



香港老年學會
Hong Kong Association of Gerontology

18

th

*Annual Congress
of Gerontology*

Program Book

November 27, 2010

How I Feel Lonely: Interviews with Japanese Aged Males Yumiko NAKAHARA.....	35
Towards Healthy Lifestyle in Later Life: Findings on District-based Sleep Pattern Study Zarina LAM & Joyce CHANG.....	36
FREE PAPER SESSION II - MENTAL HEALTH/ END-OF-LIFE CARE (Ballroom B)	
Conceptualizing the Spirituality of Chinese Older Adults: A Delphi Study Vivian W.Q. LOU, Catherine L.Y. CHAN, Shirley S.Y. FOK, & Amy K.M. TSUI.....	38
Demographic Pattern among Community Elders Referred for Cognitive Assessment Service in Occupational Therapy Department Coeie L. LAU, Daisy S.Y. MA, & Anna A. WU.....	38
Promoting Filial Piety through Intergenerational Programme: A Storytelling Approach Alfred C.M. CHAN & Florence M.S. FONG.....	39
10 Years on: Our Experience of End-of-Life Care Service in a Nursing Home in Hong Kong Welgent W.C. CHU, Mandy W.M. CHAN, Walter THOMPSON, Wing-Cheung KWOK, & Christine Y.T. LAM.....	39
FREE PAPER SESSION III – HEALTH (Ballroom A)	
Effects of an Evidence-based Foot and Toenail Care Protocol in Geriatrics Patients Diana T.F. LEE, Helen Y.L. CHAN, Edward M.F. LEUNG, C.W. MAN, K.M. LAI, M.W. LEUNG, Julia S.W. WONG, Dawn S.H. CHAIR, & Irene K.Y. WONG.....	41
What Do Elderly Residents Living in Senior Citizens Residence (SEN) Scheme in Hong Kong Expect from a Wellness Program Guided by Healthcare Professionals? Sabrina W.T. LI, Amy H.W. LAM, & Kenneth K.Y. AU-YEUNG.....	41
Effectiveness of Occupational Therapy Prescribed Home Program for Stroke Patients in Geriatrics Day Hospital Heddy M.Y. NG, Maggie M.K. SO, Doris S.M. TING, & Anna WU.....	42
The Effectiveness of the Depression Care Management (DCM) Program on Diabetic and Hypertensive Patients Mike CHEUNG, Angela LEUNG, Daniel CHU, Alison YUNG, Josephine WONG, & Andrew LAW.....	42
Effectiveness of Occupational Therapist Prescribed Computerized Program in Promoting Active Participation Eunice W.C. CHAN, Anna WU, & Daisy S.Y. MA.....	43

Effects of an Evidence-based Foot and Toenail Care Protocol in Geriatrics Patients

Diana T.F. LEE¹, Helen Y.L. CHAN¹, Edward M.F. LEUNG², C.W. MAN², K.M. LAI², M.W. LEUNG²,
Julia S.W. WONG¹, Dawn S.H. CHAIR¹, & Irene K.Y. WONG¹

¹The Nethersole Nursing Practice Research Unit (NNPRU), The Nethersole School of Nursing, The Chinese University of Hong Kong, ²United Christian Hospital

BACKGROUND: Foot and toenail problems are prevalent among older people, particularly those who require assistance in care. The importance of foot care, however, is often overlooked as they are usually deemed as minor problems. These “minor” problems eventually result in unnecessary distress and complications for the older people. This study aims to examine the effects of an evidence-based care protocol in promoting foot health in geriatric patients.

METHOD: The study was conducted in a subacute geriatric ward using prospective quasi-experimental study with nonequivalent comparison group design. The care protocol was developed by a multi-disciplinary panel with geriatricians, podiatrists, nurses and academics and was grounded on extensive literature review and clinical judgments. It covers various aspects of care, including a systematic foot and toenail assessment, foot hygiene, toenail care, advanced care for foot and toenail complications, and patient education.

RESULTS: A total of 72 and 78 patients from the control and intervention groups completed the assessment at baseline (Day 0) and post test (Day 6) respectively. Of them, the most common foot problems were thickened nails (41.3%), hallus valgus (28.7%) and corn/callus (24%). More than half of them did not have the appropriate footwear initially. By adjusting the potential confounding variables in the generalized estimating equations model, there are significant improvements in toenail problems as well as patient's level of satisfaction towards foot care in the intervention group ($p < 0.001$). Improvements in health-related quality of life were also noted, though they were not statistically significant.

CONCLUSION: The findings showed that the care protocol was well received by the geriatric patients and it can also increase their awareness towards foot care. Long term effects of the care protocol have yet been demonstrated due to the limited length of stay of study subjects.