

Age friendly hospital

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Acknowledgement is made to the Geriatric Team of Ruttonjee & Tang Shiu Kin Hospitals for the materials provided in the powerpoint

Content

- Importance of age friendliness hospital
- Age friendly ward at Ruttonjee Hospital



What is hospital designed for?

- Staff
- Patients
- Families ?



Doctor friendly Hospital



Challenging Corridor for people with mobility and visual problems



Implication of age unfriendliness for outpatients

- Need for escort
- Limit access
- Less business





Nurse friendly Hospital

Implication of age unfriendliness for inpatients

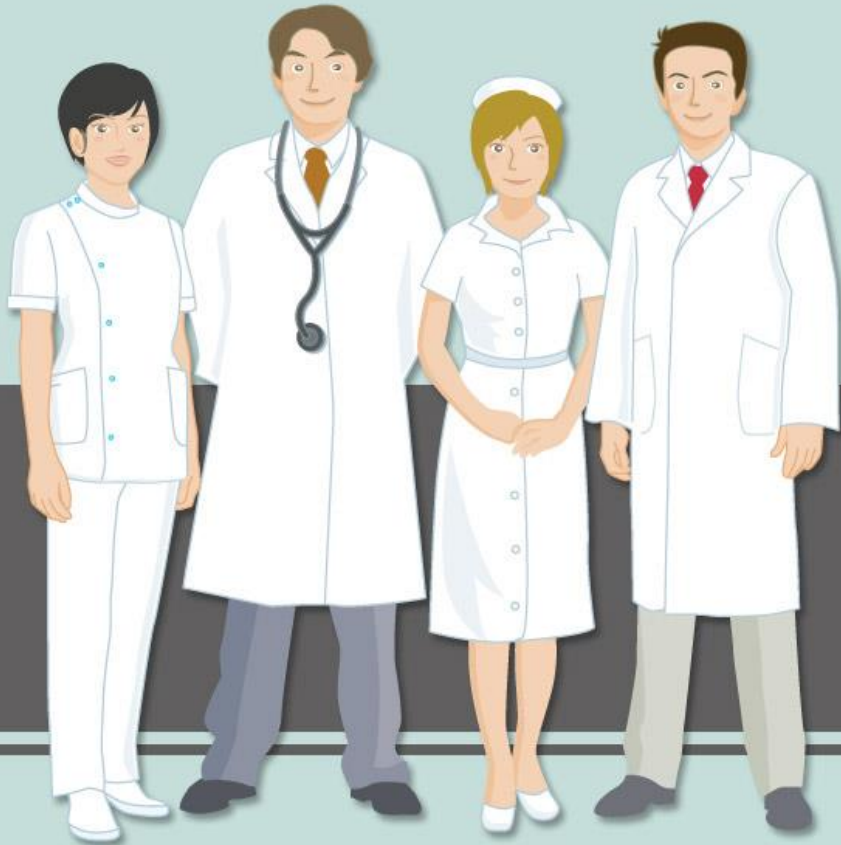
- Deconditioning
 - Immobility
 - Fall
 - Confusion
 - Incontinence
 - Constipation and urine retention
 - Institutionalization
- More work for staff
- Low staff morale



Why should ward environment be challenging ?



Elder-friendly Design for an Acute Medical Ward **(The Ruttonjee Experience – C8 Project)**



Joan HO
DOM(Integrated Medical Services)
RHTSK
4 Sept 2015

2013/14 Annual Plan Programme

< Set up a 42-bed General Medical Ward in C8, RH >

Objective

- To enhance the well-being of patient by raising the standards and quality of health care and ward environment
- To alleviate the crowded environment of M&G wards
- To enhance staff / patient safety



To de-congest our acute wards

Objectives of the Design

1. Enhance independence in activities of daily living
2. Prevent fall / Minimize physical restraint
3. Promote carer engagement
4. Promote maintenance function
5. Respect patient privacy & dignity
6. Facilitate staff workflow and monitoring

