


Kwai Tsing District Health Centre Project (K&TDHC)



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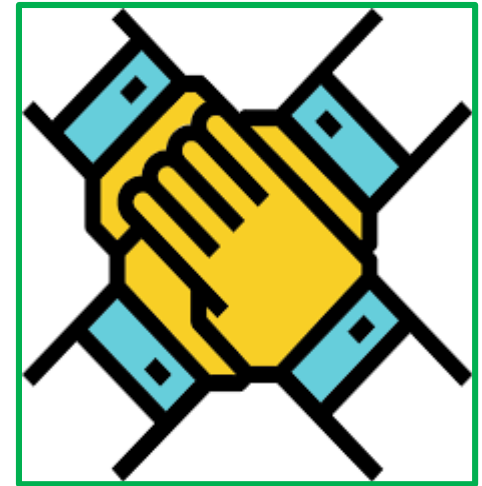
香港葵青區是經
世界衛生組織認證的
安全社區及健康城市



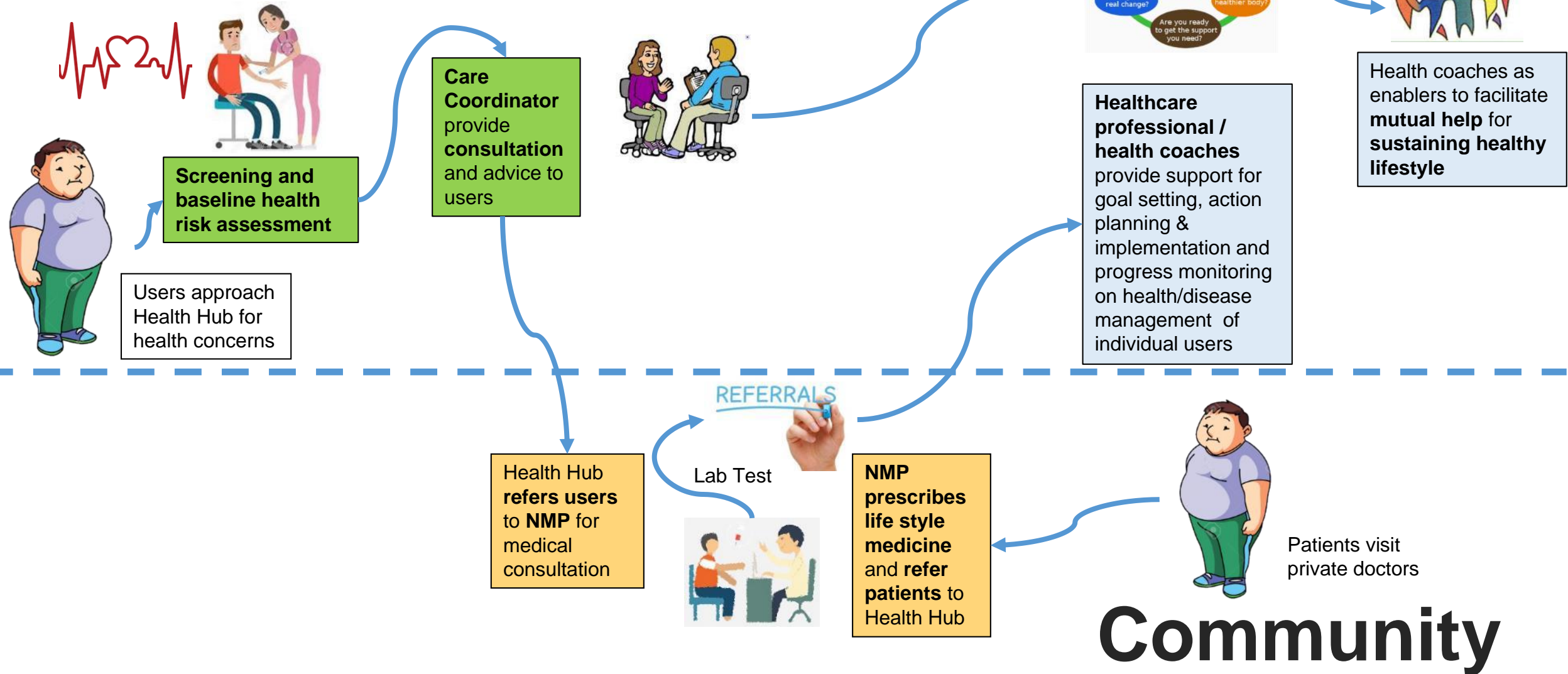
葵青安全社區及健康城市協會

KWAI TSING SAFE COMMUNITY AND HEALTHY CITY ASSOCIATION

“A warm and welcoming KT&DHC Health Hub for everyone to learn to manage his/her own health, wellbeing and care for each other”



