



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

*Ms. Viann WONG (Registered Nurse, The Hong Kong Society for Rehabilitation)*

捐助機構 Funded by:



香港賽馬會慈善信託基金  
The Hong Kong Jockey Club Charities Trust  
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

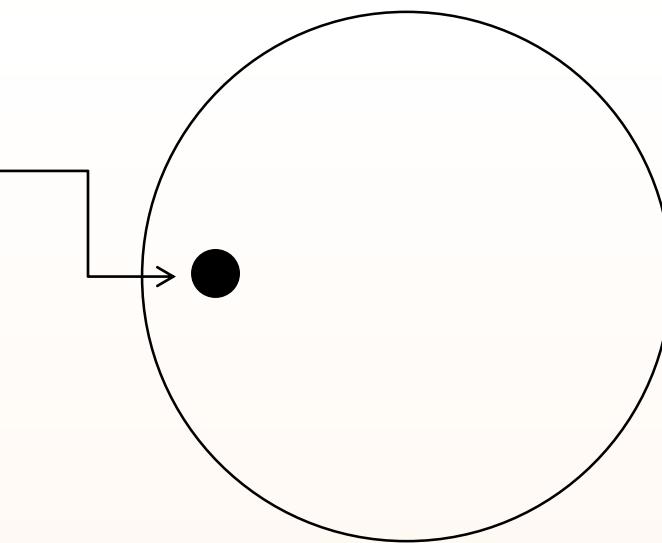


東區尤德夫人那打素醫院  
內科部、社區及病人資源部

# Significance

- 68% of death: non-cancer chronic illnesses

Only 1.4% receive  
palliative care



(Lau et al., 2010)

(Public Health Information System, 2021)

# “Life Rainbow” End-of-Life Care Services

## 「安晴·生命彩虹」社區安寧照顧計劃



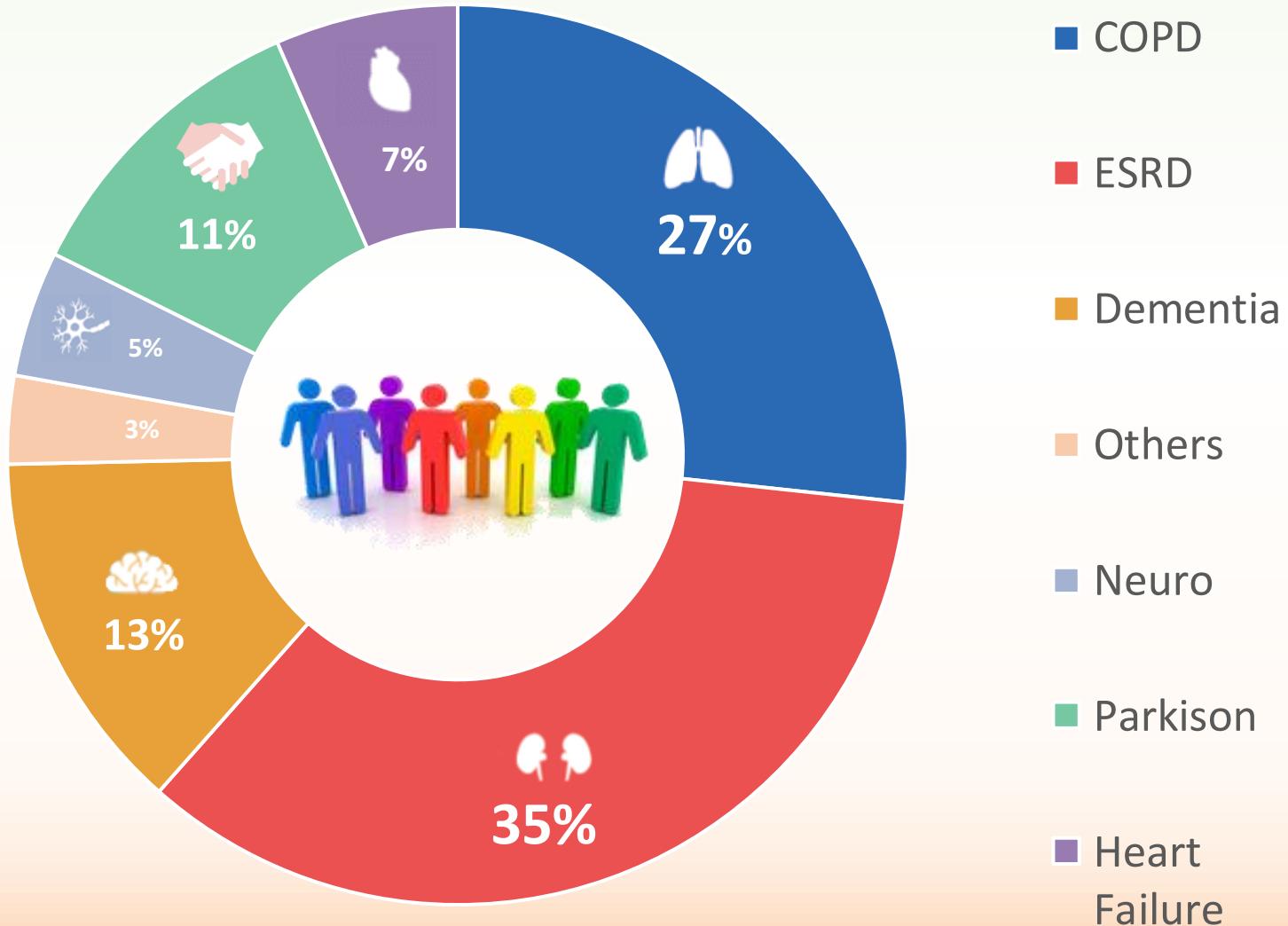
Community EoL Care for patients with  
late stage non-cancer chronic illnesses and their families