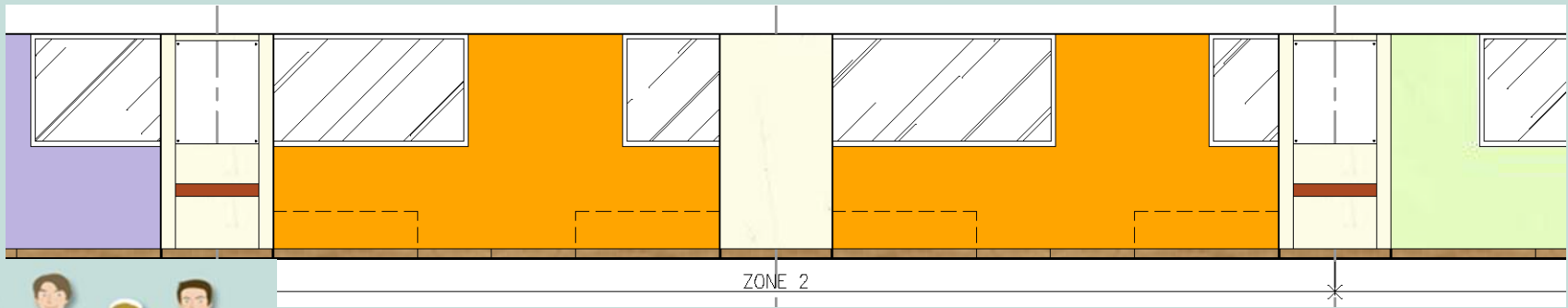
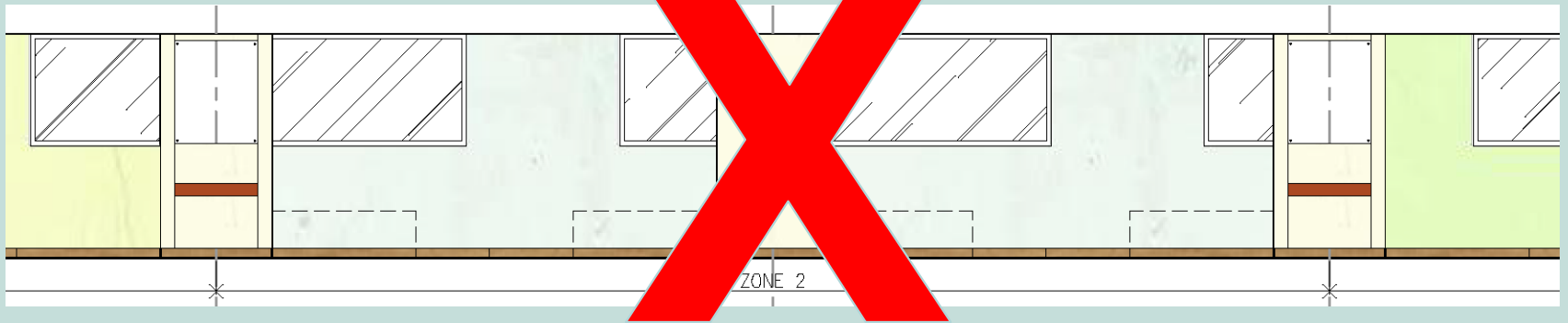


I. Enhance Independence in Activities of Daily Living

Enhance senses and orientation

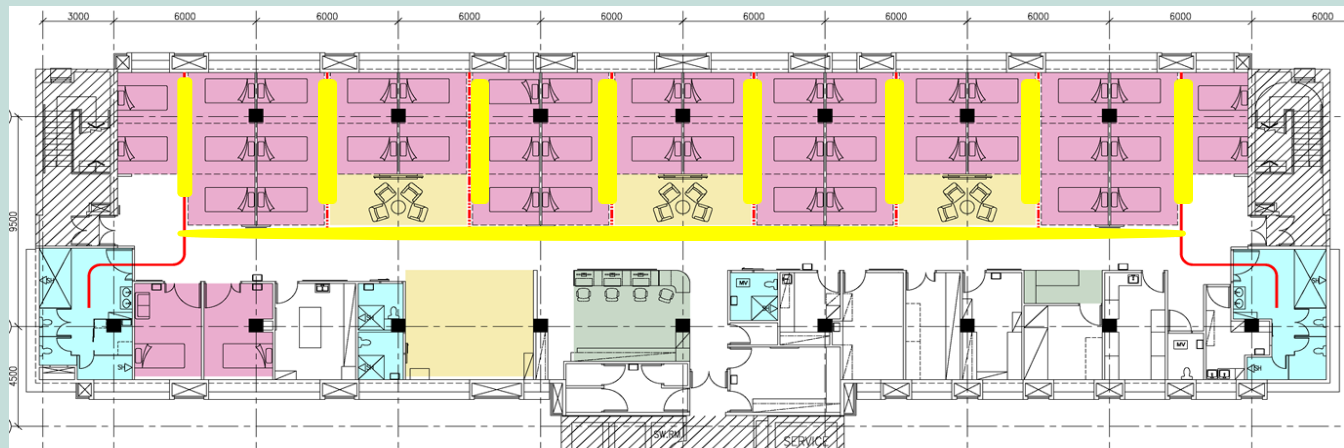
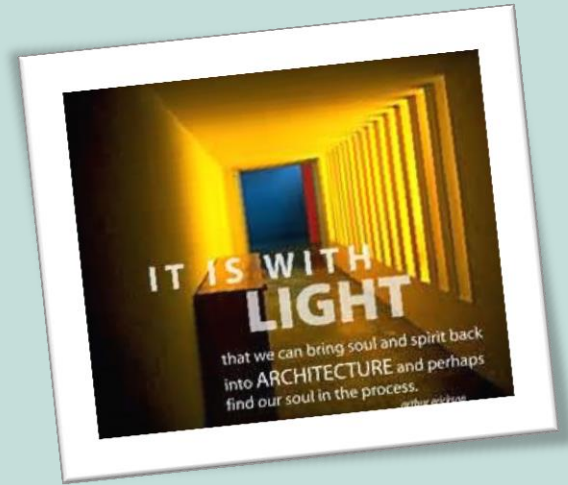


