

## **Executive Summary**

### **MSS 235 PM titled "Public Acceptance, Prevention, Care & Support, and Capacity Building for People at Risks and People living with HIV/AIDS"**

**Project 1: SAC Day Centre: Provision of outreach and center based counseling service to promote positive mental health; reduction of distress/ inner stresses for isolated PLWHA to encourage them to integrate with other peer supporters at the SAC Centre and offer a drop in center for others PLWHA**

#### **Aim**

- 1) Provision of outreach and center based counseling services administered by experienced counselor to improve socially excluded isolated PLWHA's mental stress
- 2) Encourage isolated PLWHA to integrate with other peer supporters at the SAC centre to help perceive themselves positively
- 3) Provision of group therapy for the isolated PLWHAs
- 4) Offer a Day centre for other PLWHAs to interact with each other and enjoy the facilities provided

#### **Objectives**

- 1) Provision of outreach therapeutic counseling sessions to relieve inner stress/fear
- 2) Provision of center based therapeutic counseling sessions to relieve inner stress/fear
- 3) Provision of center based therapeutic groups to improve isolated PLWHA's self-perceived image and to facilitate bonding among peers at SAC centre

#### **Project design**

The program is organized under the setting of the SAC Day Centre. The center 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 various needs of PLWHA using multi-professional approach. Therapeutic, peer support and recreational programs are provided in the centre with a non-judgmental supportive environment which is especially vital as service recipients are more willing to share their feelings with their peers in the same situation more readily. Besides, counseling service is provided in centre-based or outreach setting whenever appropriate. The counseling service aims to support especially isolated PLWHA in reducing depression and preparing community reintegration. "Client line", a phone consultation service, serves the purpose of delivering instant health-related information and providing support and care.

#### **Target population**

People living with HIV/AIDS referred by their attending DH or HA clinics and their care givers.

### Main achievements

Total number of participants attending the activities in this project is 3,246. 352 counseling sessions were conducted and 1,141 calls were made. 43 therapeutic groups were carried out and 307 participants attended. 30 new cases have been served for counseling support in 2015-2016. 100% of members expressed that the SAC programs promote their relief of inner stress and 98.7% of patients reviewed that the therapeutic groups helped them to improve their social network. This indicated that the SAC Day Center service programs were highly appreciated by the members under our care.

### Conclusions

To conclude, the project encourages SAC members to be more involved and active for caring themselves. The members showed good sense of belonging towards the center and they were very keen to initiate taking up different tasks especially in preparation and operating the programs in center. They learned different skills during the process and built up capacities. Their self-image was also enhanced through helping other members. They were also more willing to outreach to the public and promote acceptance on AIDS issues.

## **Project 2: Community Home Care Services**

### 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 carers and act as support team at the SAC Centre in delivering rehabilitation programs for PLWHA to help work towards better health maintenance.

### Objectives

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

### Project design

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

The SAC community 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

People living with HIV/AIDS referred by their attending DH or HA clinics and their carers

### Main achievements

A total of 2,487 visits were made to patients' home and hospitals to provide advice including drug compliance monitoring, emotional support, psychosocial support and bereavement counseling. 3,262 of contacts via phone consultation were provided for the service recipients and care givers during the year. 150 cases have been served as at 31 March 2018.

### Conclusions

99.1% of service recipients indicated the home care service improved their ability to cope with

the disease. There has been improvement in their drug adherence. 100% expressed they understand better the importance of practicing safer sex. 100% of care-givers were thankful and expressed the important support of the bereavement counseling provided.

### **Project 3: Outreach and Home Based Rehabilitation Service for People Living with HIV/AIDS**

#### Aim

To provide comprehensive outreach rehabilitation care for HIV/AIDS patients and at SAC Centre conducted by an experienced physiotherapist

#### Objectives

- 6) To provide home based outreach and centre based physiotherapy services for PLWHA
- 7) To provide centre based physiotherapy services for PLWHA
- 8) To organize therapeutic group trainings for PLWHA at SAC Centre
- 9) To organize individual fitness training for PLWHA at SAC Centre
- 10) To conduct training to the SAC home care and other staff members to assist PLWHA during training

#### Project design

The project is delivered by one experienced physiotherapist. The SAC physiotherapy service works under a referral basis. All physiotherapy referrals are made strictly from qualified physicians. The physiotherapist works closely with the multidisciplinary teams within SAC Center and regular progress reports are submitted to referral clinics/hospitals.

The physiotherapy service has two main streams, home-based and centre-based. The main criterion to decide whether the service should be conducted either home-based or centre-based is depended on the client's own physical ability. If their health conditions allowed, we 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 is 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, improving coping capacity for daily living and enhancing the quality of life. The group may face different neurologic, musculoskeletal, cardiopulmonary and/or suffering from lipodystrophy,

myopathy and the commonest peripheral neuropathy.

### Main achievements

As at 31 March 2018, 968 individual sessions were conducted including home-based and centre-based treatment. 267 group sessions were organized and a total of 49 training sessions were provided for home care and service staff. 100% clients who received SAC physiotherapy service responded that they had improvement on self-care ability and 99.5% 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.