K&TDHC Health Hub



K&TDHC

Empowerment

- “a process that helps people **Gain Control** over their own lives and **Increase** their **Capacity** to act **on issues that they themselves define as important**”

Engagement

- “actions individuals must take to **Obtain** the greatest benefit from the health care services **Available** to them” in DHC

Outcomes and Impacts

Intended Impacts of K&TDHC

People become active partners in their own care, thus their health and well-being improve. This leads to a reduction in the need for some formal health and care services as well as wider social benefits

I have meaningful relationships with others that help me stay healthy and well



I am working with supporting professionals



I have choice and control over my care and support



I understand my situation and can look after myself

Smart K&TDHC Health Hub



First Encounter

- Greeting by our well-trained K&TDHC Ambassador/staff
- Introduction of DHC and its aim to help everyone to self-managing his/her health and well-being
- eHealth Corner for basic health assessment and awareness
- Help by friendly and professional staff to register for service
- Added value time during waiting via multi-channels
- Knowing what's available in K&TDHC and Kwai Tsing Community that can help to maintain and sustain health and well-being



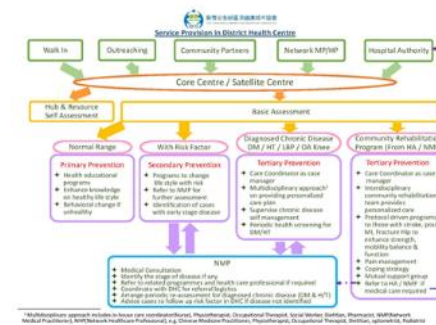
Well trained K&TDHC Health Ambassadors who can share their experience and wisdoms.

“I am an ambassador of Health and Happiness, welcome on board”



Guiding and Coaching by our Care Coordinators

- Health screening and assessment
- Health coaching that helps people to set goals and take actions to improve their health and lifestyle
- Making contacts and referrals to network health partners and other services/programmes in K&TDHC
- Act as the Case Manager to monitor and follow up on the individual self-managing health plan

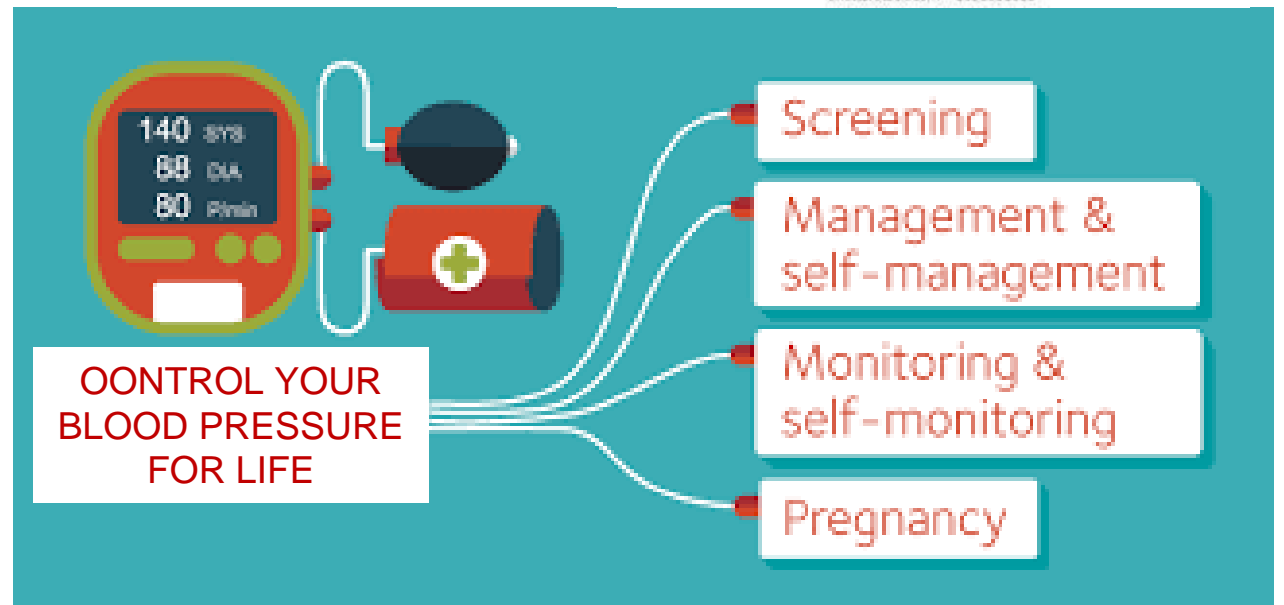




Smart Health Hub @K&TDHC



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Stroke Rehabilitation Programme

- Total number of government subsidized individualized Healthcare Professional sessions would be capped at 11 sessions
- 1st – 2nd week – two sessions per week (four sessions)
- 3rd – 4th week – one session per week (two sessions)
- Following five months – one rehabilitation session per week (five sessions);
 - Individualized exercise programme;
 - Education of understanding the disease;
 - Training on coping strategy;
 - Exercise / training programme to enhance strength, mobility, balance and function;
 - Speech therapy for swallowing and speech problem (if indicated);
 - Community-based patient empowerment programme.