Contrasting Colors for Way Finding



Adequate Lighting Level

- Seniors require 30% more light for equivalent vision
- 400-500 lux in general
- 600-700 lux in activity areas
- Dimming light function to promote rest



Large Graphical Indication/Signage



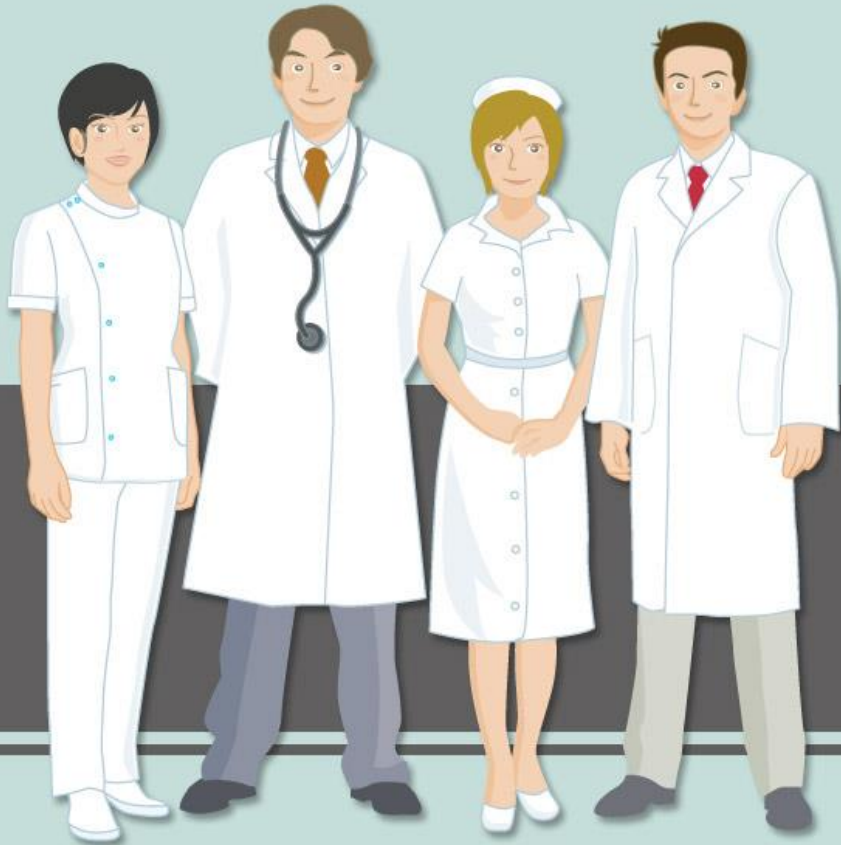
Unisex Patient Toilet



Large Wall-mounted Music Clock
with Chime on day time



II. Prevention of Fall/ Minimize Physical Restraint



Home like floor mat with Handrails along the corridors



Resilient vinyl floor sheet



Spacious Assisted Bathroom Toilets / Shower room



No threshold strip / step at entrance to toilet / shower

Prevention of fall/ Minimize physical restraint



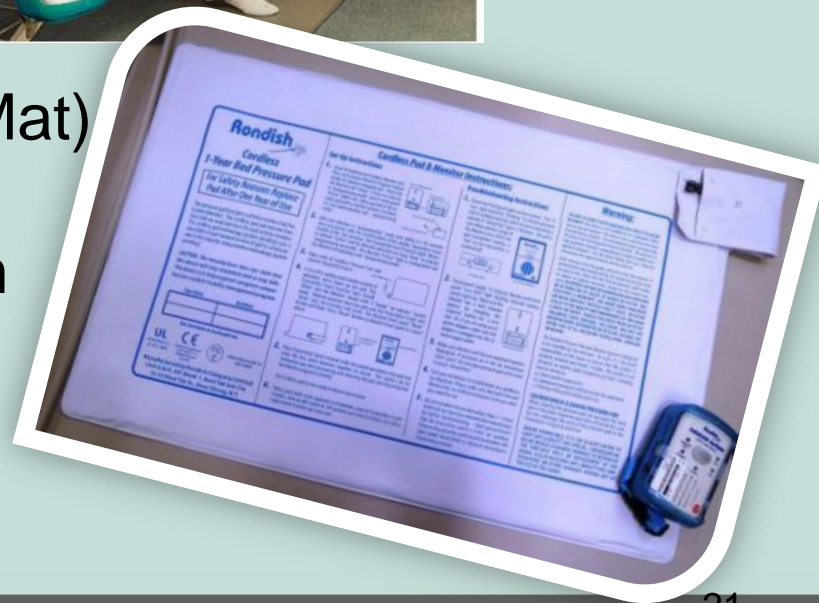
Electric low beds 20 cm vs
37.5 cm away from floor



