

MSS 301 PM titled "Public Acceptance, Prevention, Care & Support, and Capacity Building for People at Risks and People living with HIV/AIDS"

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 care-givers 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 and health care knowledge for PLWHA
- 2) To provide psychosocial support for PLWHA and their care-givers
- 3) To provide a 24-hour on call service for emergency crisis situation and consultation
- 4) To provide bereavement counselling and support for care-givers 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 care-givers

Main achievements

A total of 2,200 visits were made to patients' home and hospitals to provide advice including drug compliance monitoring, emotional support, psychosocial support and bereavement counseling. 2,803 of contacts via phone consultation were provided for the service recipients and care givers during the year. 158 cases have been served as at 31 March 2020.

Conclusions

100% of service recipients indicated the home care service improved their ability to cope with the disease and expressed they understand better the importance of practicing safer sex. 98.3% of patients have good drug adherence and 94.9% maintain viral load to undetectable level. 100% of care-givers were thankful and expressed the important support of the bereavement counseling provided.

執行摘要

MSS 301 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及健康照顧教育
- 2) 為感染者及照顧者提供社交心理支援
- 3) 提供 24 小時電話熱線支援緊急危機情況
- 4) 為家屬提供哀傷輔導

項目設計

服務針對年老、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，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 2,200 次外展探訪及 2,803 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 2020 年 3 月 31 日，計劃已為 158 個案提供服務。

結論

100%個案表示服務提高了他們應對疾病的能力及了解實踐安全性行為的重要性。98.3%的個案服用藥物依從性穩定，94.9%的個案病毒載量能持續達到不能偵測水平。100%接受哀傷輔導的家屬表示服務為他們提供了重要支援。

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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

- 1) To provide home-based outreach and centre based physiotherapy services for PLWHA
- 2) To organize therapeutic group trainings for PLWHA at SAC Centre
- 3) To organize individual fitness training for PLWHA at SAC Centre
- 4) 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.

Apart from individual treatment, physiotherapist also organize therapeutic and exercise training groups on open group basis in our Day Centre. By joining the group training, peer support network can be also developed among the participants.

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 2020, 929 individual sessions were conducted including home-based and centre-based treatment. 195 group sessions were organized and a total of 54 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 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 301 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) 為感染者於日間中心舉辦治療小組訓練
- 3) 為感染者於日間中心安排個人體能培訓
- 4) 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。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。

除個人治療外，物理治療師亦於日間中心進行治療性及運動訓練小組。參加者透過參與小組亦可建立支援網絡。

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2020年3月31日，服務完成929節外展及中心的個人治療，195節小組治療活動及54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及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。