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JCECC

Jockey Club End-of-Life Community Care Project

Providing Holistic Community-based End of Life Care for Patients with Chronic Obstructive Pulmonary Disease and their Family Could Improve their Quality of Life

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同心同步同進 RIDING HIGH TOGETHER

主辦機構 Organized by:



香港復康會
The Hong Kong Society
for Rehabilitation

策略伙伴 Strategic Partners:



HONG KONG
EAST CLUSTER
港島東醫院聯網

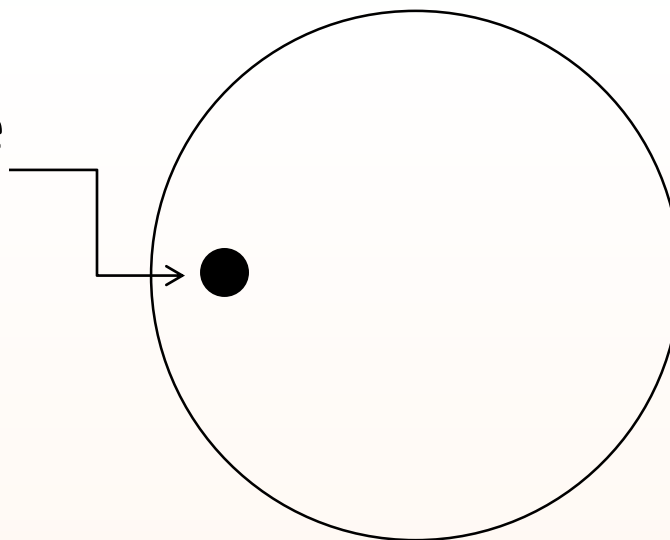


東區尤德夫人那打素醫院
內科部、社區及病人資源部

Significance

- 68% of death: non-cancer chronic illnesses

Only 1.4% receive
palliative care



(Lau et al., 2010)

(Public Health Information System, 2021)



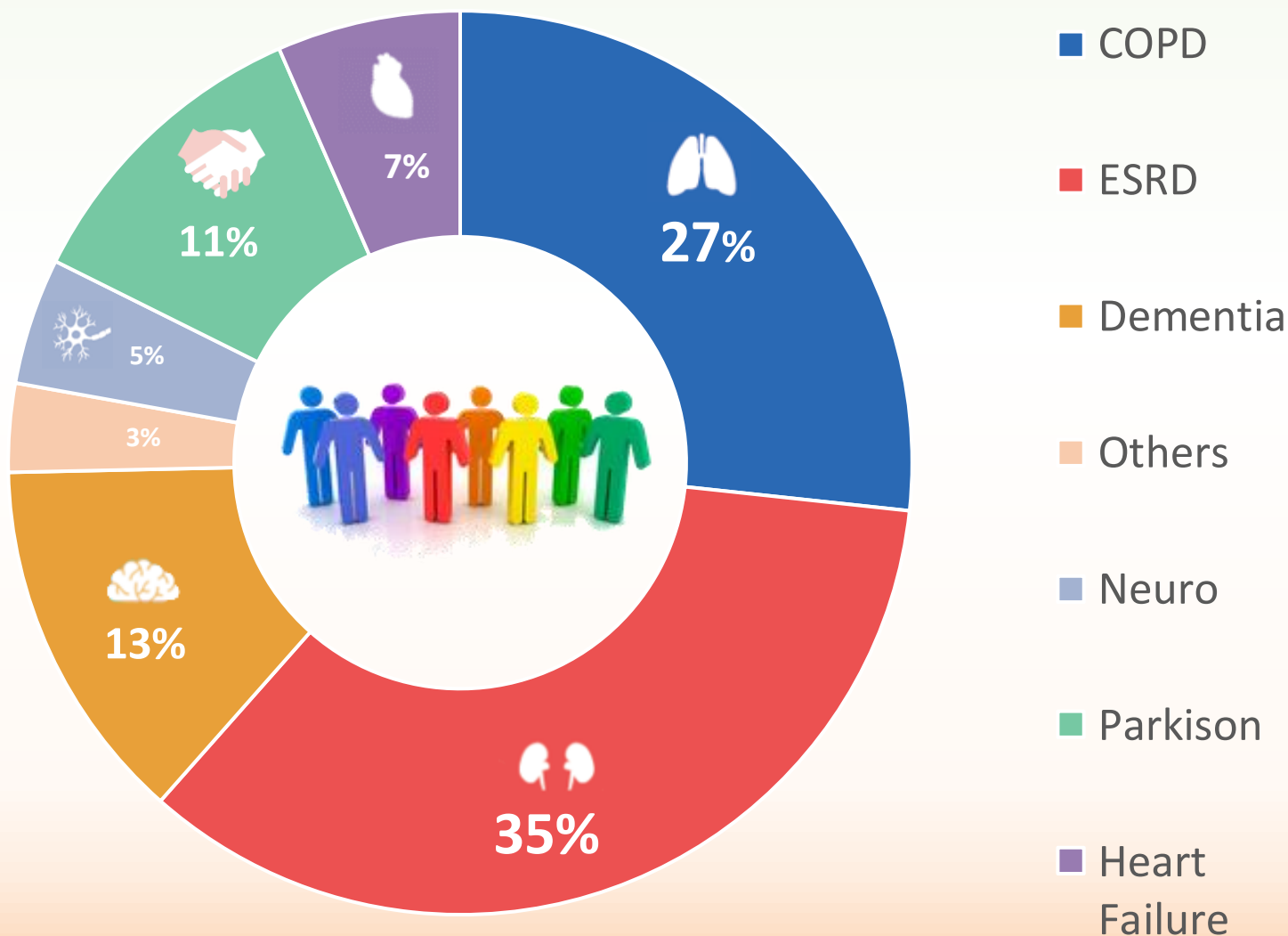
Community EoL Care for patients with
late stage non-cancer chronic illnesses and their families