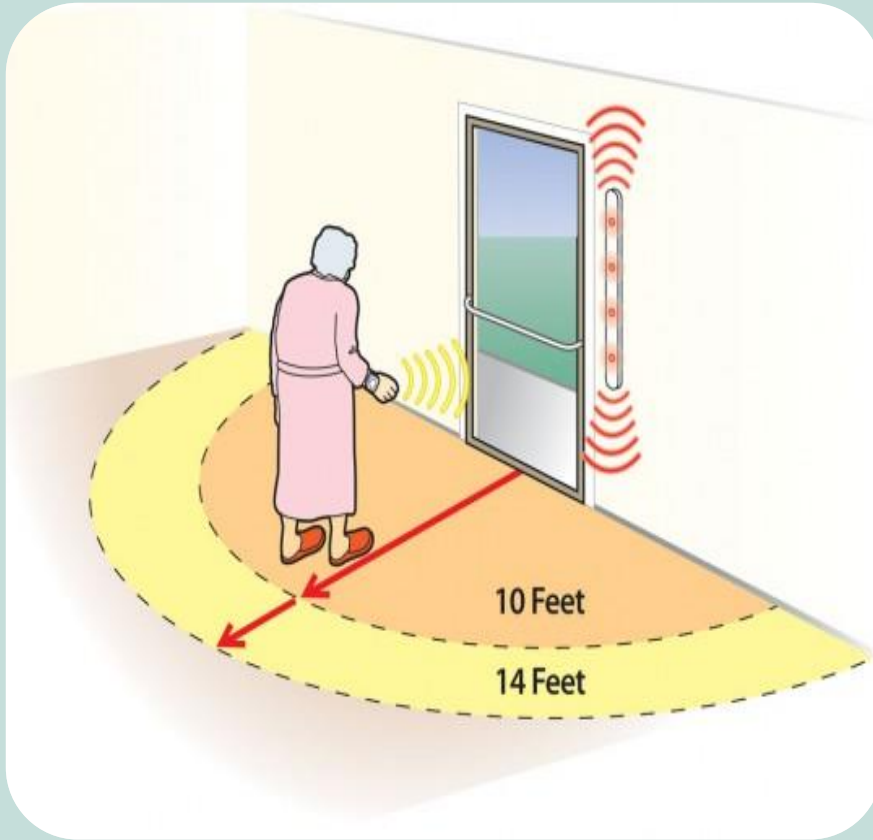
Prevention of fall/ Minimize physical restraint