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

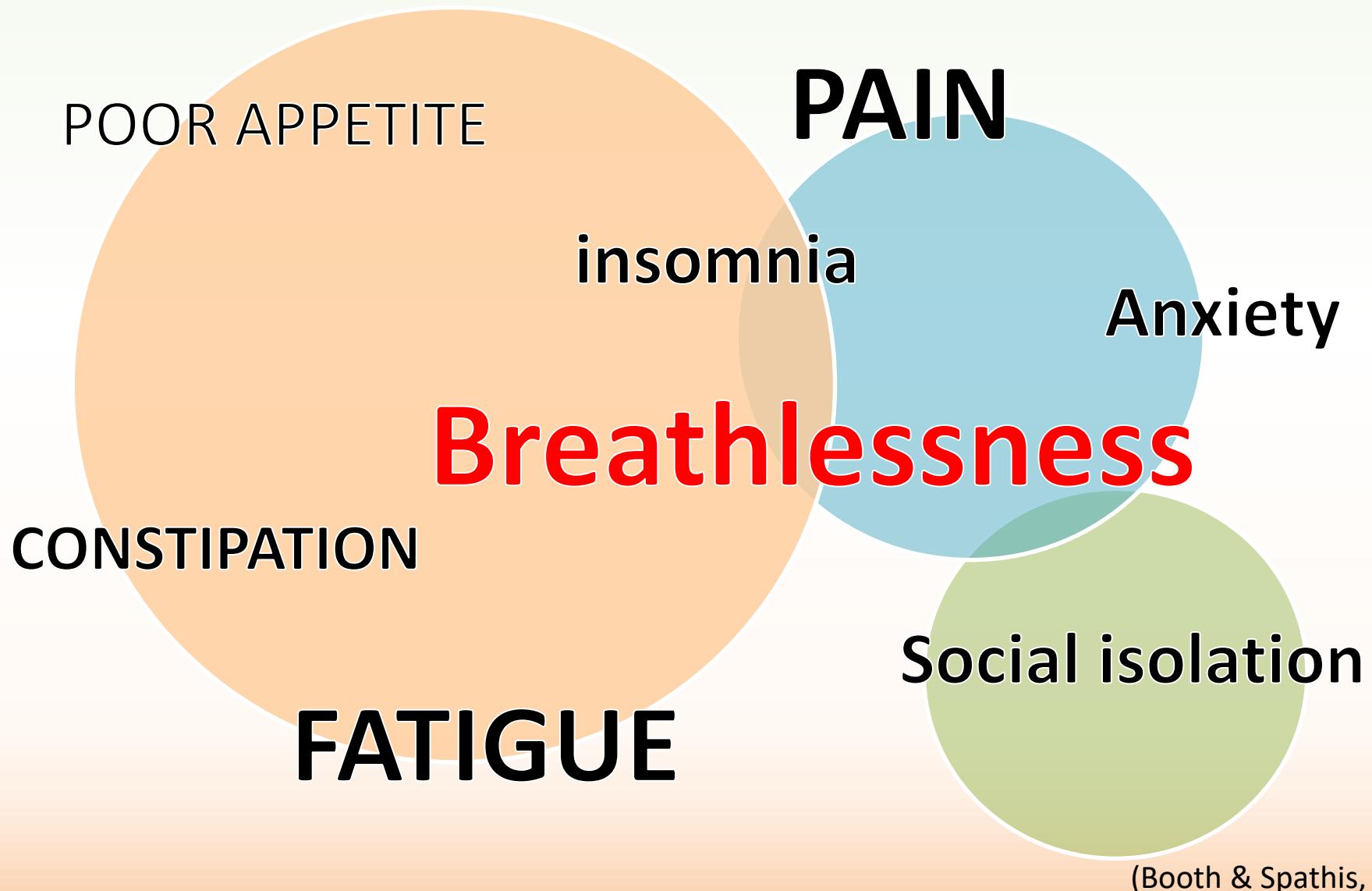


- Funded by HK Jockey Club Charities Trust