2016-2021

by HK Society of Rehabilitation

“Life Rainbow” End-of-Life Care Services

「安晴·生命彩虹」社區安寧照顧計劃



“Life Rainbow” End-of-Life Care Services

「安晴·生命彩虹」社區安寧照顧計劃

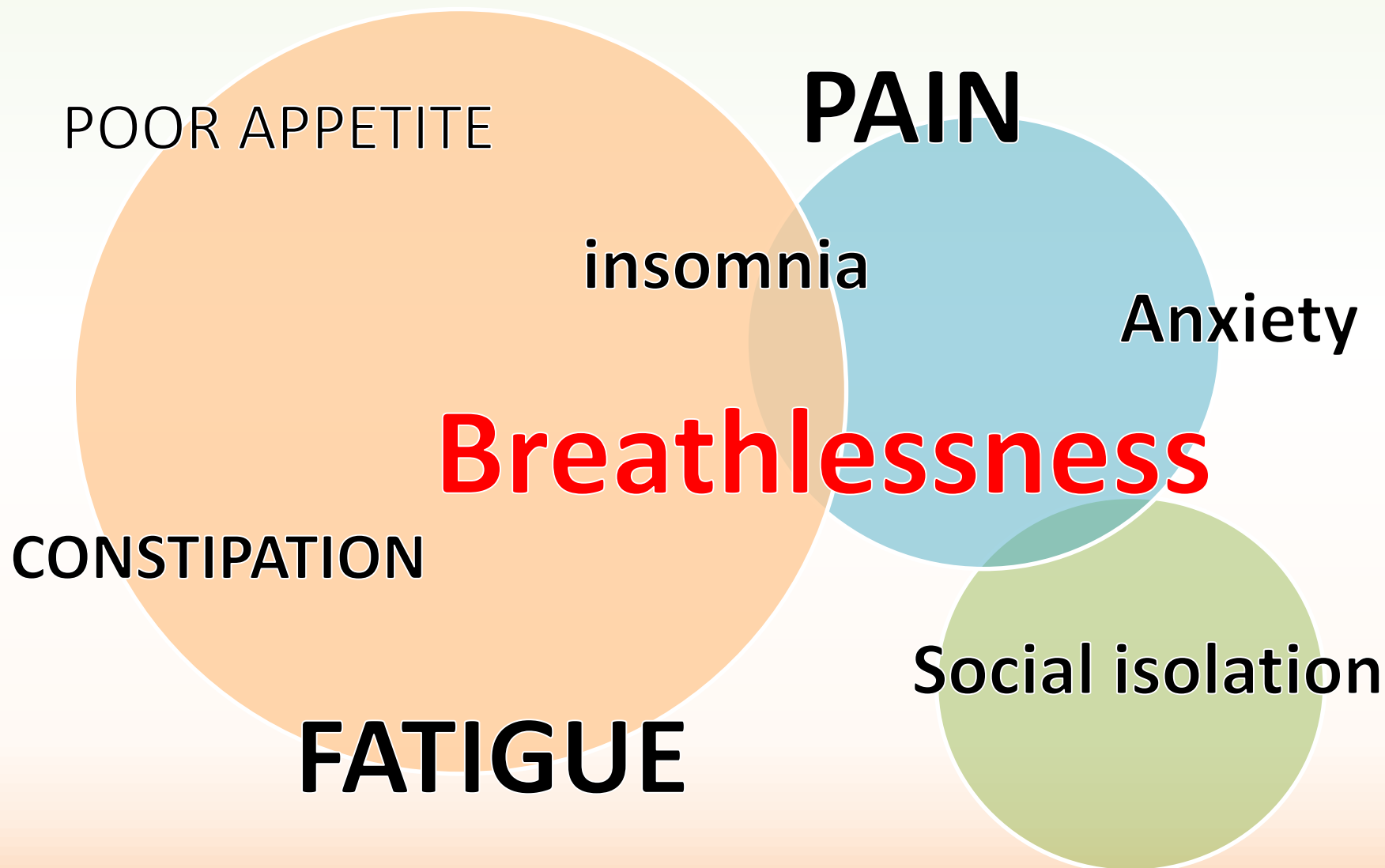


