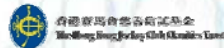


CADENZA Press Conference
新聞發佈會

**“End of Life Care” for
Older Non-cancer Patients**
非癌症病患長者的晚期護理



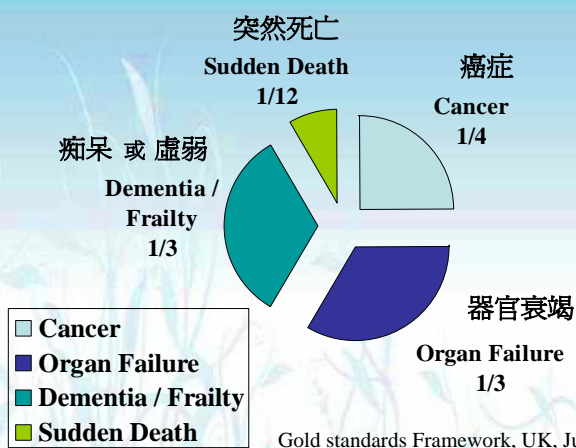
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Causes of Death
主要死亡原因



While cancer patients are often the primary focus for palliative care, most deaths are from non-cancer causes of end-stage chronic diseases. 雖然紓緩治療主要針對癌症病患者，但多數死因卻源於非癌症的晚期慢性疾病的晚期慢性疾

Gold standards Framework, UK, June 2006

Quality of Death Index 死亡質素指標

RANKING OF SOME OF THE 40 COUNTRIES USING THE ECONOMIST INTELLIGENCE UNIT'S QUALITY OF DEATH INDEX

Rank	Country	Overall score
1	UK	7.9
2	Australia	7.9
4	Ireland	6.8
8	Germany	6.2
-9	Canada	6.2
-9	US	6.2
11	Hungary	6.1
12	France	6.1
22	Denmark	5.1
24	Italy	4.4
26	Spain	4.2
28	Finland	4.1
30	South Africa	3.8
32	South Korea	3.7
35	Russia	2.8
37	China	2.3
38	Brazil	2.2
40	India	1.9

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Rank 14 Taiwan
Rank 18 Singapore
Rank 20 Hong
Kong
台灣: 排名14
星加坡: 排名18
香港: 排名20

BMJ

3

Quality of Death Index 死亡質素指標

- **Indicators include:**
指標內容包括:
 - **life expectancy**
預期壽命
 - **healthcare spending**
醫療及護理費用
 - **public awareness of end of life care**
晚期護理方面的公眾教育
 - **existence of a government-led palliative care strategy**
由政府領導的紓緩治療策略

4

Public Awareness of End of Life Care 公眾對晚期護理的認識

Figure 7: Public awareness of end-of-life care

Highest ranking (excellent)		Lowest ranking (poor)		
5	4	3	2	1
Belgium	Australia	Canada	Brazil	China
Ireland	Austria	Czech Republic	Finland	
UK	France	Denmark	Greece	
	Hungary	Germany	India	
	Japan	Hong Kong	Italy	
	South Korea	Iceland	Luxembourg	
	Netherlands	Malaysia	Mexico	
	New Zealand	Poland	Portugal	
	Norway	Singapore	Russia	
	Sweden	Slovakia	Switzerland	
	Taiwan	South Africa	Turkey	
	Uganda	Spain		
		US		

Source: Economist Intelligence Unit ranking, based on input from Ministries of Health, country palliative care advocacy organisations.