- Partner with HK East Cluster of the HA
- Supported by HKU
- Organized by HK Society of Rehabilitation

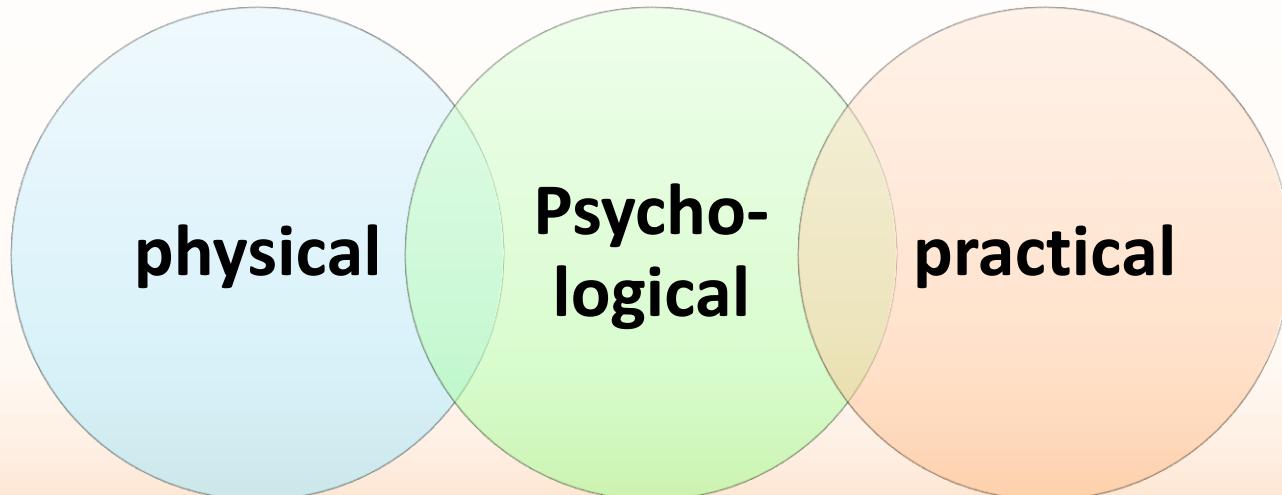
# Why COPD?

