

香港公立医院 职业治疗职业康复服务概览

OT Work Rehabilitation Service in HK Public Hospitals

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Work Rehabilitation & Occupational Therapy
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The present Scene
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New Development



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职业康复与职业治疗

Work Rehabilitation & OT

从1954年起职业康复已成为职业治疗的核心服务
Work Rehabilitation has been one of the focus area of OT in HK since 1954



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职业康复与职业治疗

Work Rehabilitation & OT

服务宗旨

帮助病人尽展所长
重新投入社会、**工作**及生活角色

Mission

We empower our clients to return to their valued life roles at home, **work** and leisure by making the best use of their functional capabilities

1995 HA OTCOC

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2001年之改革

The Year 2001 Reform

- 全港有15间医院管理局辖下之职业治疗部接受职业康复转介，主要是门诊部门
15 centers in HA OPD providing Work Rehabilitation Service
- 约有2500个新的转介个案
2500 new cases per year
- 个案转介主要是骨科(>90%)，脑外科(5%)及内科(5%)
Mainly Orthopaedic (>90%), neurosurgical (5%) and medical cases (5%)

2001年医院管理局职业治疗调查报告
2001 HAOTCOC Survey

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2001年之改革

The Year 2001 Reform

- ✗ 治疗程序未够统一
Not standardized
- ✗ 职业康复器材资源分配不平均
Uneven distribution of resources
- ✗ 完成康复训练后之个案跟进未够完善
Unknown outcome
- ✗ 与其它机构沟通不足
Insufficient Communication with other service provider

2001年医院管理局职业治疗调查报告
2001 HAOTCOC Survey

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2001年之改革 The Year 2001 Reform

- √ 加强沟通
Improve intra- and inter-organization Communication
- √ 发展10间指定之职业治疗工作康复中心
10 Designated Work Rehabilitation Centers
 - 集中人力及康复器材重新分配
Re-distribution of resources
- √ 发展统一治疗指引及程序
Develop standardized guideline & protocol

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2001年之改革 The Year 2001 Reform

- √ 进行临床稽查, 确保服务质素
Clinical Audit for quality assurance
- √ 统一资料搜集
Standardize Data Collection
- √ 发展职业康复专才
Work rehabilitation Specialty Training
- √ 加强重投工作计划
Strengthen service on Work Resettlement

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现在的状况 The present Scene

治疗程序标准化 Standardize Clinical Guideline

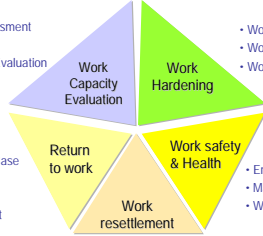


1. Guidelines on Program Structure
 - Core Components
 - Space
 - Assistive Technology
 - Staffing
2. Guidelines on Program Process
 - Admission Criteria
 - Assessment
 - Treatment Plan
 - Frequency of Attendance
 - Review
 - Termination
3. Guidelines on Outcome Documentation & Quality Management
 - Reporting
 - Minimal dataset
 - Clinical Audit

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现在的状况 The present Scene

治疗程序标准化 Standardize Clinical Guideline

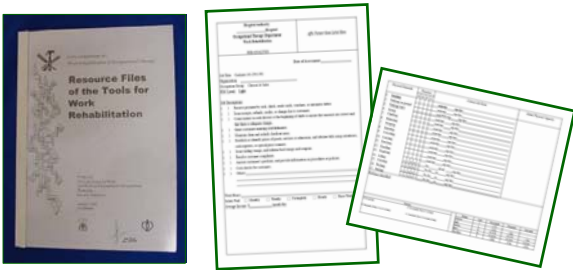


- Functional Assessment
- Job Analysis
- Work Simulated Evaluation
- Work Conditioning
- Work Behaviors Training
- Work Simulation Training
- Return to work Case Management
- Job Modification
- Work Adjustment
- Ergonomics
- Manual Handling Operation
- Work Stress Management
- Vocational Counselling
- Job Placement
- Work Readiness Program

