

Promote Total Functional Well-Being Occupational Therapy

輪椅坐姿評估及
壓瘡風險評估
諮詢服務

COGNITIVE
REHABILITATION

ASSISTIVE DEVICE
CONSULTATION
SERVICE

輔助器具
諮詢服務

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WHEELCHAIR
AND SEATING
CONSULTATION

購買及租用
康復輔助器具

ASSISTIVE DEVICE
PRESCRIPTION AND
RENTAL SERVICE

STROKE
REHABILITATION

疤痕處理

HYPERTROPHIC
SCAR MANAGEMENT



養和醫院
Hong Kong Sanatorium & Hospital

職業治療服務

Occupational Therapy Service

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Stroke Rehabilitation

With thorough assessment and training, our Occupational Therapist helps stroke patients overcome the limitations in their cognitive and limb functions and resume daily activities.

Services

Cognitive Skills Assessment and Training

Our Occupational Therapist conducts standardised assessments to identify the limitations in cognitive skills of stroke patients and provides them with individualised training programmes. The modes of training include the use of cognitive rehabilitation computer programmes and therapeutic activities. Compensatory strategies, such as the use of diaries and schedules to serve as reminders of daily activities, may be recommended.



Sensory Assessment and Training

Stroke may affect touch sensation and the ability to feel pain, pressure or different temperatures. Our Occupational Therapist will conduct detailed sensory assessments for stroke patients and provide them with tailor-made training to improve their self-care ability and reduce the risk of injury through the use of compensatory strategies.



Wheelchair and Seating Consultation

The seating needs of patients are assessed, identified and studied on an individual basis. Based on the assessments, our Occupational Therapist will recommend and prescribe special seating devices and pressure-relieving cushions to patients to improve their posture and relieve pressure while sitting or engaging in normal activities.

Daily Living Skills Training

Patients are individually assessed with regard to their self-care skills such as eating, dressing, housekeeping, using the toilet, etc. Guidance and recommendations will be given to patients so as to enhance their independence and safety in day-to-day activities.

Assistive Devices Consultation

Our Occupational Therapist will provide detailed guidance and recommendations to patients on the most appropriate assistive devices, which include feeding aids, dressing aids, grooming aids, writing aids, anti-pressure sore cushions/mattresses, bath chairs/showers, commodes, hoists, etc.



Home Assessment

Apart from the training of daily living skills, our Occupational Therapist may conduct home assessments and provide recommendations on home alterations if necessary, e.g. the installation of handrails, removal of threshold, widening of a toilet door or installation of a folding door. Home assessments are conducted to enhance patients' independence, improve home safety and create a barrier-free home environment for stroke patients.

Caregiving Skills Training

Our Occupational Therapist provides caregiving skills training to family members or caregivers of stroke patients to enhance their skills and confidence in caring for stroke patients.

Cognitive Rehabilitation

Memory and cognitive functions may decline with age. If symptoms can be identified early, the problem may be ameliorated by individualised training programmes provided by our Occupational Therapist.

Services

Standardised Assessment

Our Occupational Therapist will conduct standardised assessments on attention, memory and executive functions of patients.

Cognitive Skills Training

A tailor-made cognitive training programme will be provided on an individual basis. This may include the use of cognitive rehabilitation computer programmes and therapeutic activities. Our Occupational therapist will also recommend the use of diaries and schedules to facilitate the daily activities of patients.



Memory Aids

Simple assistive devices like diaries and timers are recommended as reminders to patients and improve their daily living.

Guidance on Home Environment

Our Occupational Therapist will advise patients on home modifications so as to provide a safe environment, thereby improving quality of life.



Home Assessment

Our Occupational Therapist will conduct home assessments for patients suffering from memory decline, recommend appropriate memory aids, and providing advice on home alteration and safety equipment installation to enhance safety and independence.

Assistive Device Consultation Service

Our Occupational Therapist will recommend and prescribe assistive devices to patients to enhance their self-care ability and home safety.