Fracture Hip Rehabilitation Programme

- Referred by HA or Network Medical Practitioners
- Total number of government subsidized individualized Healthcare Professional sessions would be **capped at eight sessions**
- 1st – 2nd week – two sessions per week (four sessions)
- 3rd – 4th week – one rehabilitation session per week (two sessions)

- 2nd month – 3rd month – one session per month (two sessions)
 - Individualized exercise programme;
 - Education of understanding the disease;
 - Training on coping strategy;
 - Exercise programme to enhance strength, flexibility, mobility, balance and function;
 - Community-based patient empowerment programme

Cardiac Rehabilitation Programme

- Referred by HA or Network Medical Practitioners
- A structured programme with a maximum duration of three months without requirement of close supervision and continuous monitoring of heart rate, blood pressure and electrocardiography, which aims at maintaining treatment
- effect gained and continuing practice learnt in phase I, II and III rehabilitation would be offered to the clients. Total number of government subsidized individualized Healthcare Professional sessions would be **capped at eight sessions**
- 1st – 2nd week – two sessions per week (four sessions)
- 3rd – 4th week – one session per week (two sessions)
- 2nd month – 3rd month – one session per month (two sessions)
 - Individualized exercise programme to enhance daily function and exercise tolerance;
 - Training on coping strategy;
 - Community-based patient empowerment group programme.



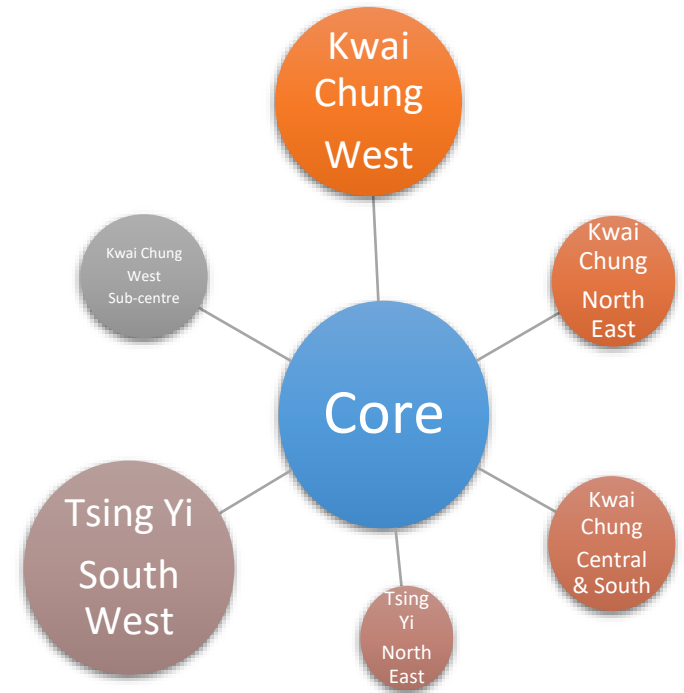
Self-management Support Programmes for Low Back Pain and OA Knee

- Individual exercise, pain relieving treatment, education, training on coping, exercise programme, functional activities and tolerance training, patient empowerment programme





The “Hub and Spoke” Model of KT-DHC Satellite Centres



Serving the residents via the 5 DHC-Satellite Centres located in public housing estates