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现在的状况 The present Scene

资料分享 Sharing of information



器材数据集
Tools for Work rehabilitation

工作分析 Job Analysis

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现在的状况 The present Scene

设备规范化 Set Standard on Facilities & equipment



常见仿真工作测试仪器
Common Computerized Assessment Tool

工作样本
Work Samples

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现在的状况 The present Scene

设备规范化 Set Standard on Facilities & equipment

工作模拟训练 work stations

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现在的状况 The present Scene

设备规范化 Set Standard on Facilities & equipment

自我能力评估 Checklist

认知评估 Cognitive Ax

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现在的状况 The present Scene

本土工作模拟训练 local work station

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现在的状况 The present Scene

标准训练程序 Standard Protocol

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现在的状况 The present Scene

标准训练程序 Standard Protocol

Program Schedule for Sub-acute LBP Client

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Session 1	PHYSICAL	Pain Mgt	STRENGTH Mgt	PA Con	Countering & Re-emp	HR Hardening	HR Hardening	HR Hardening
	ADLs	PA Con	PA Con	PA Con	HR Hardening	Job sim	Job sim	Job sim
Session 2	ACE	Pain Mgt	STRENGTH Mgt	PA Con	HR Hardening	HR Hardening	HR Hardening	ACE
	ACE	PA Con	PA Con	PFC	PFC	PFC	PFC	ACE
	PPC	PPC	PPC	PPC	PPC	PPC	PPC	PPC
Session 3	Education	Pain Mgt	STRENGTH Mgt	ACE	HR Hardening	HR Hardening	HR Hardening	CR in Resolution
	Ergonomic	PA Con	PA Con	ACE	Job sim	Job sim	Job sim	CR in Resolution

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现在的状况 The present Scene

标准训练程序 Standard Protocol

復康計劃內容 - 課程

- 第一課：腰痛復康要點
- 第二課：正確使用腰背
- 第三課：保持身心健康(一)
- 第四課：保持身心健康(二)
- 第五課：重返工作崗位

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现在的状况 The present Scene

統一資料搜集 Standardize Data Collection

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现在的状况 The present Scene

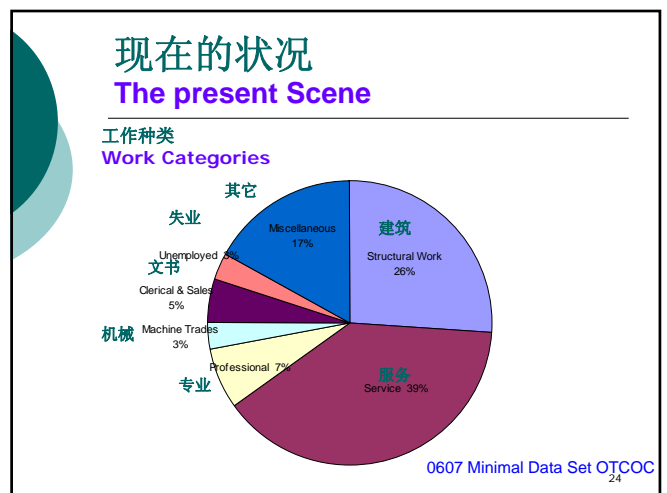
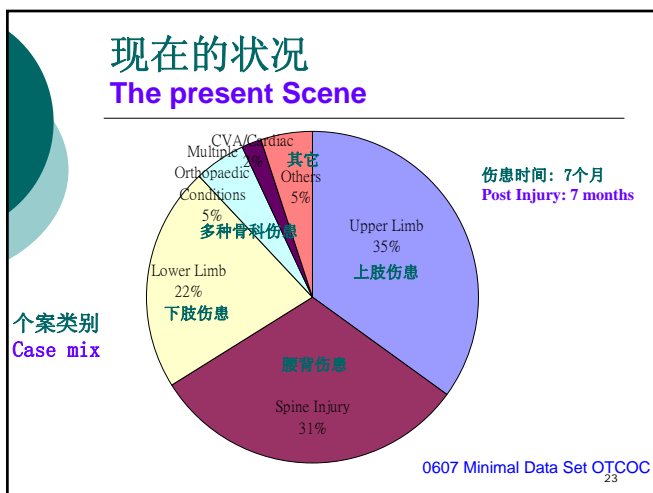
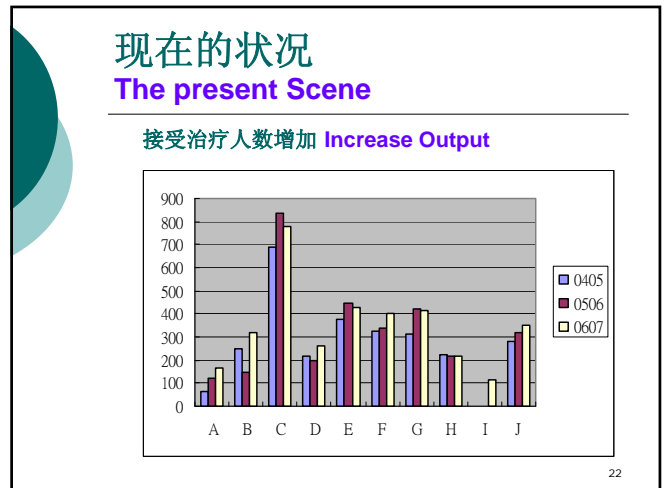
工作能力评估报告标准化 Standardize Clinical Report