## 執行摘要

MSS 235 PM: 「推動公眾接納及加強高危人士及愛滋病病毒感染者就預防、關懷及能力建立的支援」

**計劃一：SAC 日間中心：提供外展及中心輔導服務，促進愛滋病病毒感染者正向心理健康及協助孤立感染者處理壓力。提供日間中心服務及鼓勵感染者建立朋輩支援網絡。**

### 目的

- 1) 由專業輔導員提供外展和中心輔導服務，改善孤立感染者的精神健康
- 2) 鼓勵孤立的感染者於日間中心建立朋輩支援網絡
- 3) 為孤立的感染者提供治療小組活動
- 4) 為感染者提供日間中心服務，增加互相交流的機會

### 目標

- 1) 提供外展輔導服務以協助感染者緩解內心壓力
- 2) 提供中心輔導服務以緩解內心壓力
- 3) 提供治療小組活動，加強孤立的感染者對個人接納及於中心內強化朋輩支援網絡

### 項目設計

SAC 日間中心為感染者提供綜合性服務，跨專業團隊因應感染者需要提供治療性、朋輩支援及康樂活動。中心非批判性的環境讓感染者輕鬆地與朋輩分享個人感受，強化支援網絡。中心或外展輔導服務協助孤立個案減輕抑鬱狀況及融入社區。熱線支援提供健康信息、支持和關懷。

### 目標人群

由衛生署及醫院管理局愛滋病專科診所轉介的愛滋病病毒感染者及其照顧者

### 主要成就

計劃的參與者總數為 3,246 人，提供了 352 節輔導及 1,141 次電話諮詢支援。2015-16 年開展了 43 個治療小組共 307 名參加者及為 30 個新個案提供輔導支援。100%參加者表示服務能促進他們緩解內心壓力，98.7%參加者表示治療小組幫助他們改善社交網絡。

### 結論

服務鼓勵感染者積極關心自己，加強個人信心、能力建立及朋輩支援，並更願意接觸公眾及宣傳接納愛滋病的信息。

## 計劃二：社區家居護理服務

### 目的

由專業護士提供外展家居護理服務，為愛滋病病毒感染者及照顧者提供藥物督導與健康照顧教育、社交心理支援和愛滋病教育。於日間中心支援感染者復康計劃以幫助改善身體健康狀況。

### 目標

- 1) 為感染者提供藥物督導
- 2) 為感染者提供健康照顧教育
- 3) 為感染者及照顧者提供社交心理支援
- 4) 提供 24 小時電話熱線支援緊急危機情況
- 5) 為家屬提供哀傷輔導

### 項目設計

服務主要針對年老、體弱及預防母嬰傳染個案，所有個案均由衛生署及醫院管理局愛滋病專科診所轉介。護士以外展形式包括探訪及熱線支援，為個案提供藥物督導、安全性行為教育、心理社交支援及復康服務與為家屬提供哀傷輔導等。另外，團隊亦與各轉介單位緊密協作，促進感染者全人健康。

### 目標人群

由衛生署及醫院管理局愛滋病專科診所轉介的愛滋病病毒感染者及其照顧者

### 主要成就

團隊合共提供 2,487 次外展探訪及 3,262 次電話熱線諮詢，服務包括感染者服藥依從性監測、情緒支援及家屬哀傷輔導等。截至 2018 年 3 月 31 日，計劃已為 150 個案提供服務。

### 結論

99.1%的個案表示服務提高了他們應對疾病的能力及服用藥物依從性。100%表示他們更了解實踐安全性行為的重要性。100%接受哀傷輔導的家屬表示服務為他們提供了重要支援。



## 計劃三：愛滋病病毒感染者社區及外展復康服務

### 目的

由專業物理治療師為愛滋病病毒感染者提供全面的外展復康護理

### 目標

- 1) 為感染者提供外展及中心為本物理治療服務
- 2) 為感染者提供中心為本物理治療服務
- 3) 為感染者於日間中心舉辦治療小組訓練
- 4) 為感染者於日間中心安排個人體能培訓
- 5) 為中心家居護理及相關同工提供培訓以協助感染者進行復康治療

### 項目設計

所有個案均由醫生轉介，經評估後根據感染者身體狀況提供外展或中心物理治療服務。物理治療師評估個案需要及臨床進度訂立治療目標，安排治療及訓練協助個案安全融入社區。對於行動不便的個案，服務提供交通支援感染者往返家中及中心，以便接受治療。物理治療師會與中心護士及社工緊密合作，並定期向轉介機構報告個案復康進度。

### 目標人群

服務主要針對有復康需要及需改善日常活動能力的愛滋病病毒感染者。被轉介個案主要面對不同的神經性、肌肉骨骼、心肺及各種痛症，另外亦包括脂肪代謝障礙，肌肉病變和最常見的周邊性神經病變。

### 主要成就

截至2018年3月31日，服務完成968節外展及中心的個人治療，267節小組治療活動及49節同工培訓。100%接受治療的個案表示服務能提高自我護理能力，99.5%回應對個人外出的活動能力更有信心。

### 結論

大部份接受服務的個案能積極堅持治療，於活動能力及減輕疼痛都有良好改善，獲得最佳康復進展。