- Assumption:
- If 10% of chronic cases need NGO services,
- then no. of cases under the care of private GP in East Cluster that need NGO services will be 7000!

# Case Vignette

- F/57, Office Assistant
- June 2009: Tiredness, depressed mood, Knee pain
- P/E: Obese, OA knee
- Height = 153cm, Weight = 80kg BMI=34.5
- BP=155/97, Sugar=7.1, HbA1c=7.6
- Cholesterol=6.7, LDL=3.87, HDL=2.4, TG=0.8

- Treatment: Metformin, Losartan, Simvastatin
- Refer to Community Rehabilitation Network
- Refer to HA Medical OPD

- June 2011: Height = 153cm Weight = 78.5kg
- BMI = 33.5
- No more knee pain
- Mood improved
- Joined CRN as volunteer worker

# Summary

- GPs are in need of NGO services for chronic illnesses.
- At present, NGO services are under-utilized by GPs.
- This may be due to
  - the lack of understanding by GPs;
  - unawareness of services available by patients;
  - lack of promotion by NGO;
  - inconvenient time and venue for patients.

# Conclusion

- Further collaboration between NGO's and GP's are needed.