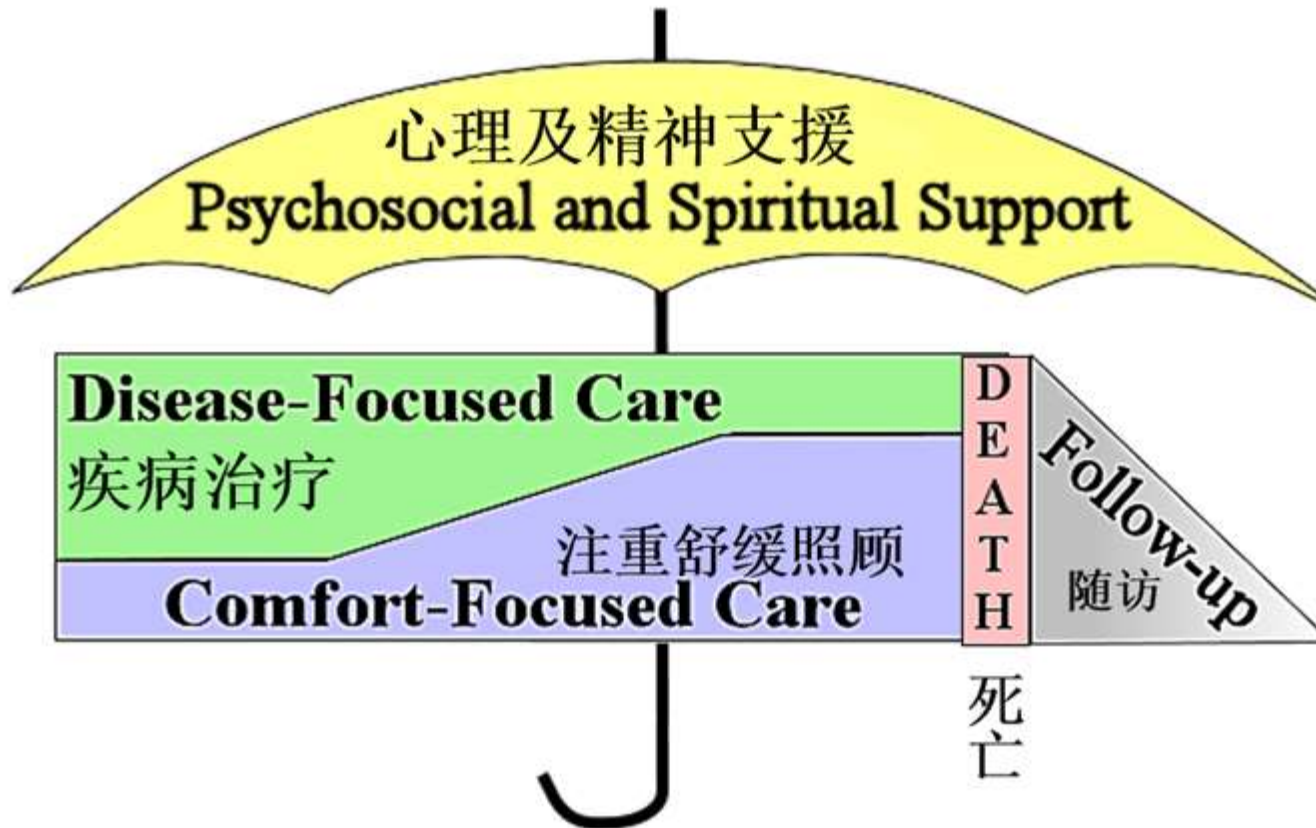


Paediatric Palliative Care in a Nutshell

Role of Occupational Therapy for transition care of patients:

- from hospital to home**
- living in community**
- from adolescent to young adult**

**Sanne Fong, SOT/HKCH
26th October 2019**



- ADL & IADL
- Oro-motor & feeding skills
- Developmental
- Fine motor skills
- Handwriting skills
- Cognitive & perceptual
- Pre-vocational

**Assessment
& Training**

- Sensory Integration therapy
- Horticultural therapy
- Prescription of assistive devices to enhance daily functions
- Prescription of pressure relieving devices to prevent pressure sore and/or ulcer