Fall Prevention Monitor (Alarm Mat)
without cord,
connect to Nurse Call System

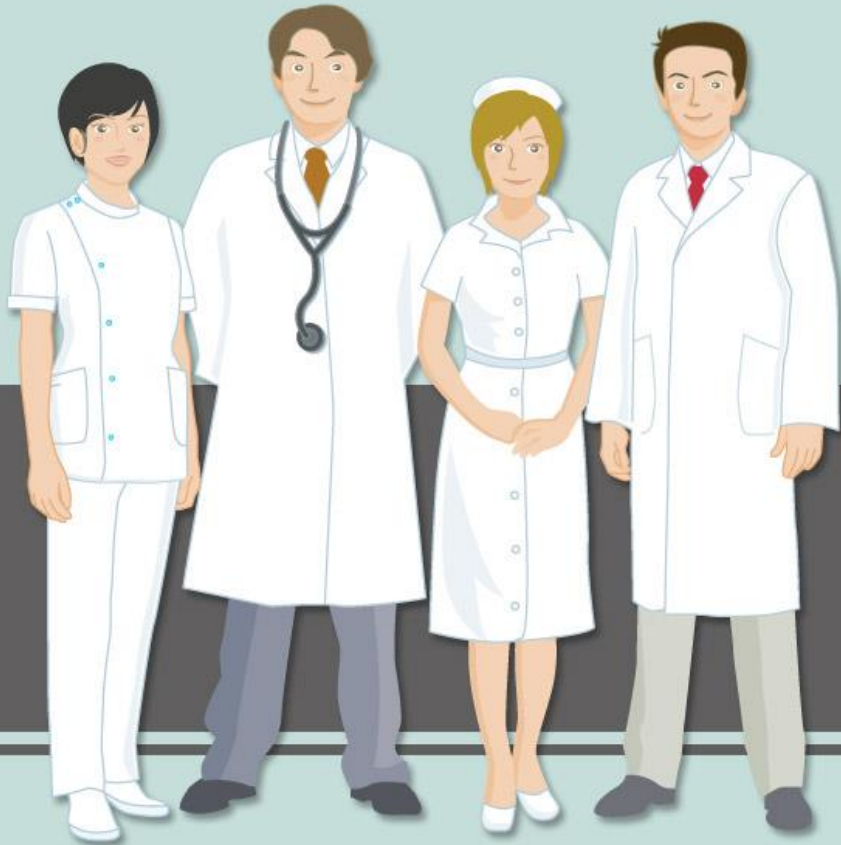


Anti-wandering Door Bars



Allow demented patients walk-around without using physical restraints

III. Promote Carer Engagement



Day Room Inside the Ward



Seating Alcoves



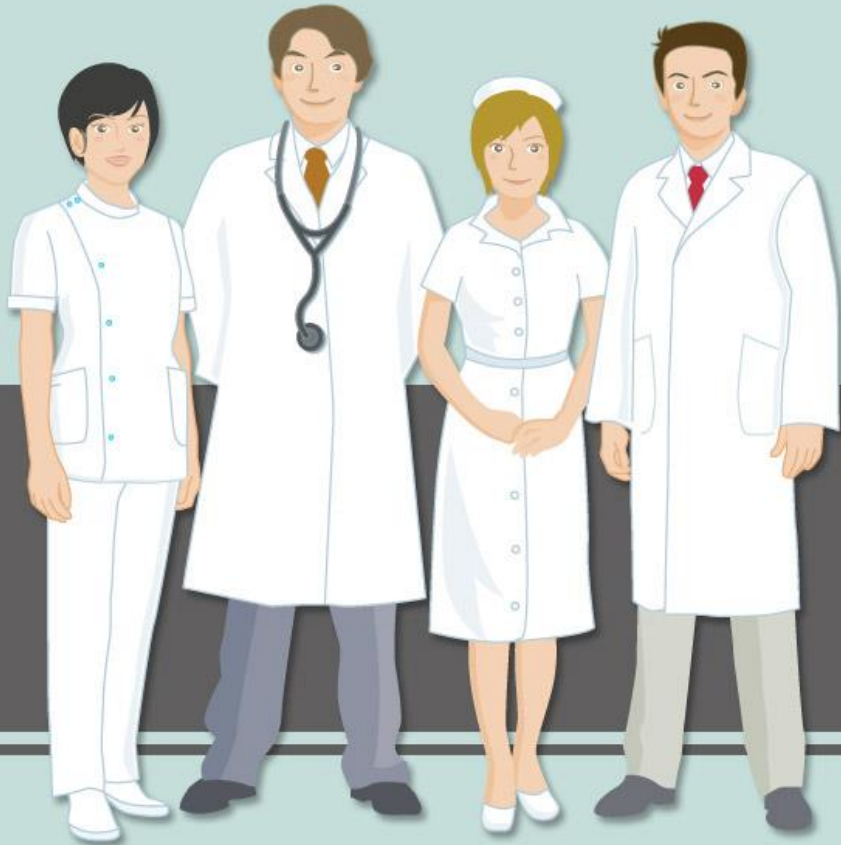
Spacious environment



VI. Promote Maintenance Function

Early ward based rehabilitation

Carer engagement



Rehabilitation facilities in ward

- Day room – Sit out for meals
- Ward based rehab facilities in day room - Hoist, Computer, VR, walking strip
- Discharge planning - Variety of equipment suitable for home use
- Bedside - Hand function games



Suspension Frame
for exercise



Floor indicator
for walk test



Strengthening and Mobilizing Exercise



Gait Assessment and Training at ward



Timed Up and Go Test



物理治療部
步態評估訓練徑

評估用途:

- 3米步行測試 (TUGT)
步行時間少於10秒代表正常；適用於社區的高級別步行者
多於14秒屬於高跌倒風險
- 6米步行測試

步行速度少於 0.6ms^{-1} 有重覆跌倒風險, 少於 0.4ms^{-1} 需要復康訓練

訓練用途:

