

Project Title:**Public Acceptance, Prevention, Care & Support, and Capacity Building for People at Risks and People living with HIV/AIDS****(Project Code: MSS 194PM)****Executive Summary:****Community Home Care Service****Aim**

To provide an outreach home care program administered by experienced nurses to provide drug supervision, psychosocial support and HIV education to people who are living with HIV/AIDS (PLWHA) and health care education for their care givers and act as support team at the SAC Center in delivering rehabilitation programs for PLWHA to help work towards better health maintenance.

Objectives

- To provide drug supervision and health care knowledge for PLWHA.
- To provide psychosocial counseling support for PLWHA and their carers.
- To provide a 24-hour on call service for emergency crisis situation and consultation.
- To provide bereavement counseling for carers and partners.

Project design

100% of patients were referred from the Integrated Treatment Center in Kowloon Bay, the QE Specialized Unit, Princess Margaret Hospital, Queen Mary Hospital Paediatric Unit and other hospitals. Target clients were those HIV/AIDS patients who were very old, very weak and Mother to Child Transmission intervention cases.

The SAC home care service provides different service scopes including medication supervision and administration, safer sex and risk reduction education, emotional and psychosocial support, assist in physical rehabilitation training, bereavement counseling for care givers and collaboration with other health care professionals aiming at improvement of patients' health status and well beings.

Target population

The Home Care Service serves People Living with HIV/AIDS and provides support to their care givers referred by their attending clinics and hospitals.

Main achievements

The team served 210 cases as at 31 March 2015. Regular phone contacts, face-to-face interviews and training were provided so as to maintain communication with PLWHA and to provide immediate assistance in need. A total of 3,660 of contacts via phone consultation were provided for the service recipients and care givers during the year. In addition, a total of 2,473 visits were made to patients' home and hospitals to provide advice including drug compliance monitoring, emotional support, psychosocial support and bereavement counseling

Conclusions

100% of patient under care achieved undetectable viral load and 100% of this group managed to maintain undetectable viral load in the past 12 months. 100% of patients under care managed to attend to follow up appointment as assigned by the attending clinics in the past 12 months.

98.7% of service recipients indicated improvement in their drug adherence, health care and self-care knowledge.

98% expressed that the home care service supported both their psychological and physical well beings after receiving the service. This in turn helped them to improve their coping capacity for the HIV/AIDS disease

100% of service recipients were satisfied of the Home Care Service.

SAC Day Centre : Provision of therapeutic services to PLWHA and their carers through multidimensional interventions adopting individual counselling, psycho-social support, empowerment, health education and peer support program case work approach

Aim

To enhance the well being of PLWHA through a holistic approach with targeted counselling, psycho-social support, empowerment and peers support programs to enhance patients' quality of life using the multidisciplinary approach by working with the other service teams namely nurses and physiotherapist at the SAC Centre.

Objectives

- 1) To enhance well being of HIV/AIDS patients through counselling
- 2) To increase health knowledge and awareness of healthy living
- 3) To facilitate a supportive social network among patients
- 4) To construct patients' positive insights of living

Project design

The program will be organized under the setting of the SAC Center. The centre is a multi-integrated day care centre specifically for people living with HIV/ AIDS. It provides diverse therapeutic services conducted by professional staff to meet the different needs of PLWHA using multi-professional approach. The SAC centre provides different recreational and therapeutic programs and facilitate peer support programs. It also provides a non-judgmental supportive environment. This is especially vital as service recipients are more willing to share their feelings with their peers in the same situation more readily. Counseling service is one of the major services offered. The service will be provided in outreach setting as appropriate. Numerous targeted therapeutic programs with goals set help PLWHA to prepare well before community reintegration. Client line, phone consultation service will serve the purpose of delivering instant health-related information and providing support and care.

Target population

People Living with HIV/AIDS and their care givers. PLWHA must be referred by their attending clinics and hospitals.

Main achievements

A total of 2,787 activities sessions were conducted in 2013-14. Total numbers of participants attending these activities were at 14,293. This indicated that the SAC day center service programs were highly appreciated by the members under our care.

The SAC develops different program theme each year aiming at the different development levels of patients. The theme will be discussed with patients in advance for consensus. The theme adopted was "Live a fruitful life" with purpose to advocate the patients to live a positive and fruitful life. The planned activities provided a wide range of group activities for our patients. In addition, the programs will attempt to develop different interests so as to reduce emotional stress and help lessen the burden in times of hardship.

Conclusions

165 counselling sessions were provided. 280 sessions of therapeutic groups were carried out. 1,638 empowerment and peer support groups were implemented. In addition, 800 participants attended in health education sessions and 6,567 participants received psychosocial support via client lines.

99.6% members attended expressed that the SAC programs increased their health knowledge and awareness of healthy living. 99.7% members expressed the center programs facilitated building up of their social network. 99.7% members expressed these organized programs positively enhance their positive living style.

Community and home based Rehabilitation Service for people living with HIV/AIDS

Aim

To provide comprehensive rehabilitation care for HIV/AIDS patients in home based and at SAC Center conducted by an experienced physiotherapist

Objectives

- a. To provide home and centre based physiotherapy services for PLWHA
- b. To organize therapeutic group trainings for PLWHA at SAC Center
- c. To conduct training to the SAC home care and service staff to activate PLWHA at home.

Project design

The project will be delivered by one experienced physiotherapist. The SAC physiotherapy service will work under a referral basis. All physiotherapy referrals will be strictly from qualified physicians. The physiotherapist will work closely with the multidisciplinary teams within our center team, and regular progress report will be submitted to referral clinics/hospitals.

The physiotherapy service has two main streams, home-based and centre-based. The main criteria to decide whether the service should be conducted either home-based or centre-based will be depended on the client's own physical ability. If their health conditions allowed, we will recommend the client to attend the physiotherapy session in centre, however, if the client is too fragile or vitally not stable to reach centre, home-based physiotherapy treatment sessions would be arranged.

After the initial physical examination and assessment, SAC physiotherapist would arrange a series of physiotherapy treatments to the client accordingly. If the physiotherapy service was provided at home, the physiotherapist would provide therapeutic treatment and physical training as well as act as an assessor and a trainer to assist the clients integrate into their community safely. For those who are wheelchair bound and have mobility problems but can attend our center, transportation is provided for pick up from home and return.

Target population

PLWHA that were referred for physiotherapy service for rehabilitation purpose, pain relief and improve coping capacity for daily living and enhance the quality of life. The group may face different neurologic, musculoskeletal, cardiopulmonary and integumentary problems and/or suffering from lymphadenopathy, lipodystrophy, myopathy and the commonest peripheral neuropathy.

Main achievements

In the year of 2014-2015, 1,003 individual sessions were conducted. There were 786 sessions carried out in center whereas 217 sessions were provided as home-based treatment. Apart from individual treatments, 174 group sessions were organized and a total of 38 training sessions were provided for home care and service staff. 99.2 % clients reported that they were able to tail off analgesic use in 12 months after treatment. At the same time, 99.3% clients who received SAC physiotherapy service responded that they had improvement on self-care ability and 99.3% of clients responded they have developed better confidence in mobility when going out.

Conclusions

Many clients receiving our physiotherapy services showed good improvements in their mobility with lesser pain. Some of them attained good progress and were discharged. Majority showed positive attitude to adhere to treatment and gain optimal rehabilitation progress.