- 8<sup>th</sup> leading cause of death
- Limited EoL service
- Multi-dimensional suffering

# Multi-dimensional suffering



## ***“Life Rainbow” End-of-life Care Services***



## 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

噘唇呼吸法 + 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. 摊住呼吸，同時心中默數7秒
3. 用嘴緩慢地呼氣，同時心中默數8秒

physical

處理錦囊

賽馬會安寧頌

JCECC

Jockey Club End-of-Life Community Care Project

賽馬會安寧頌  
JC ECCC

「安晴·生命彩虹」社區安寧照顧計劃

## 晚期慢性阻塞性肺病家居照顧

策劃及援助

香港賽馬會慈善信託基金  
The Hong Kong Jockey Club Charities Trust  
同舟共濟 HONG HOI TOGETHER

主辦機構

香港復康會  
The Hong Kong Society for Rehabilitation

策略伙伴

HONG KONG  
END-OF-LIFE  
CENTRE

香港安寧照顧基金會  
Hong Kong Foundation for Palliative Care

- 1 紓解氣促小貼士
- 2 家居健肺運動
- 3 簡便穴位按摩
- 4 認識晚期慢性阻塞性肺病
- 5 藥物治療及使用
- 6 護理技巧
- 7 家居氧氣治療指引

WARNING: All rights reserved. 版權所有不得轉印

DVD  
VIDEO

氣促

咳

痰

## 自我監察紀錄

日期	血壓 (上壓/下壓)	氣促

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

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

practical



賽馬會安寧頌  
**JCECC**   
Jockey Club End-of-Life Community Care Project

# Preparatory Advance Care Plan (ACP) Discussion

**Psycho-  
logical**

賽馬會安寧頌



Jockey Club End-of-Life Community Care Project

Carers

# Project effectiveness

## Research supported by HKU

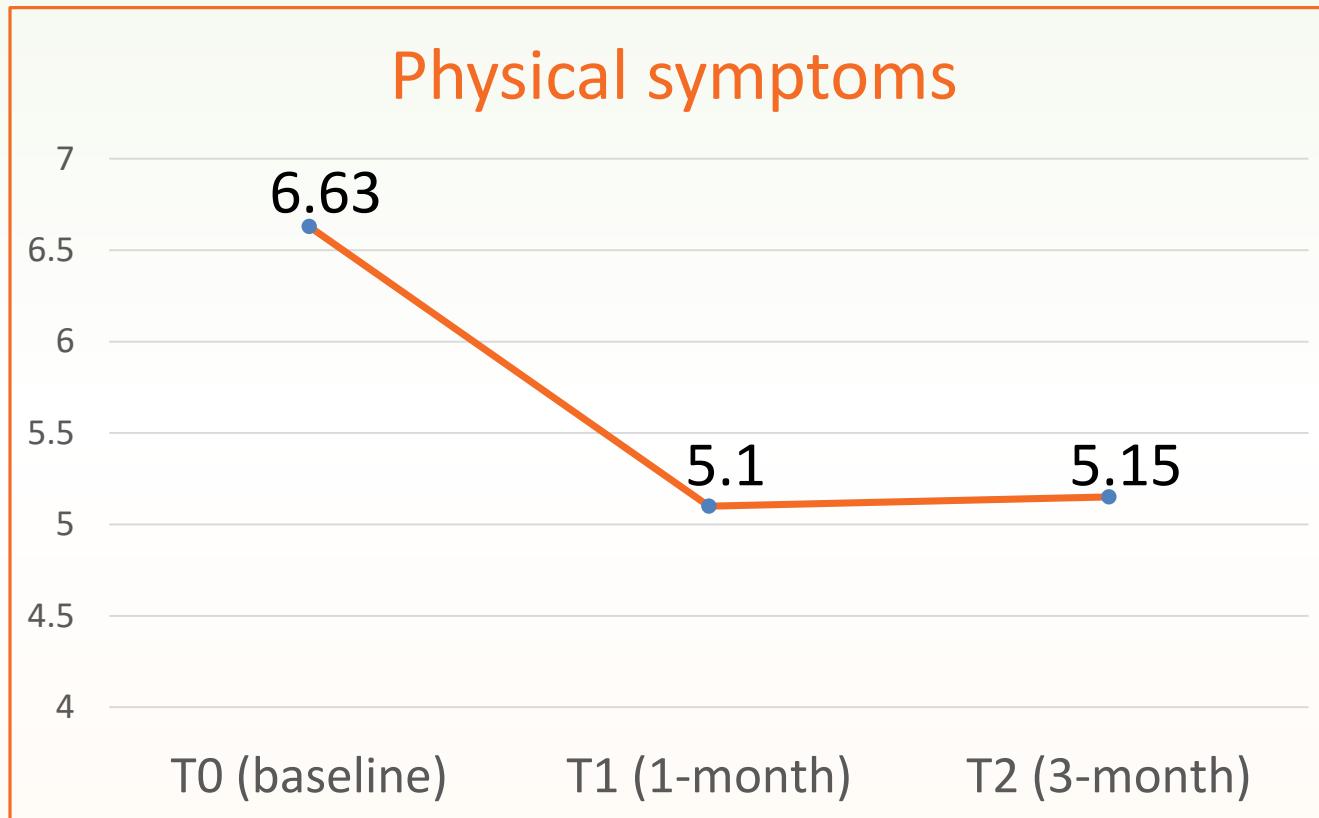
- 66 Patients
- 75.6% male
- age =  $79.3 \pm 8.7$
- Integrated Palliative Outcome Scale