Services

1. Assessment on self-care ability
2. Recommendation on assistive devices
3. Demonstration on the use of assistive devices
4. Arrangement for ordering of assistive devices
5. Training on the use of assistive devices
6. Follow-up service

Types and Application of Assistive Devices

There are many types of assistive devices, including self-care devices, wheelchairs and seating devices, transfer devices and pressure relieving devices.

1. Self-Care Devices

- Adapted spoon with universal cuff



- Chopstick aid



- Long-handled reacher



- Raised toilet seat



- Commode



- Commode shower chair



- Bath chair
- Bathboard

2. Transfer Devices

Transfer devices are used to improve the transfer of patients from bed to chair and to reduce the risk of injury of caregivers during patient transfer.

- Transfer board
- Hoist



3. Wheelchair and Seating Devices

The devices can improve the sitting posture of patients. Proper positioning of the limbs can correct abnormal muscle tone and activity, facilitate active functional use of limbs, improve daily living ability and quality of life.

- Wheelchair and seat cushion



- Special wheelchair with headrest



4. Pressure Relieving Devices

These types of devices are used to prevent the development or deterioration of pressure sores.

- Ripple mattress



- Seat cushion



Assistive Device Prescription and Rental Service

Our Occupational Therapist will prescribe or loan out assistive devices to patients to enhance their self-care ability and home safety. Our Occupational Therapist will also provide training on the use of the assistive devices.

1. Raised Toilet Seat

- Suitable for patients after total hip replacement surgery or those with difficulty using a toilet of normal height because of pain syndrome



2. Raised Toilet Seat with Armrests

- Allows patients to stand up efficiently and safely after toileting



3. Long-Handled Reacher

- Suitable for patients after total hip replacement surgery and those with difficulty bending trunk during donning and doffing pants or picking up objects on the floor



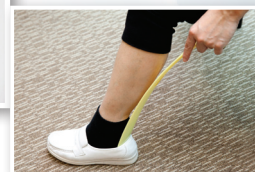
4. Stocking Aid

- Suitable for patients after total hip replacement surgery and those with difficulty bending trunk during donning and doffing socks



5. Long-Handled Shoe Horn

- Suitable for patients after total hip replacement surgery and those with difficulty bending trunk during donning and doffing shoes



6. Wheelchair

- Our Occupational Therapist will recommend and prescribe seating devices, seat cushions and accessories based on individual seating needs. Training on the use of seating devices and accessories is also provided
- Standard/Transit wheelchairs are also available for rental



7. Pressure Garment

- Patients who suffer from burns or have undergone surgery are prescribed tailor-made pressure garments to reduce scar hypertrophy. Pressure garments and pressure stockings are also provided to patients with lymphoedema and varicose veins to alleviate edema and reduce symptoms of chronic venous insufficiency



8. Multipodous Boot

- These prevent the development or aggravation of heel sores



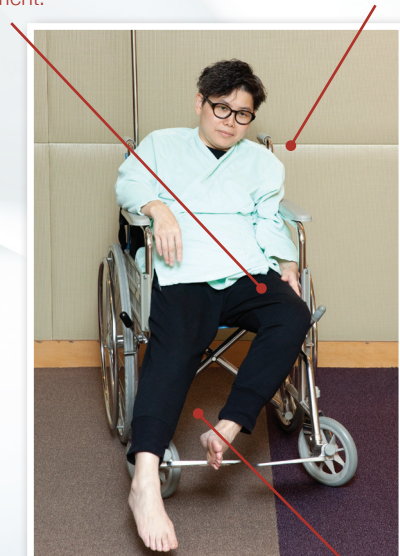
Our Occupational Therapist also provides consultation on and prescribes assistive devices.

Wheelchair and Seating Consultation

Improper wheelchairs/ chairs not only bring discomfort to patients, but may also cause adverse effects. The following picture illustrates how an improper wheelchair affects a patient.