- 視覺提示步態訓練 (適用於柏金遜、中風患者等)
- 步行耐力訓練
- 步速訓練

Pre-discharge Preparation Functional Assessment



Adjustable height bar /toilet bowl

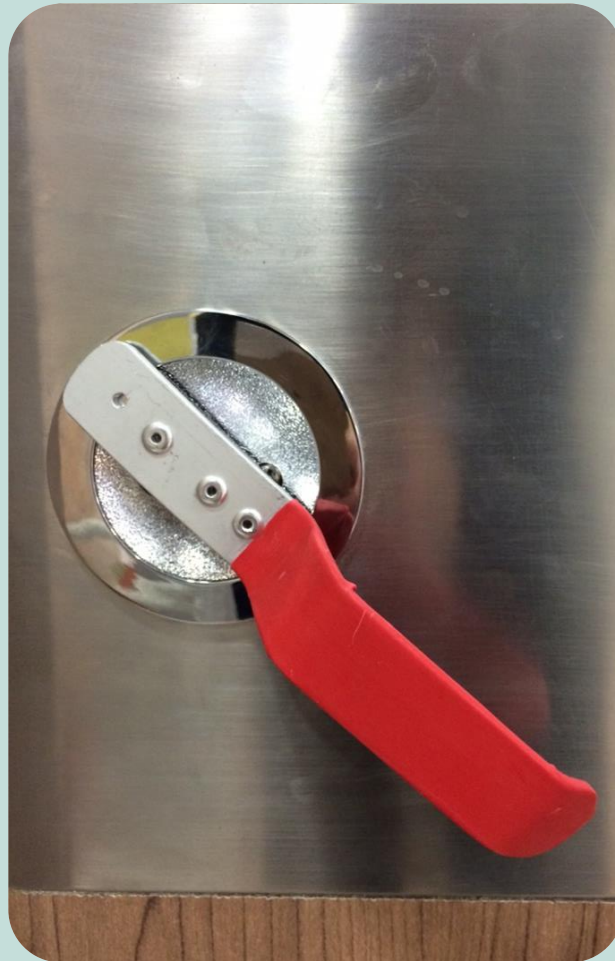


Promote Maintenance of Function

Modified Door Lock Design



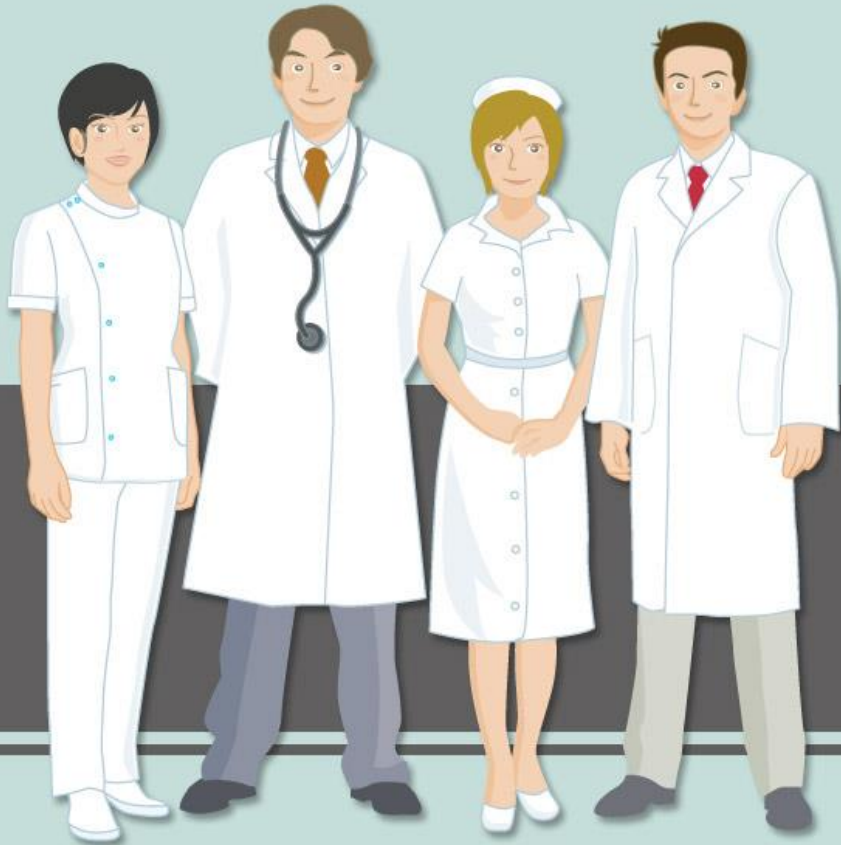
Fine Motor Twisted Lock



Easy One Hand Door Opening



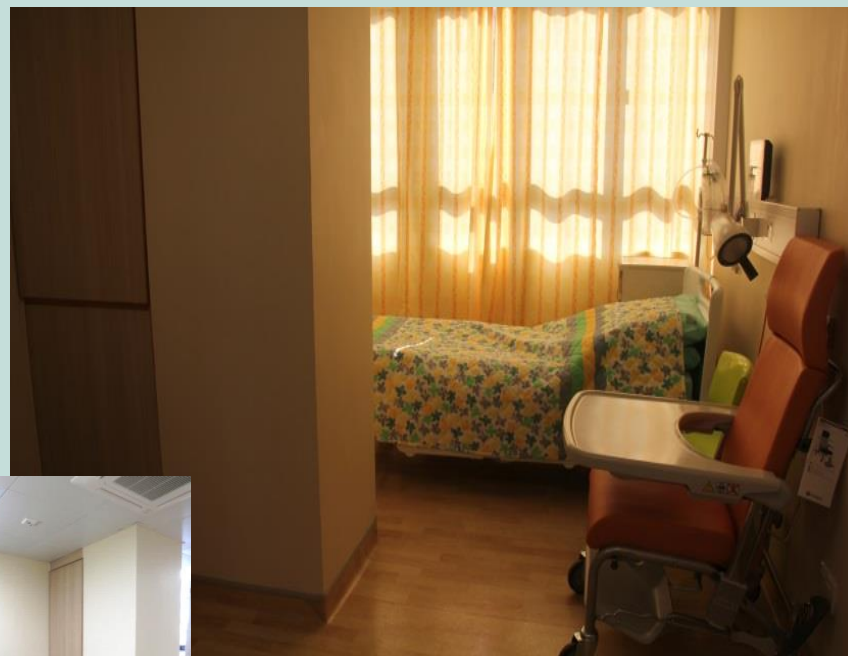
V. Respect Patient Privacy & Dignity



Respect Patient Privacy & Dignity



Less congested environment
5.8 m² per bed



Designated End-of-Life Room
with family area



Double-curtain to Ensure Patient's Privacy during Showering



Shower area behind the curtain



Turnable curtain at the entrance of patient shower room