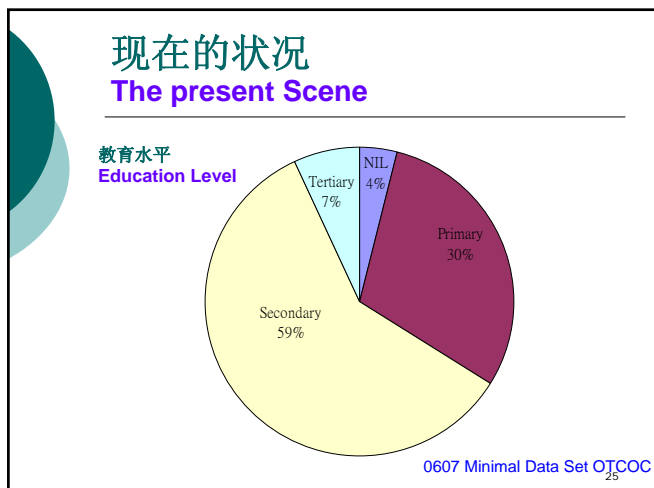
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现在的状况 The present Scene

年份Year	01-02	02-03	03-04	04-05	05-06	06-07
职业康复中心数目 No. of WR centers	15	10	9	9	9	10
新转介个案 Total New Referral in OPD	2495	2585	2340	2727	3049	3449
占门诊部新转介个案% of W. R. Patients/ all OPD patients	7%	6.4%	6.4%	6.4%	7.4%	8.3%
每病者训练周数 Average Training period	?	?	?	13	11	11

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现在的状况 The present Scene

72% 重返工作
72% can return to Work

重返工作岗位 Resume previous job	33%
职务重整 Resume job with modification	26%
转换工作 Change Job	13%
无工作计划 No work plan	9%
再培训 Retraining	6%
再作检查 Further Investigation	5%
其它 Miscellaneous	8%

0607 Minimal Data Set OTCOC

现在的状况 The present Scene

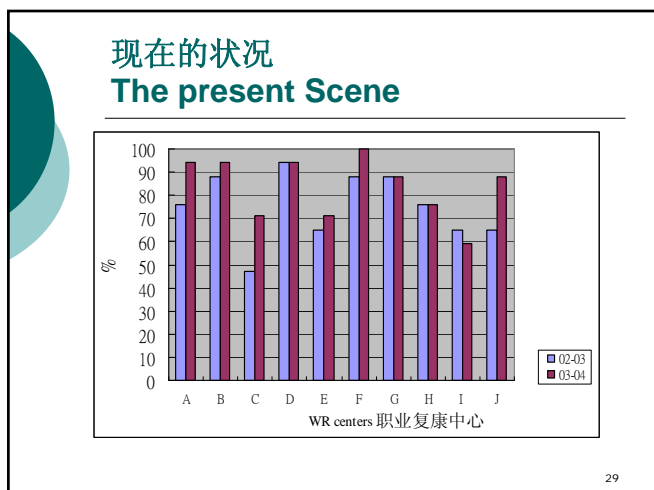
就业安排 Work Resettlement

病人再培训及就业服务
Patient Retraining & Vocational Resettlement service

工伤康复者社区资源
Community Resources

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- ### 现在的状况 The present Scene
- 每年进行临床稽查，确保服务质素
Annual Clinical Audit
- ✓ 始于2003年
Implemented in 2003
 - ✓ 根据标准训练程序24项作稽查
Checking on compliance of 24 items according to the clinical guideline
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- ### 现在的状况 The present Scene
- 发展职业康复专才
Develop specialist in work rehabilitation
 - 鼓励同事持续进修
Encourage continuous education
 - 举办各类在职培训工作坊
Regular workshops for the therapists & assistants
-
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最新的发展

New Development

生活重整课程

Occupational Lifestyle Re-design Programme

- 注重社交心理因素
- Psychosocial approach

职业医疗关怀服务

Occupational Medicine Service

- 个案管理模式
- Case Management Model

职业健康

Occupational Health

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多谢
Thank You

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