Enhanced Clinical Pathway to Directly Transfer Non-specific Back Pain Patients from Accident and Emergency Department to Rehabilitation Centre in HKWC

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HKW Back & Neck Pain Program

Objectives

- To improve the efficacy of back and neck pain rehabilitation through combination of physical treatment and enhanced pain control by pain specialists
- To speed up discharge from SOPD
- To triage high risk patients who have high disability and are prone to develop chronic pain syndrome for vigorous rehabilitation through objective assessment
- To decongest QMH through direct admission from A&E to MMRC
- To decrease SOPD load by direct discharge of non-specific back and neck pain patients to FM clinics from MMRC

Strategies of HA Strategic Plan that the program aligns with

- Better Manage Growing Service Demand

In-patient direct transfer from QMH(Ortho) to MMRC
- 17.10.2016 Trial run

BPP In-patient program kick-off
- 1.1.2017

Patient direct transfer from Emergency Ward to MMRC
- 8.5.2017
Objectives:
1. To decongest QMH through direct admission of patients from A&E to MMRC.
2. To allow immediate multidisciplinary assessment and treatment at rehabilitation hospital.
Inclusion criteria

a) **No** overriding **acute medical or surgical problem** requiring urgent intervention

b) Back or neck pain that is not attributable to a recognizable, known **Specific Pathology**

c) **No red flag** signs

d) **No** objective **neurological deficit**

e) **Not** an **immediate post-operative** spine case (e.g. within half year)

f) **No** **psychiatric disorder** documented in CMS
HKW Back & Neck Pain Program

Admission
Screening by Doctor
Doctor Nurse
PT
OT
CP
(MSW)

Within 24 hours in MMRC

Same Day Assessment and Treatment

3-5 sessions each day
Rehab Plan & Intervention by PT + OT + CP + (MSW)

Weekly Team Round
Case round by Ortho Doctor

Discharge

Within 24 hours in MMRC
Outcomes

- January – December 2018
- No. of patients: 79

![Pie chart showing gender distribution: M (37), F (42)]

![Bar chart showing age distribution]

- Average LOS: 7.8 days
Outcomes

NPRS improvement: **6.03/10**

**Return to Work rate 73%**
**52% return to work in 2 weeks**

Average Global Improvement (NGRCS): **7.1/10**

PSFS improvement: **5.85/10**
RMDQ improvement: **11.35/24**

60 Days Readmission rate: **0%**
Conclusion

- First attempt in HKW to direct transfer Back Pain patients from A&E (QMH) to MMRC.
- With careful screening, collaboration of doctors, nurses and allied health members of both hospitals, the goals of decongesting acute orthopaedic beds at QMH and immediate multidisciplinary rehabilitation of patients were achieved.