

SAHK

Citation: Su, Y. W., Cheng, T. C. and Lam, C. Y. (2013). *A new page for people with spinal cord injury (SCI): from hospital to community*. Abstracts of the 7th World Congress of ISPRM, China.

Objective: To review whether the rehabilitation programme provided by a transitional facility for SCI was effective in attaining sustainable self-management.

Method: The Jockey Club New Page Inn (JCNPI) was established in 2008 as a transitional facility providing integrated rehabilitation and re-integration programme. It provides participation-based trainings and the staff members of JCNPI worked with their clients as partners to set and achieve realistic goals by administering expectation management, facilitating acceptance of limitations, developing coping skills, cultivating interest in adaptive games, and building supportive network. The outcome was assessed at the times of admission, mid-stay, discharge, and 6-month post-discharge with the Spinal Cord Independence Measure (SCIM) and the Moorong Self-Efficacy Scale (MSES).

Results: Forty-six clients completed the rehabilitation programme. All of them resumed community living. The average length of stay was 10 months. Across the four assessment times, significant improvements were found in all three SCIM domains ($p < 0.01$, Friedman). Post-hoc tests revealed continuing improvements from admission to 6-month post-discharge in mobility and from admission to discharge in self-care ($p < 0.05$, Wilcoxon). For self-efficacy, significant differences were found in all five MSES domains ($p < 0.05$, RM-ANOVA). Post-hoc tests revealed significant improvements between admission and discharge in personal, leisure, and productivity domains ($p < 0.05$, pairwise). Slight decline from discharge to 6-month post-discharge was observed in all domains.

Implications: The rehabilitation programme of JCNPI is effective in maximising the capacity of SCI in self-care, mobility and self-efficacy which are crucial for active participation in community living. A continuing work on self-efficacy after discharge is recommended.



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