

Use of Innovative Means to Empower Patients in Hypertension and Diabetes Care in General Outpatient Clinics of Hong Kong East Cluster, Hospital Authority

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BACKGROUND

Hypertension (HT) and Diabetes (DM) care constituted about 45% of Hong Kong East Cluster (HKEC) General Outpatient Clinics (GOPC) attendances. Health education and promotion are essential to *empower HT/DM patients to adopt healthy lifestyle to achieve optimal control of diseases and prevent or delay complications*. Effective health education and promotion strategies should be attractive, accessible, acceptable and targeted.

OBJECTIVE

- To review and create effective health education and promotion methods for HT and DM care
- To promote the use of information technology (IT) in delivering up-to-date health information
- To enhance patients' knowledge of chronic disease management

METHODS

Team members gathered new ideas and designed innovative and attractive means, set up a health corner with booths of different themes and rotated among clinics quarterly :



Sugar content of bottled drink with sugar cubes in bottles



Sodium content of bread



Knowledge of glycemic index using food models and toy capsule vending machine

Relevant health education and promotion materials (e.g. posters) were reviewed, updated and standardized. IT access (e.g. QR code) was used to facilitate quick access to the information.



Student nurses were trained to conduct health related games. Souvenirs (e.g. paper fans with slogans and QR codes of HT management) were distributed to participants.



Briefing was conducted for all clinic staff about the health corner.

OUTCOME

From 9/2017 to 9/2019, more than 1000 patients visited the health corner in four clinics. According to the satisfaction survey, all participants agreed that the education and promotion materials were eye-catching and informative. The messages were clear, relevant and would motivate them to adopt healthy lifestyle. The game booth enabled them to consolidate the knowledge about the myths and facts of the diseases. All staff members and student nurses agreed they better appreciated the nature of the two diseases and the importance of health education and promotion.

CONCLUSION:

Innovative health education and promotion strategies are important components of HT and DM care.