Intervention

- Seating assessment and seating accessories prescription
- Scar management and pressure therapy
- Splintage for protection / enhancing functional movement / neuro-recovery
 - Neurorehabilitation
 - Palliative care
 - Therapeutic play

- Infant Stimulation Programme
- Occupational Lifestyle Redesign Programme

**Special
Programme**

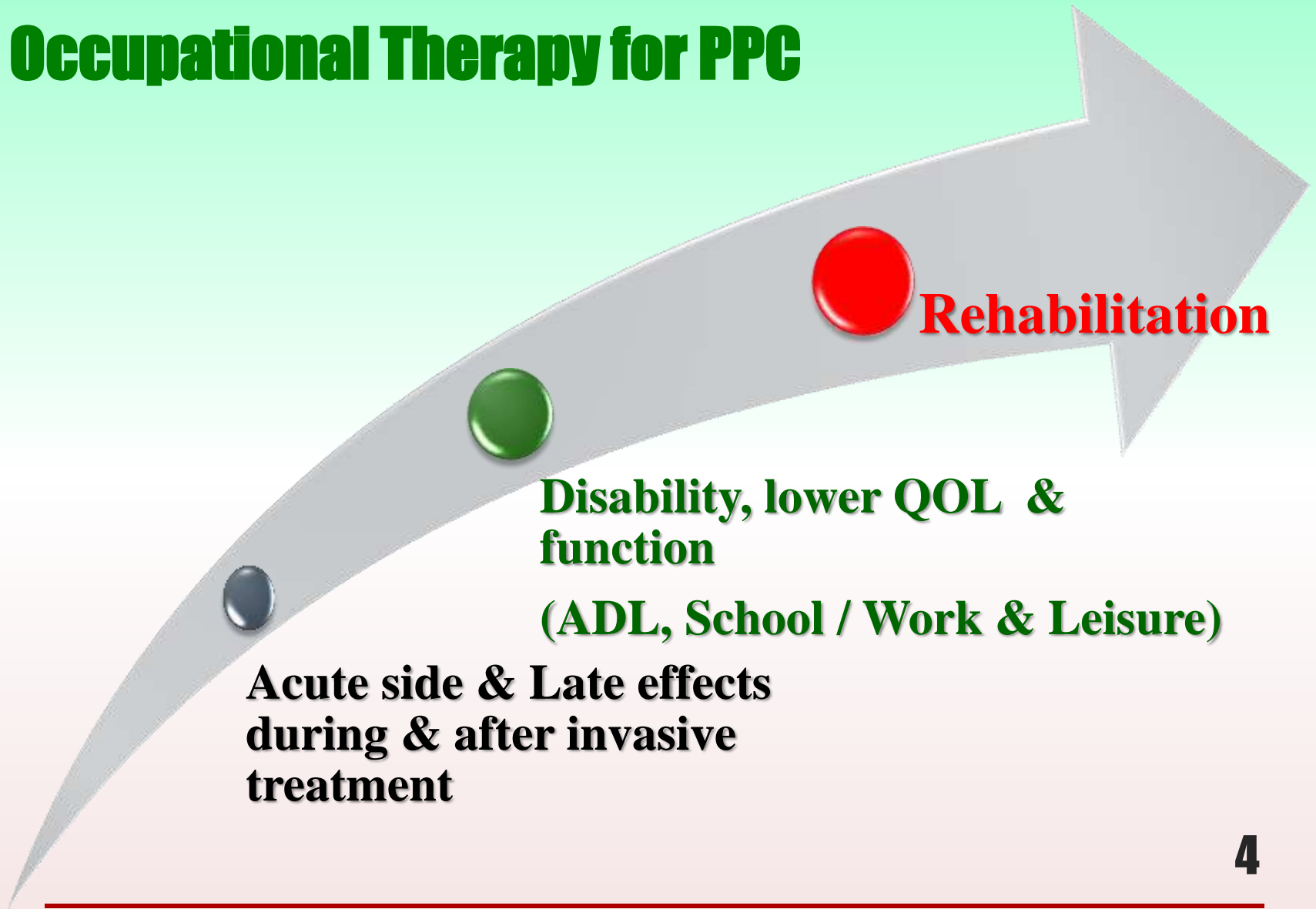
**Return to
Community**

- Home / school / on-job site visit and environmental modification
- Screening and referral of special services for adolescents (e.g. work assessment and training, driving assessment, referral for sexual rehabilitation)