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Hong Kong is
only in the middle
香港只排在中間

5

Chronic Diseases & Older People 長者與慢性病

- **Suffering may be greater 痛苦可能更長**
 - Longer, less predictable illness trajectory, high prevalence of symptoms 痛苦更長、更甚、更難以預測
- **Less accessibility to palliative care 更難獲得紓緩治療**
 - 90% patients in palliative care are cancer patients 九成紓緩治療使用者皆為癌症病人

6

Needs of End-stage Chronic Disease Patients 晚期慢性病患者及家屬的需要

- Care required for end-stage chronic disease patients 晚期慢性病患者及家屬的需要包括：
 - Relief of symptoms 症狀紓緩
 - Relief of fear and worries for self, family 減少恐懼及擔憂
 - How can I come back if I feel unwell? Would it be difficult? 萬一不適，入院途徑是否艱難？
 - What will happen? (Medical procedures / choices like resuscitations, tube feeding, process of dying) 將會發生什麼？(治療程序 / 選擇如搶救、餵食管及臨終情況)

7

The End of Life Care Programme in Shatin Hospital 沙田醫院的晚期護理服務

End of Life Care Programme
for older non-cancer patients
in last 6 months of life
(Commenced from Aug 2008)

為尚餘半年壽命之非癌症病患
長者推行的晚期護理計劃
(由2008年8月開始推行)



8

Objectives 目標

- **Symptoms control** 症狀控制
- **Enhance satisfaction with service** 提升病人及家屬對服務的滿意程度
- **Allow patient to rest in own home environment** 容許患者在自己家中療養

9

Assessments 評估

2 phases (2 個階段)

Pre-intervention assessment

計劃前評估



Staff training & service design

員工教育及服務重組



Post-intervention assessment

計劃後評估

10

Content of End of Life Care Programme 晚期護理計劃內容

11

New Philosophy 新觀念

Talks, role-play workshops
講座、角色扮演工作坊

Focus groups
焦點小組

Staff Education 員工教育

Nurses manual
護士手冊

Ward-based discussion /
feedback sessions
以病房為單元的
討論/回應

In-patient & post-discharge
support pathways
住院期間及離院後的支援

Patient & caregiver
pamphlets
病人及家屬小冊子

Re-engineered Health Service
護理服務重組

12



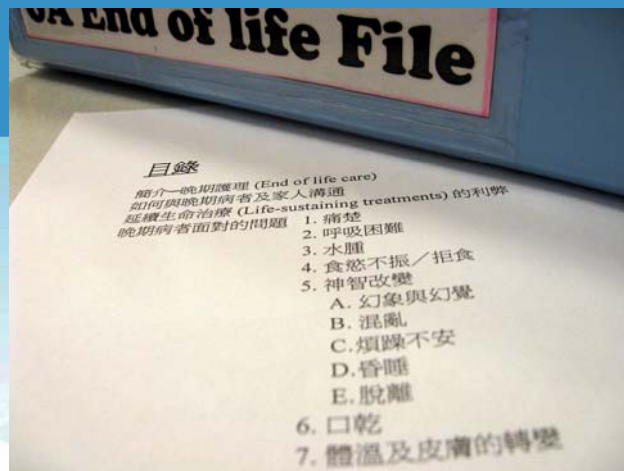
Helping
to
Make Choices
協助作出合適
的晚期抉擇

13



Changing
Care Culture
改變
護理觀念

14



Re-focusing Care Needs 改變護理焦點

15

In-Patient Pathway 住院期間護理安排

- **Case identification** 留意合適晚期病患者
- **Discussion of options & care according to choice** 與病人及家屬探討治療方案及選擇
- **On-going review** 持續跟進及檢討
- **Support for discharge or death** 出院或臨終前後支援

16

Post-discharge Support 離院後支援

Monitoring of symptoms
(community outreach teams)
跟進症狀 (外展)

Caregiver hotline
支援熱線

Facilitate access to medical care
方便病人得到快捷治療

Fast track
medical clinic
快捷門診

Direct readmission
to same ward
直接入院 (同一病房)

17

Results 結果

• Participants 參加人數

– Pre-intervention phase (Jun 2007 – Mar 2008)
計劃前 (2007年6月 – 2008年3月)