The patient is unable to maintain proper posture on the wheelchair. This affects pressure distribution on her buttocks and may increase risk of pressure sores development.

The patient is unable to sit properly on the wheelchair and tends to slide down, thereby increasing fall risk.



The upper limbs and lower limbs are not properly supported. This may lead to limb deformities and injuries.

With an appropriate wheelchair/ chair, the risk of pressure sore development and limb deformities can be reduced. It also helps correct abnormal muscle tone/ activities, thereby improving the patient's limb functions, daily living ability, and quality of life.



Our Occupational Therapist will identify and assess the seating requirements of different patients according to their individual needs. Special seating devices and pressure-relieving cushions will be recommended and prescribed for posture improvement. Training on the use of the tailor-made seating system will also be provided to patients to ensure the seating system is used safely during daily activities.

Services

Seating Assessment

Our Occupational Therapist will conduct seating assessments for patients to design an individualised seating programme based on their personal seating needs.

Assessment on Pressure Sore Risk

Pressure sore risk assessments are conducted to identify patients' potential risks of pressure sore development. Intrinsic factors (such as cognitive ability, sensation, limb function, etc.) and extrinsic factors (such as pressure over buttocks upon sitting, shearing force, care, etc.) may be involved. According to the results, appropriate seat cushions will be recommended to patients. Education on sitting pressure relief will also be provided to patients and their caregivers.

Prescription of Pressure-Relieving Devices

Examples include foam cushion, gel-insert cushion and air cushion.



Prescription of Wheelchair/Special Wheelchair

Examples include recliner chair and tilt-in-space wheelchair.



Prescription of Posture Support and Positioning Devices

Examples include head support, lateral support, back support and pelvic strap.



Patient and Caregiver Education and Training

Education and training will be provided to patients and their caregivers on:

- Pressure relief skills while sitting on the wheelchair
- Proper use of wheelchair
- Basic wheelchair maintenance skills

Hypertrophic Scar Management

A scar is formed when skin is injured due to abrasion, surgery, burns, or scalding.

The body produces new collagen fibers when a wound is healing. Hypertrophic scars are formed when the new collagen fibers grow at a faster rate than the breakdown of the old collagen.

Hypertrophic scar may be unsightly and lead to itchiness and pain, affecting the daily activities of patients.

Our Occupational Therapist will prescribe tailor-made pressure garments to patients who suffer from burns or have undergone surgery to reduce scar hypertrophy.

Edema Control

Pressure garments and pressure stockings are also provided to patients with lymphoedema and varicose veins to alleviate edema and reduce symptoms of chronic venous insufficiency.

Pressure Garment

Pressure garments are fabricated from elastic material (Lycra). Our Occupational Therapist will assess the conditions of the scar, make measurements, and fabricate different types of pressure garments based on the site of injury and scar condition of patient to prevent scar hypertrophy.



Pressure Padding

Pressure padding is used to accommodate the contours of body and face, and apply pressure evenly on the hypertrophic scar. It also enhances the pressure applied upon the scar and facilitates softening of scar tissues.

When Using Pressure Garments

1. Always keep the pressure garment clean
2. Follow the instructions of the Occupational Therapist
3. Attend follow-up consultations
4. Never handle the pressure garment or pressure padding on your own

Referral

A referral letter is required for inpatients as well as outpatients for appointments.

No More Fall at Home

Tips for Environmental Modification

1. Maintain adequate lighting indoor and install nightlights to prevent falls at night.
2. Keep floor surfaces dry and clean
3. Keep living areas free of clutter
4. Keep all electrical cords out of the way
5. Wear clothing of suitable size and non-slip shoes
6. Install grab bars and a non-slip mat in bathroom. Use bathboard or bath chair

With the appropriate modification on the home environment and the use of assistive device, the fall risk will be reduced.

Please contact our Occupational Therapist if you require a home assessment and/or assistive devices.

職業治療服務 Occupational Therapy Service

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Closed on Sundays and Public Holidays

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