Nurse Clinic



Pain management by Physiotherapy



Exercise programmes



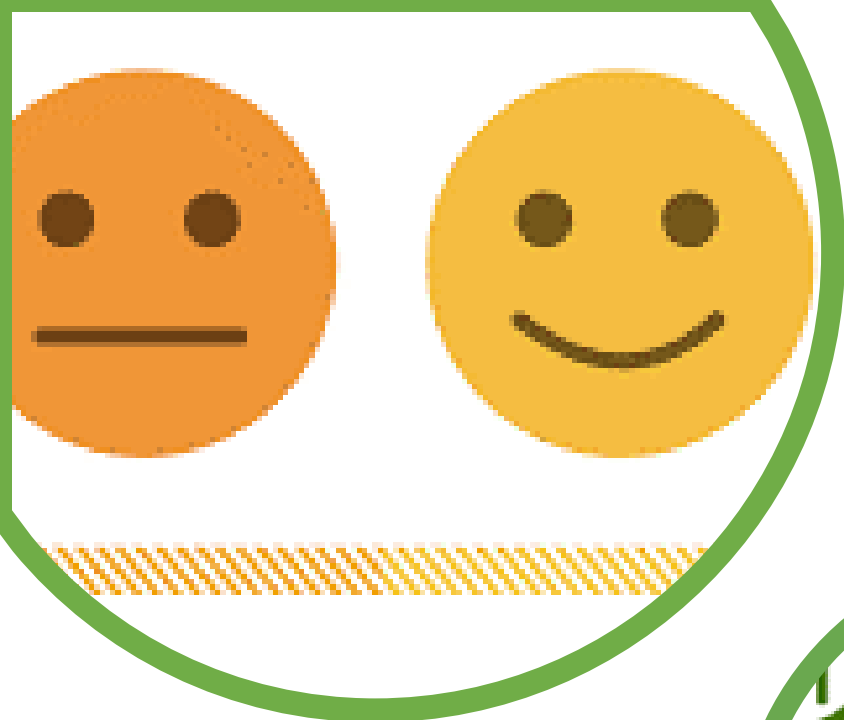
Self-management programmes



Outreaching



Health Talks



Our Seamless Care and Support

- DHC Website
- DHC Hotline
- DHC Apps
- DHC Innovations
- DHC Network

Seamless Care and Support in Kwai Tsing through our Smart DHC Project

- Collaborate with the Government in the development and use of technologies in the DHC Scheme
- Arrange necessary language services for needy DHC Clients belonging to ethnic minority groups or DHC clients with sensory disabilities
- Arrange transportation services for patients with limited mobility to travel between nearby transportation interchange and the DHC premises
- Collaborate with the Network Medical Practitioners, professional groups and community partners to build a care and supportive network

Story of Mr. Wong – An Empowering and Engaging Journey in K&TDHC



- High blood sugar
- Out of control
- Fear of heart attack, stroke, loss of limbs
- Overwhelmed



- Doctor: “What matters to you? What needs to change?”
- Care and support plan
- Medicine and Referral for DHC



- Guidance and coaching by Care Coordinator
- Set goals and action plan on nutrition, exercise and alcohol



- Joined exercise program, initially led by PT, now by peers
- Regular exercise group, 3 days / week
- Connected with peer supporter
- Joined volunteer work as DHC Ambassador



- Feel more in control, more hopeful
- Feel happy again and improve family relationship



- Improved DM control
- Feel the difference
- Fewer visits to hospitals, GP and social worker

Worried, out of control

Social Prescription, life style medicine

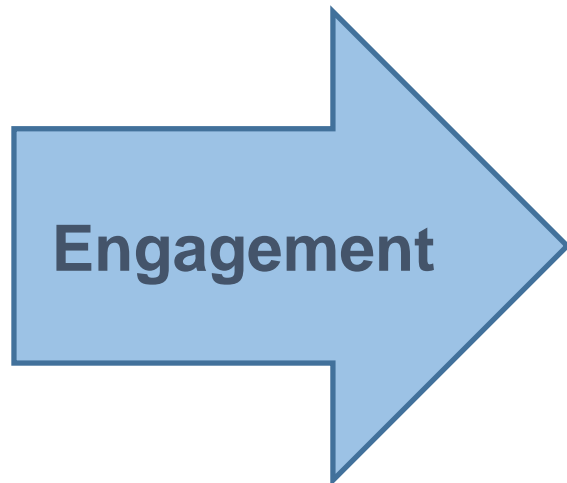
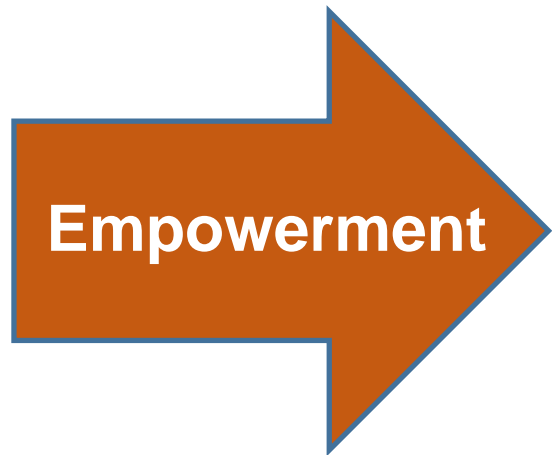
Health Coaching, self-determined goals

Health in action, supported by peers

Self-confidence and better relationship

Outcomes and impacts





I understand my situation and can look after myself

I have meaningful relationships with others that help me stay healthy and well

I am working with supportive professionals

Realising the value, the Health Foundation, UK

Thank you