- 80 patients, 30 caregivers, 118 staff
80 病人，30 家屬，118 醫護人員

– Post-intervention phase (Aug 2008 – Jan 2009)
計劃後 (2008年8月 - 2009年1月)

- 89 patients, 74 caregivers, 121 staff
89 病人，74 家屬，121 醫護人員

(2 different groups of patients and caregivers in 2 phases
兩個階段的病人及家屬為兩組不同人士)

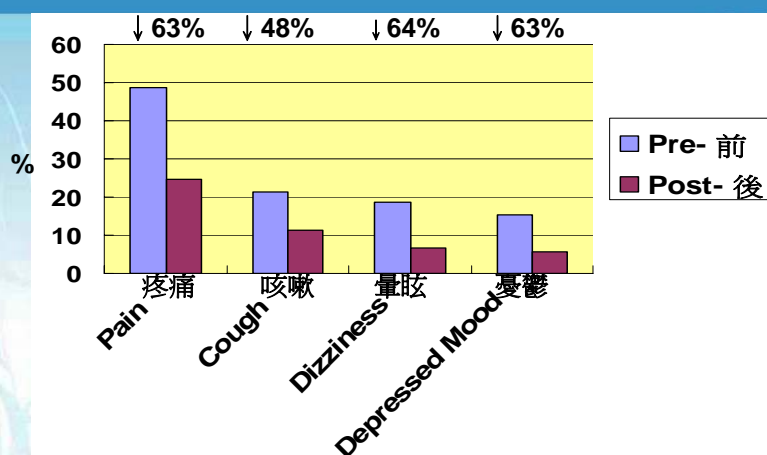
18

Characteristics of Patients 病人特徵

- Pre-intervention: female 69%, post-intervention: female 61% 計劃前: 女性69%, 計劃後: 女性61%
- Mean age 83-85 years old 平均年齡 83-85 歲
- Advanced dementia 晚期痴呆症 ~ 60%
- Others: stroke, kidney, heart, lung & liver failure 其他: 中風, 腎、心臟、肺及肝衰竭