**T0 (baseline)**

**T1 (1-month)**

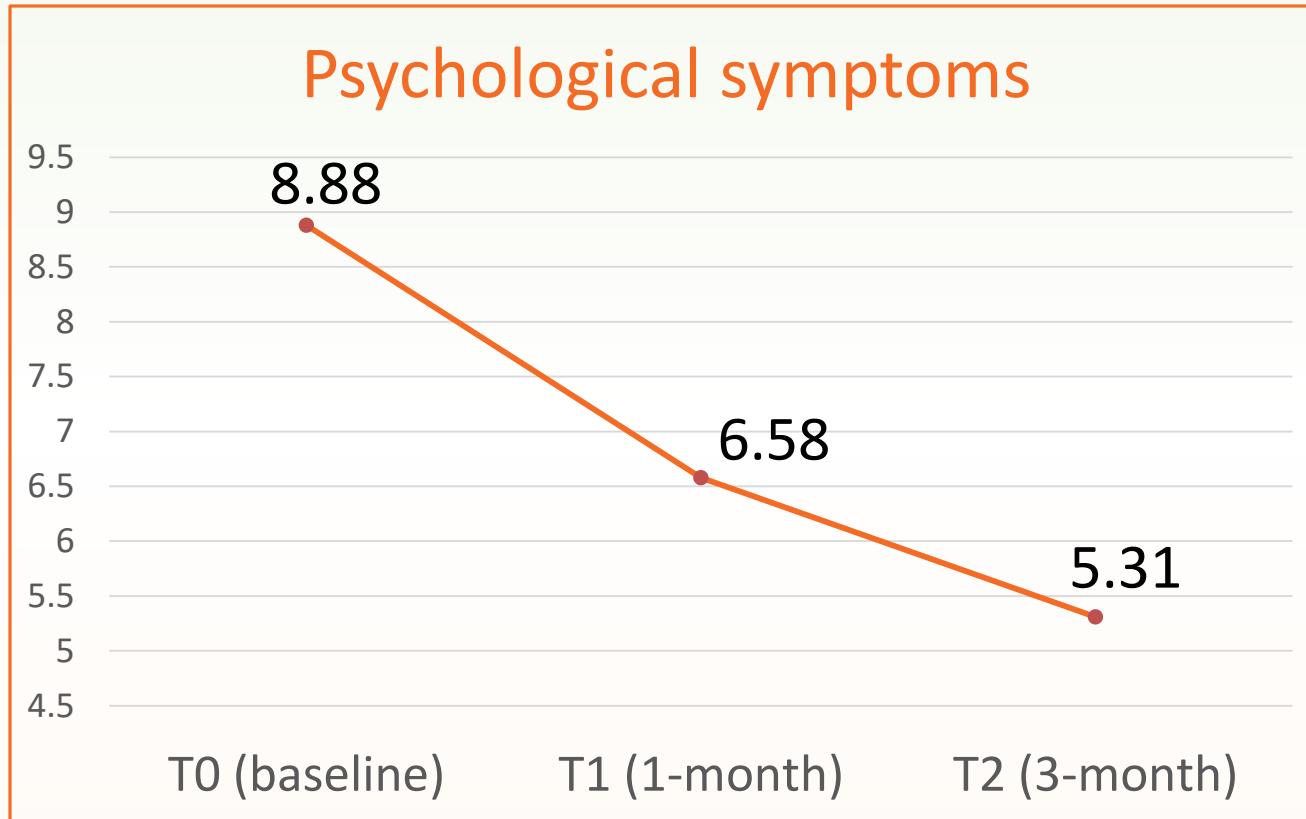
**T2 (3-month)**

# 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 =  $60 \pm 14.0$ .
- 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

賽馬會安寧頌



Jockey Club End-of-Life Community Care Project



# Reference

- Booth, S., & Spathis, A. (2008). End of life care in chronic obstructive pulmonary disease: in search of a good death. *International Journal of Chronic Obstructive Pulmonary Disease, Volume 3*(1), 11–29. <https://doi.org/10.2147/copd.s698>
- Centre for Health Protection, Department of Health. HKSAR. (2020). Statistics: *Death Rates by Leading Causes of Death, 2001 - 2019*. <https://www.chp.gov.hk/en/statistics/data/10/27/117.html>.
- Chan, K. S. (2018). Palliative care: the need of the modern era. *Hong Kong Medical Journal*, 24, 391–399. <https://doi.org/10.12809/hkmj187310>
- Cruz, J., Marques, A., & Figueiredo, D. (2015). Impacts of COPD on family carers and supportive interventions: a narrative review. *Health & Social Care in the Community*, 25(1), 11–25. <https://doi.org/10.1111/hsc.12292>