- Funded by **HK Jockey Club Charities Trust**
- Partner with **HK East Cluster of the HA**
- Supported by **HKU**
- Organized by **HK Society of Rehabilitation**

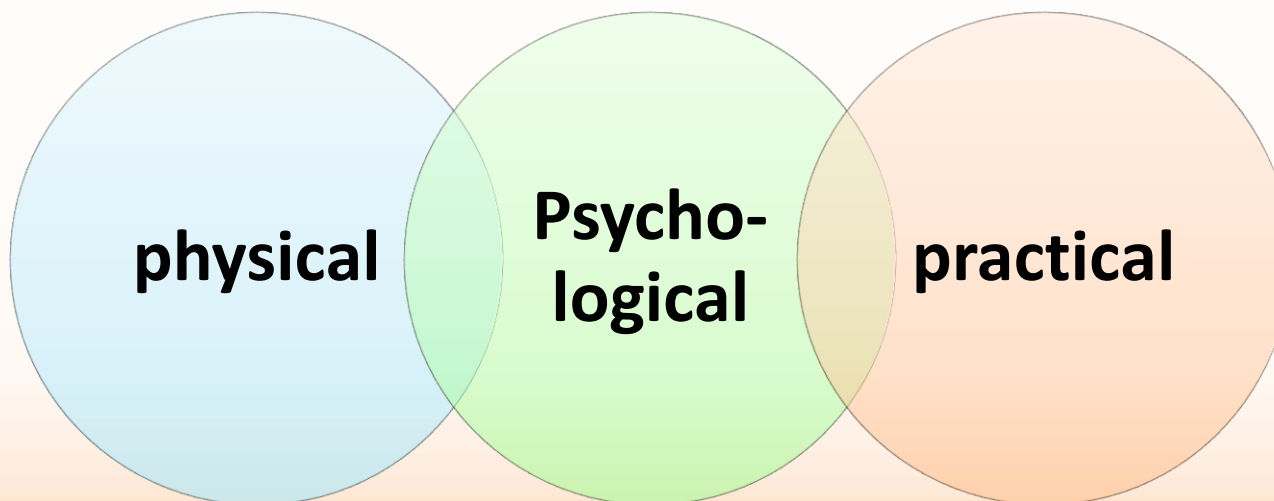
Why COPD?

