

Empowerment Program on Osteoporotic patients at General Out-patient Clinic

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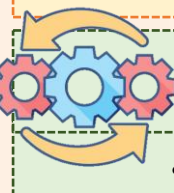
Introduction

- Osteoporosis is a chronic condition characterized by diminished bone density and quality, significantly heightening the risk of fractures.
- The burden of osteoporosis is substantial, not only from an economic perspective, but also in terms of individual impact, including diminished quality of life, altered self-image, and increased dependency.
- The Osteoporosis Society of Hong Kong (2013), lifestyle measures are constituted the basic non-pharmacological management for patients with osteoporosis.
- Complementary educational strategies are critical in improving patient awareness and compliance.



Objective

- An empowerment program was designed to enhance the knowledge, attitudes, and behaviours of osteoporotic patients, through a nurse-led clinic in Sai Wan Ho General Out-patient Clinic (GOPC).
- The target patients were aged 60 or above with diagnosis of osteoporosis, emphasizing information dissemination, health coaching, and lifestyle modifications.



Methodology

- The empowerment program is underpinned by the Knowledge, Attitude, and Practice (KAP) model, tailored to the cultural context of Hong Kong.
- Patient education: standard information including diet, sunlight exposure, exercise, fall prevention and medication



堅強之骨

請你跟我這樣做



每日陽光**10分鐘**
吸收**vit D**好輕鬆



負重運動每天做
強骨健體不是夢



高鈣食物食多啲
豆腐豆漿不可少



家居電線要翹好
預防跌倒無難度

骨質疏鬆症

是一種全身性骨骼疾病，
其特徵是骨量低，
骨組織的微架構衰退導致骨質稀，
並因此增加骨折風險；
此為老年人骨折的最常見原因。



堅強之骨影片



Scan & play

香港中文大學賽馬會骨質疏鬆預防及治療中心

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Scoring system of the Risk Estimate of Inadequate Health Literacy (REIHL)

Part	Score	Conditions
Part 1 : Age	0	Age < 65 years
	4	Age 65 - 74 years
	4	Age 74 - 84 years
	7	Age > 84 years
Part 2 : Education level	0	Senior secondary education or above
	2	Junior secondary education
	5	Primary education
	11	No formal education
Part 3 : Number of chronic illnesses*	0	Have none of theses illnesses
	1	Have one of these illnesses
	2	Have two of these illnesses
	3	Have three of these illnesses
	4	Have four of these illnesses
	5	Have five of these illnesses

The total score of REIHL is the sum of all three parts. A REIHL score ≥ 11 is considered to show inadequate health literacy. The REIHL score ranges from 0 to 23; the higher the score, the greater the inadequacy.

For health education

- Patient coaching: health literacy assessment using the Risk Estimate of Inadequate Health Literacy (REIHL) tool, with individualized coaching to patients with adequate health literacy scores
- Pre-test and Post-test for knowledge, attitude, and practice (KAP) questionnaire after the empowerment program were performed.
- Finally, patient satisfaction survey was carried out.

For health coaching

Result and Outcome

- Project Period: 1 June 2024 – 15 August 2024
- 39 patients completing the KAP questionnaire, participation rate 82.98%

Female : Male
36 : 3

REIHL
Adequate Health Literacy
33 out of 39 patients

Knowledge

84.52%

72.12 %

Pre-test

Post-test

Attitude	
Items	Grading (1 - 5)
You hope nurses provide more information for improving osteoporosis	4.8
You will modify your lifestyle to improve osteoporosis after being given information from the nurses	4.7
You hope nurses develop an individualized care plan for you to improve osteoporosis	4.9
You will pay more attention to your lifestyle for improving osteoporosis	5

Practice

high calcium diet	Grade 3.7
sunlight exposure	Grade 3.6
physical exercise	Grade 3.6
fall prevention	Grade 3.8
anti-osteoporotic drugs	Grade 4

- Knowledge: a significant improvement from 18 to 21 out of 25 post-education.
- Attitude: the high scores indicated that patients are highly aware of the importance of managing osteoporosis and they are motivated and self-confidence to take the lifestyle modification.
- Practice: the high scores reflected patient had better compliance of practicing lifestyle medication.
- The satisfactory survey: Grade 4.49 out of 5 (5=very satisfied)
- Limitations: a small sample and the absence of a validated local assessment tool
- The initiative effectively promoted positive lifestyle changes and improved overall patient satisfaction, reflecting its potential for broader application in osteoporosis care frameworks.