A GLANCE OF THE LAUNCHING OF ENHANCED NEURODAY PROGRAM IN MACLEHOSE MEDICAL REHABILITATION CENTRE

Service Gap

- patients discharged from QMH or MMRC insufficient day patient service coverage.
- existing day service: limited capacity and intensity
- experience from MMRC NS Rehabilitation Clinic: comprehensive F.U. → patients resumed active and productive role.

Enhanced Neuroday Program

- Comprehensive day rehabilitation program.
- To support prompt discharge of patients in QMH & MMRC
- Facilitate early reintegration into community and family confidence for timely hospital discharge.

d/c MMRC  QMH

Coverage

P.T. & O.T.: 100%
S.T. & C.P.: cases dependent

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SERVICE MODEL

- **Prompt D/C from M.M.R.C.**
- **QMH NS**
- **MMRC NS Clinic**

**AH Objectives**
- Home adjustment
- Functional improvement
- Carer empowerment and support
- Community reintegration
- Resumption of work / productive role

**NeuroDay Program**
- **Comprehensive Multidisciplinary Ax**
  - Classification Criteria
  - Discharge
    - Within 2 weeks

**Simple**
- 20 sessions
  - 10th session: Compreh. Ax
  - 20th session: Pre-discharge Ax
  - Bi-weekly conference for cases review

**Complex**
- 30 sessions
  - 10th & 20th session: Compreh. Ax
  - 30th session: Pre-discharge Ax

**Referrals from other team / clusters**

**Referrals from QMH**
JOURNEY OF CLIENTS

Nursing: Screening & Scheduling

NEATS / Public Transport

Team Ax

NeuroPass

Community & Work

Team

P.T.

O.T.

S.T.

C.P.
Physiotherapy

Intensive therapeutic exercise program
Advanced balance & coordination training
Gait rehabilitation with or without robotic gait training & mobility aids prescription
Individualized neurofacilitatory therapy e.g. Bobath, PNF
Electrophysical stimulation e.g. Functional Electrical Stimulation (FES), Acupuncture
Mobility & functional training e.g. repetitive task-orientated training
Other specialized program such as Educational Class, Hydrotherapy, Carer empowerment program, etc.

Occupational Therapy

Neurophysiological Treatment: Upper limb motor relearning therapy / Constraint Induced Movement Therapy / Mental Imagery & Mirror Therapy
Robotic therapy for upper limb and hand
Intensive ADL / IADL and carer training.
Community skill training.
Neuro-Vocational rehabilitation to facilitate return to work for young clients.
Cognitive rehabilitation: Attention and Working Memory training, Daily Memory training, Executive Functions on daily life, Unilateral Neglect, etc

Speech Therapy

Intensive swallowing rehabilitation (Neuro-muscular Electrical Stimulation, Deep Pharyngeal Neuromuscular Stimulation etc.)
Intensive oromotor, phonation and articulation training
Group therapy for consolidating receptive and expressive language skills, maximizing functional communication skills in community
Tailor-made speech and language related vocational rehabilitation
Reading and writing training for young patients
Carer training

Clinical Psychology

Individual neuropsychological services:
Neuropsychological assessment
Psychological intervention
Neuropsychological rehabilitation
Family work
Educational cases: Transfer the management skills for mood and neuropsychological problems
Stress management for caregiver

Comprehensive multidisciplinary approach
RESULTS

- 77 patients (included 34 females, average age=56.5).
- LOS of in-patient in M.M.R.C. was shortened by 12.53 days.
- The percentage of referral to NeuroDay program was increased from 28.62% (since 2010) to 68% (Oct-Dec 2018).