- 8th leading cause of death
- Limited EoL service
- Multi-dimensional suffering

Multi-dimensional suffering



“Life Rainbow” End-of-life Care Services



處理錦囊

氣促應急法

1. 用藥

按醫生處方使用短效氣管舒張劑

2. 放鬆

擺放有助舒緩放鬆姿勢



3. 吹風扇

噤唇呼吸法 + 吹風扇，以加強空氣流通有助舒緩氣促。

4. 「4-7-8」呼吸法

1. 用鼻子緩慢地吸氣，同時心中默數4秒
2. 摒住呼吸，同時心中默數7秒
3. 用嘴緩慢地呼氣，同時心中默數8秒

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自我監察紀錄表

日期	血壓 (上壓/下壓)					氣促
						咳
						痰
日期	血壓 (上壓/下壓)	脈搏	呼吸 速率	血氧 (%)	體溫 (°C)	徵狀
						氣促
						咳
						痰

physical

practical



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Preparatory Advance Care Plan (ACP) Discussion

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**Psycho-
logical**

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Carers

Project effectiveness

Research supported by HKU

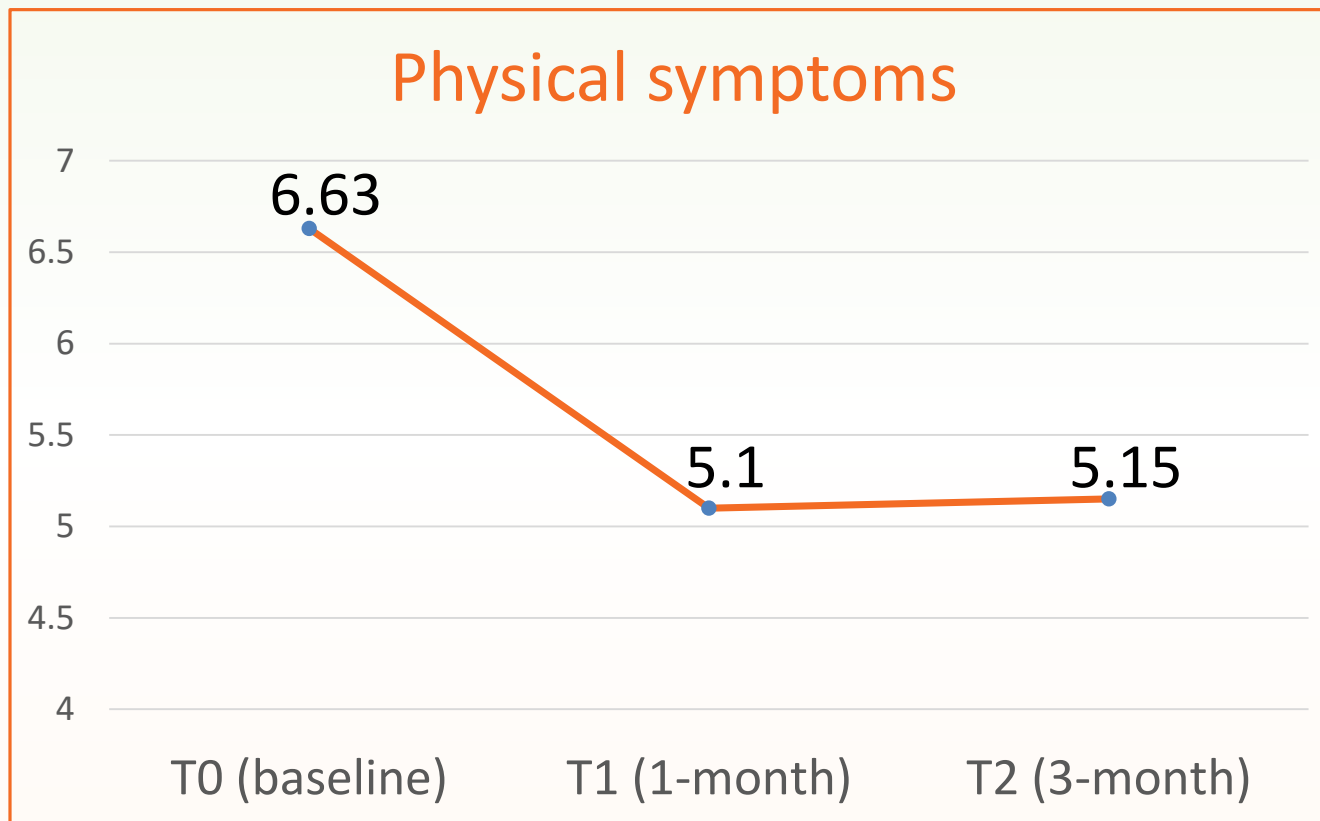
- 66 Patients
- 75.6% male
- age = 79.3 ± 8.7
- Integrated Palliative Outcome Scale