- Lau, K. S., Tse, D. M., Tsan Chen, T. W., Lam, P. T., Lam, W. M., & Chan, K. S. (2010). Comparing Noncancer and Cancer Deaths in Hong Kong: A Retrospective Review. *Journal of Pain and Symptom Management*, 40(5), 704–714. <https://doi.org/10.1016/j.jpainsympman.2010.02.023>
- Maddocks, M., Lovell, N., Booth, S., Man, W. D.-C., & Higginson, I. J. (2017). Palliative care and management of troublesome symptoms for people with chronic obstructive pulmonary disease. *The Lancet*, 390, 988–1002. [https://doi.org/10.1016/s0140-6736\(17\)32127-x](https://doi.org/10.1016/s0140-6736(17)32127-x)
- Public Health Information System. HKSAR. (2021). *Leading Cause of all Deaths*. HealthyHK. [https://www.healthyhk.gov.hk/phisweb/en/chart\\_detail/22/](https://www.healthyhk.gov.hk/phisweb/en/chart_detail/22/).
- Zhou, H.-X., Ou, X.-M., Tang, Y.-J., Wang, L., & Feng, Y.-L. (2015). Advanced Chronic Obstructive Pulmonary Disease. *Chinese Medical Journal*, 128(21), 2952–2959. <https://doi.org/10.4103/0366-6999.168073>