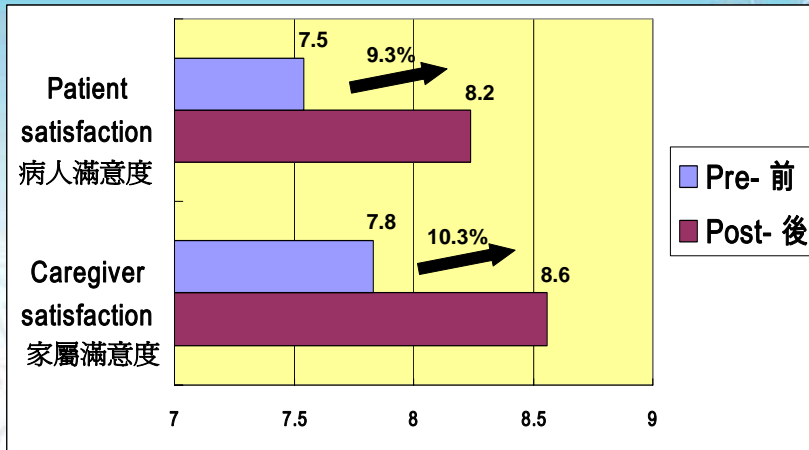
19

Benefits 好處: Less symptoms 大幅減低症狀



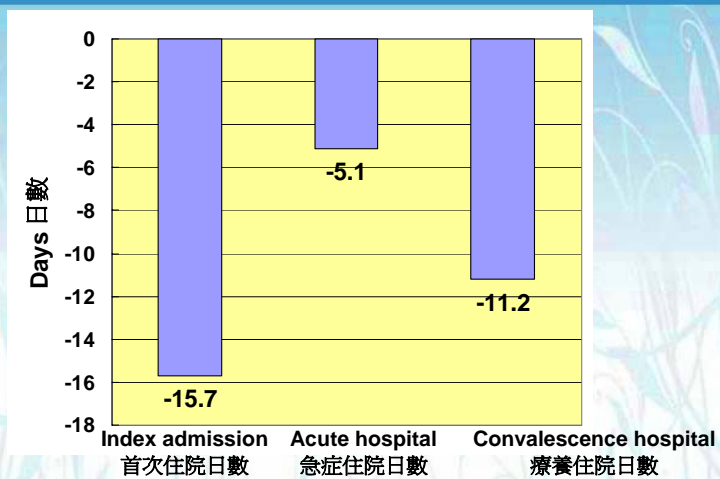
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Benefits 好處:
Improved satisfaction with Programme
更高滿意程度



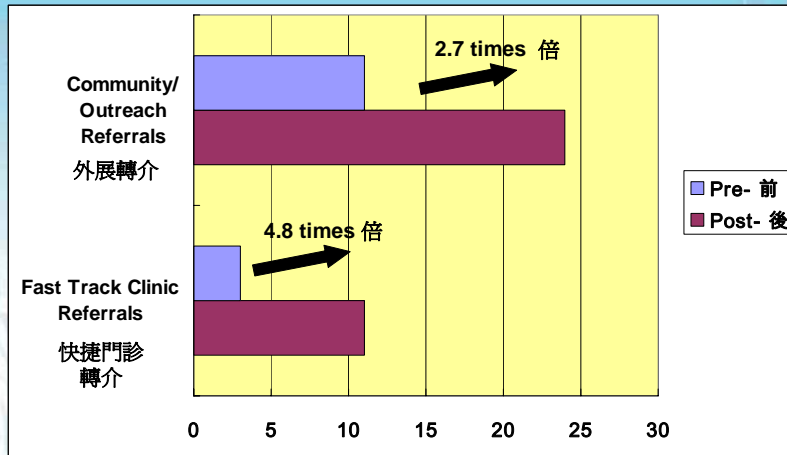
21

Benefits 好處:
Fewer days spent in hospital
減少住院日數



22

Benefits 好處:
Better use of service to support EoL patients at home
更善用居家療養的支援服務



23

Case Sharing
個案分享

Family caregiver of
end of life older non-cancer patient
非癌症病患長者之家居照顧者

24

Conclusions and Recommendations 總結及建議

- **Improved quality of dying 改善臨終質素**
 - with cultural change, re-focusing needs and re-engineering health services for geriatrics team 在老人科團隊中，透過改變觀念、改變護理焦點及重組護理服務，而達至改善臨終質素
- **Improved symptoms control 減輕症狀**
 - as good as palliative care team in cancer (Pain: ~ 50% relative reduction) 效果媲美癌症的紓緩治療隊伍 (痛楚: 相對減少約50%)

25

Conclusions and Recommendations (cont'd) 總結及建議 (續)

- **More days at home for patients 容許居家休養，爭取共享天倫**
 - 80% of HK nursing home residents in a survey preferred EoL care in their residential home, rather than in a hospital 一項調查顯示：本港八成居於安老院的長者較傾向於在院舍，而非在醫院中接受晚期護理
- **Patients and families are more satisfied with EoL care 護理更合病人及家屬心意**
- **Survival not shortened 不影響生存率**

26

Conclusions and Recommendations (cont'd) 總結及建議 (續)

- **Promotion in hospitals or residential care homes for the elderly should be included as part of Hong Kong elderly care strategy** 建議在醫院及安老院舍中推廣非癌症病患長者的晚期護理，並將之納入為本港安老策略

27

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沙田醫院內科及老人科所有醫護人員
- **Patients and family caregivers**
參與病人及家屬

28

Enquiries 查詢

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有關「流金頌」的詳細資料可經下列途徑索取：

- Website 網址: www.cadenza.hk
- Email 電郵: info@cadenza.hk
- Telephone 電話: 2219-4271

29

Q&A 歡迎提問



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30