Scope of Services

Occupational Therapy

Occupational Therapy for PPC



**Acute side & Late effects
during & after invasive
treatment**

**Disability, lower QOL &
function**

(ADL, School / Work & Leisure)

Rehabilitation

Occupational Therapy for PPC

Domain of Concern

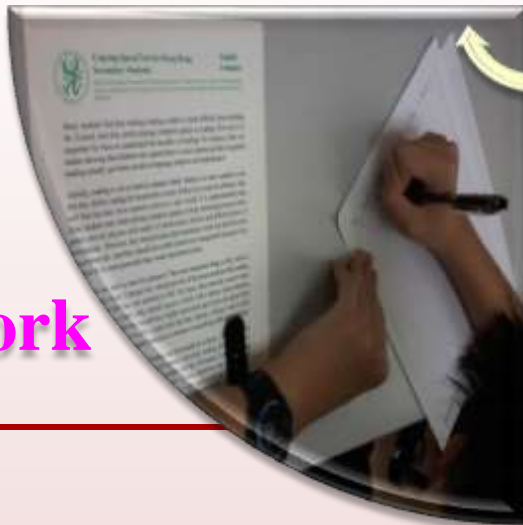
ADL

(e.g. Feeding)



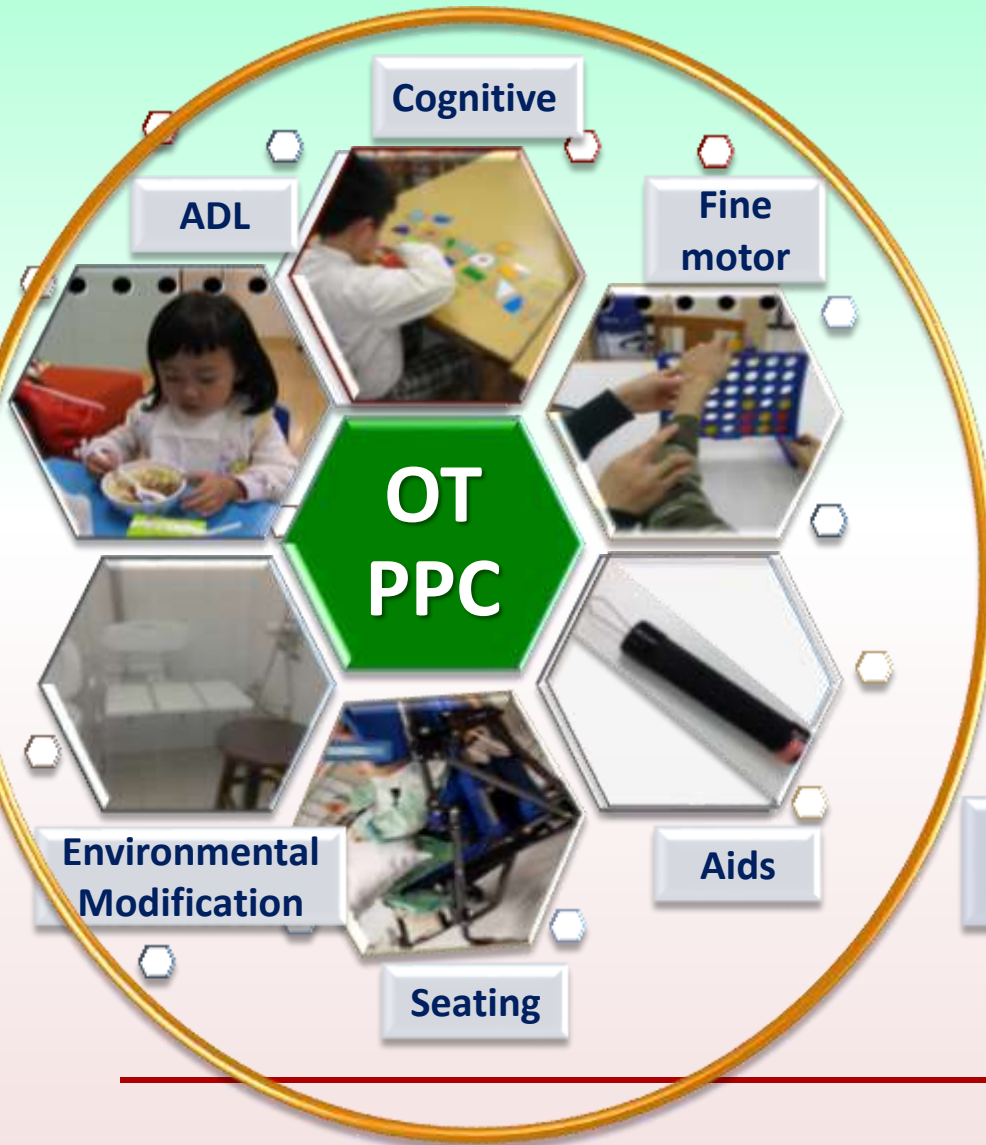
Development

Study / Work



Leisure

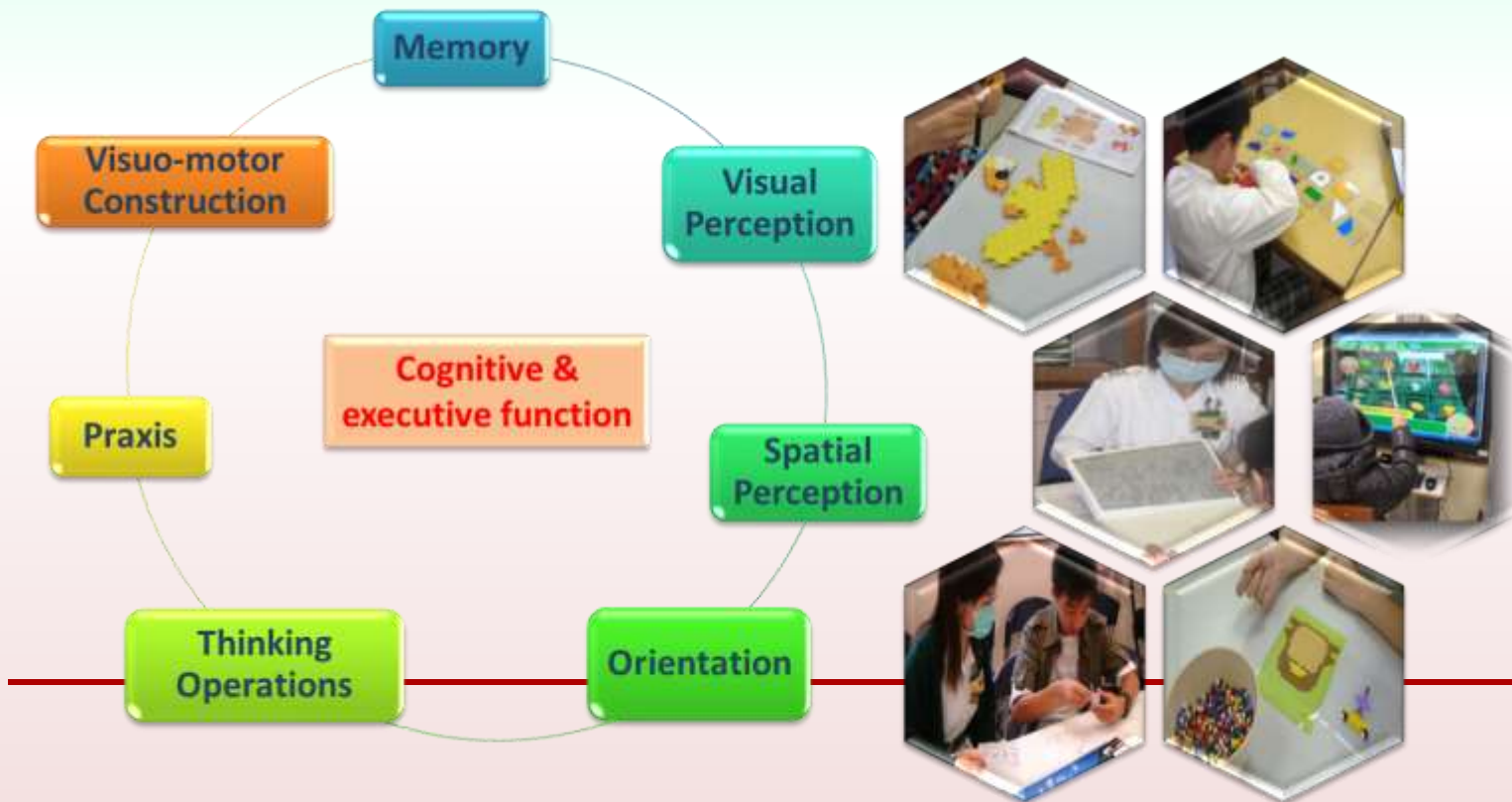
OT : Scope of Services



ADL & IADL Assessment & Training

- ADL : Dressing, Grooming, Feeding, Bed mobility etc.
- IADL: Transportation, Money management etc.