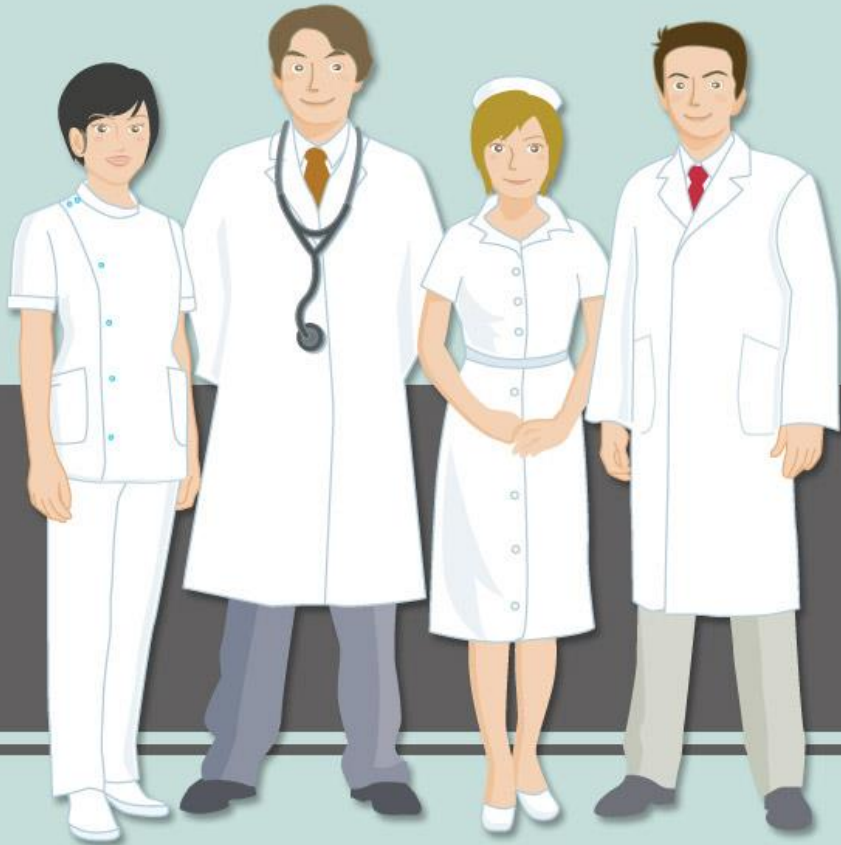


Take-away-door in Patient Toilet

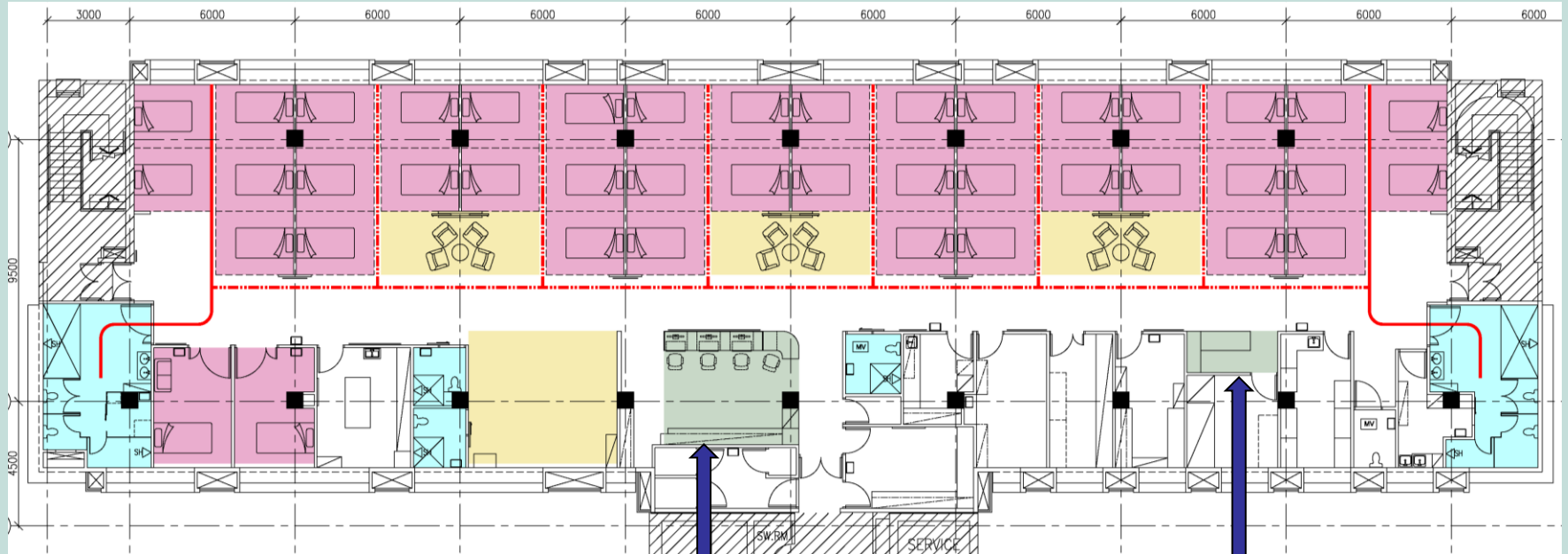


During emergency situations, the patient toilet door can be taken away easily by kicking the door upward

VI. Facilitate staff workflow and monitoring



Satellite Nurse Station



Main Nurse Station

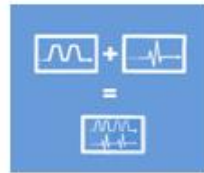
Satellite Nurse Station



Modernized Equipment for Close Patient Monitoring




Data transfer unit at bedside facilitate tele-monitoring at Nurse Station



Patient Information Display System

Bed 床位	15-022	Nurse 護士	May Siu
Doctor 醫生	Eric Wong Chi Kam		
內科		多飲流質	
空氣傳染防護 措施		碎餐	
保護隔離		D 糊飯	
不准飲食		小心哽塞	

Outer Dimension : W x H x D(mm): 233 x 168 x 56
Display area for label : 7"
