MIHC Monthly Report (June 2013)

Attendance at MIHC & Mini-Station

Details of the total number of attendances at the MIHC and Mini-Stations in the six service locations are shown in Figure 1. Due to the Tuen Ng public holiday, the hoisting of very hot weather and rainstorm warning alert, service was suspended in districts of Sham Shui Po, Tsuen Wan, Tin Shui Wai and Yau Tsim Mong on those days.

Figure 1: Total attendances of the MIHC by service location in June 2013

Consultation Sessions

45 minute individual consultation sessions were offered to clients with unique health needs. Details of the consultation sessions are shown in Figure 2.

Figure 2: Total number of consultation sessions of the MIHC in June 2013
Referrals

Nine referrals were made to appropriate health services. Details are given in Table 1.

Table 1: Reasons for and frequency of referrals in June 2013

<table>
<thead>
<tr>
<th>Reasons for referrals</th>
<th>Number of referrals made</th>
</tr>
</thead>
<tbody>
<tr>
<td>Visual problems *</td>
<td>3</td>
</tr>
<tr>
<td>Blood pressure problems</td>
<td>2</td>
</tr>
<tr>
<td>Pain</td>
<td>2</td>
</tr>
<tr>
<td>Blood glucose problem</td>
<td>1</td>
</tr>
<tr>
<td>Other*</td>
<td>1</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>9</strong></td>
</tr>
</tbody>
</table>

*Denotes referrals with multiple reasons

Hypertension Management Workshops

A series of Hypertension Management Workshops were presented to our elderly clients who suffer from hypertension or have risk of hypertension in Yau Tsim Mong and Shum Shui Po districts this month. Information regarding diet management, lifestyle modification and aerobic exercise were delivered in the workshop series. Eight of the elderly clients who attended the workshops had an opportunity to interact with the speaker, which motivated them to make use of useful information from the workshops.

Poster Presentations of MIHC in the Hong Kong Primary Care Conference 2013

On behalf of our team, Ms Wai and Ms Kwok attended the Hong Kong Primary Care Conference 2013 on 16 June 2013, and published two poster papers. Titles of the poster presentations are “The effect of constipation management programme on community-dwelling elderly aged 60 or above in Hong Kong with functional constipation – a pilot study” and “Health problems identified in a mobile outreach health screening programme for community-dwelling elderly in Hong Kong”. The presentations served the purpose of sharing the benefit of a mobile health care service for community-dwelling elderly in Hong Kong.
Conference paper of Mobile Clinic in International Health Informatics Conference 2013

A conference paper “Healthcare information system: A facilitator of primary care for underprivileged elderly via mobile clinic” by Dr. Choi, Ms Wai and Ms Kwok was accepted by the International Health Informatics Conference, 2013. This paper discussed the logistics and the healthcare information system of MIHC in Hong Kong community health care service.

Research Studies Participation

The MIHC provides health service and continuous care to elderly clients in the community for more than 5 years. To further understand our clients’ needs and evaluate the current service, a survey study “Evaluation of the Patient satisfaction towards Primary Health Assessment in the PolyU-Henry G. Leong Mobile Integrative Health Centre” has been conducting from June to August. Up to now, over a hundred clients have joined the study. Once all data has been collected, information will be analysed and used to upgrade our services and further increase our service coverage.

Secondly, another pilot research study was also conducted by a group of full-time bachelor nursing students in two mini stations every Monday and Thursday. Their research topic is “A pilot study on the effectiveness of using motion sensing video games to improve dynamic balance of older adults”. By using Berg Balance Scale and timed up-and-go tests, clients visualized their balance ability and identified their potential fall-risk level. For high risk clients, they will undergo a balance training intervention by using motion sensing video games to regain their balance ability. Clients showed high interest in these video game interventions.
Finally, a Tobacco Control Program entitled “Individual, telephone-delivered Acceptance and Commitment Therapy (ACT) for smoking cessation in primary health care settings: feasibility and potential efficacy” was launched in our mobile health centre by Dr. YW Mak. The aims of this program are to strengthen the knowledge of the public on the risks of smoking, and proceed to quit smoking. They used carbon monoxide analysis to check the level of CO retention as smoker identification. Then, the quit smoking counseling would be provided. Several clients showed interest and joined this program.