- purposeful simulated ADL & IADL training

Cognitive Assessment & Training



Fine Motor & Handwriting Assessment & Training

Fine Motor Precision
Fine Motor Integration
Manual Dexterity
Handwriting Speed
Handwriting Legibility
Special Examination
Arrangement in school



Prescription of Assistive Devices



Prescription of Assistive Devices -2

Heel protector



Corset



Pillow

**Proper Position,
Pain & Pressure relief,
facilitate functional ADL**



Soft collar



Air Mattress



**Return to home
with oxygen therapy**

Seating Assessment & Prescription

Assessment

Prescription
& Training

Monitoring
&
maintance

Head, Trunk &
Pressure Ax



Pressure
Mapping



Back & Lateral support



Cushion



Head support



Safety belt



Calf support

Home / School / On-job site visit & Recommendation for Environmental modification



Home visit



School visit

Toilet Modification



On-job site visit

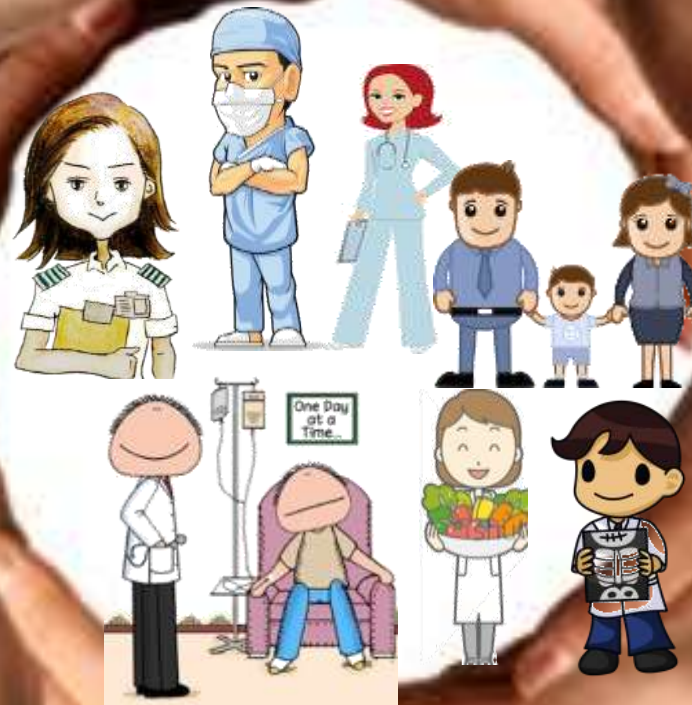
Key message:
Team Collaboration is essential to
provide Quality Service

Children are best assessed
and treated by
multidisciplinary team

?? Pre-intervention
documentation
When?

How to facilitate transition
from among hospitals??

When & Where to start??



