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A pilot study of Chronic Obstructive Pulmonary Disease (COPD) Care Pathway in facilitating better home rehabilitation

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Objective

COPD is characterized with persistent airflow obstruction which is progressive and associated with chronic inflammation in the airways (GOLD, 2017). Patients suffer from recurrent exacerbation, cause frequently hospitalizations, influence their life and also burden to health care system. Therefore, a structure care pathway for COPD patient with evidence based practice is formulated to meet the needs in home rehabilitation.

Methodology

Recruited COPD patients with care support and AMT>6 from medical unit of acute hospitals, Mild to Severe as defined by GOLD guideline. Care Pathway Package has been introduced to them in community.

Result & Outcome

A pilot study had been conducted from September 2017 to January 2018. Four male patients were recruited. Their quality of life and self-management skills were enhanced in CAT score, inhaler score and empowerment score. The hospital admission rate and length of stay in 28 days before and after recruitment were improved. Thus, COPD Care Pathway is a road map for patient and community nurse to support an effective patient-centered care.

Conclusion

The COPD Care Pathway not only provides a seamless care from hospital to community, but also a service of self-disease management skills at home setting. Hence, through the care pathway, COPD patients are more confident and competent in handling their own disease. The hospital utilization rate has been decreased.