T0 (baseline)

T1 (1-month)

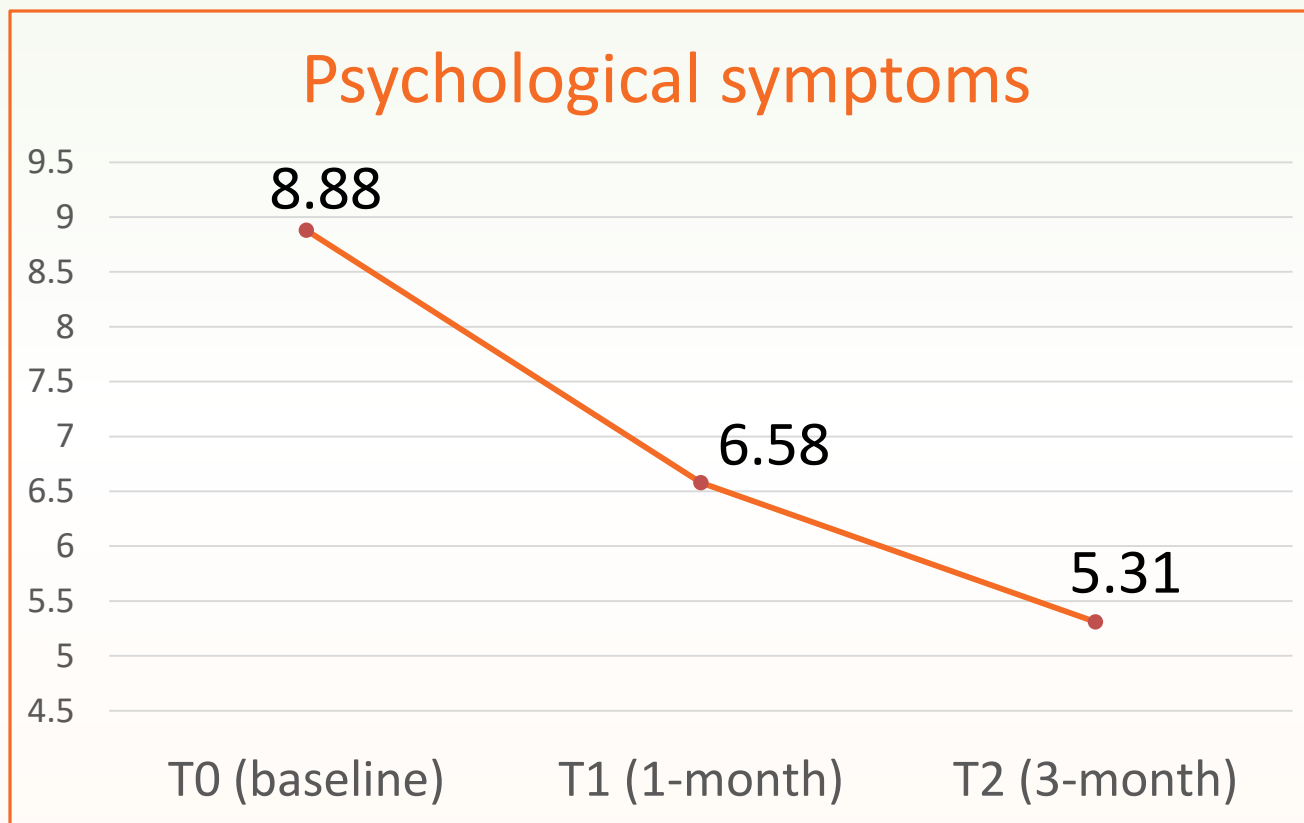
T2 (3-month)

Project effectiveness



T0 vs T1 p-value	T1 vs T2 p-value	Overall p-value
0.013*	0.932	0.033*

Project effectiveness



T0 vs T1 p-value	T1 vs T2 p-value	Overall p-value
<0.001***	0.002**	<.001***

Project effectiveness

- 31 caregivers
- 87.1% female
- Average age = 60 ± 14.0 .
- Chinese-Modified-Caregiver Strain Index
- non-significant reduction

Caregiver	T0 (baseline)	T2 (3-month)	Overall p-value
Caregiver strain	10.03	8.51	0.194

- Broaden and deepen EoL service
- Holistic care
- Social collaboration



MISSION



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