Display area for clock : 4.5"W x 0.8"H



Ceiling hoist



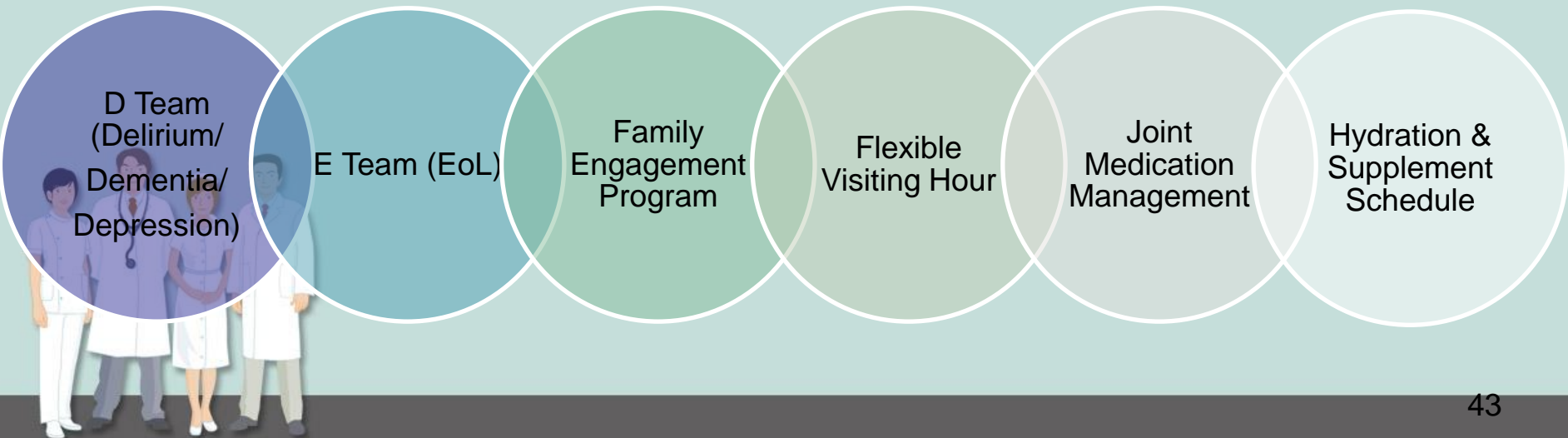
improve patient's comfort and minimize manual handling operations during patient transfer

Electric Operated Chair with Reclining & Inclining Function



Views from Our Clinical Team

- *Engage end-users* in initial planning
- *Structures* to facilitate *Care Processes* for elder-centred *Outcomes*
- *Furniture & equipment* can help even in wards with unfavorable facility environment
- Giving *Knowledge*, developing *Skills* & changing *Attitudes* are also very important



Framework for creating Elder-friendly hospital



Physical
Environment



Process of
Care



Emotional &
behavioral
climate