Consideration of OT Intervention for Teenager

- Hand function training
 - ADL training
 - Home environment exploration for safe & independent living, assistive devices prescription and advice
 - Carer education
 - Special seating devices prescription by multi-disciplinary seating team
 - **Special Examination**
Accommodation recommended
 - **Transition** from hospital to hospital for step down rehabilitation
-

Reflection

- Prepare for HKDSE
- Step down training in regional hospital
- Facilitate return to home

Best
Rehabilitation
Plan??



<http://www.hkeaa.edu.hk/en/hkdse/>

=> pick “Services to Special Needs Candidates”

The screenshot shows the HKDSE website interface. At the top left is the logo of the Hong Kong Examinations and Assessment Authority (HKEAA). The top navigation bar includes links for Home, Site Map, AAA, 繁 | 簡, App, Blog, Contact Us, FAQs, and social media icons. Below this is a secondary navigation bar with categories: About HKEAA, Our Services, HKDSE, Recognition of HKEAA's Exams, TSA, LPAT, International & Professional Exams & Assessments, Events, Resources, and Career. A search bar is located on the right side of the top navigation.

The main content area is titled "HKDSE" and features a large image of students. To the left of the image is a sidebar menu with the following items: Introduction, Assessment Information, Examination Administration, Important Dates, FAQs on HKDSE, Information Corner, and Contact Us.

The main text area contains a section titled "Release of results of the 2018 HKDSE" with the following text: "About 57,650 candidates will receive their results notices on 11 July. Please refer to [press release](#) for the overall results." Below this is a paragraph: "Under New Academic Structure (NAS), all students are expected to complete three years of junior secondary education followed by three years of senior secondary education. Upon completion of this six-year secondary education, students will take the Hong Kong Diploma of Secondary Education Examination (HKDSE), which aims to measure the attainment of students. The HKDSE was administered for the first time in 2012. Most of the candidates are presented by schools." A red arrow points from this paragraph to the "Services to Special Needs Candidates" link in the right-hand sidebar.

The right-hand sidebar contains several sections: "HOME" with sub-links for Candidates, Parents, and Media; "Schools & Teachers" and "Exam Personnel"; "Quick Links" with links to the 2018 HKDSE Handbook for Candidates, Bad Weather during HKDSE, 2018 HKDSE Calendar Card, Certificate of Examination Results, and Personal Data Request; "Review of Senior Secondary Curriculum & Assessment"; "HKDSE Online Services"; "Services to Special Needs Candidates" (highlighted with a red arrow and a callout box); "HKDSE Feature Articles"; "Public Examinations Information Centre (PEIC)"; and "Blog DSE XPRESS 文憑試快線".

Copying Speed Test for Hong Kong Secondary Students (CST-HK)

- Copy Chinese & English passage, 15 minutes each
- Must be conducted by certified OT
- Cut-off point: - **1.3 S.D.**

Interpretation

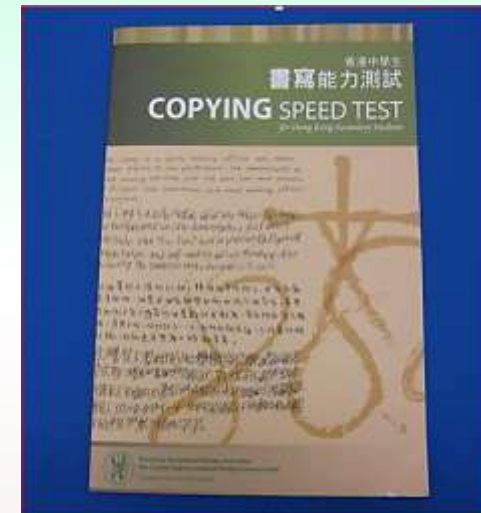
Handwriting speed

Chinese : number of characters per minute

English : number of words per minute

Performance level

Clinical observation



Special



**How to Consider
Arrangement (SEA) ?**

**FULL
JUSTIFICATION
IS ESSENTIAL**

Occupational Lifestyle Redesign Certificate Course for Adolescent Clients with Chronic Illness

School to Work Transition

- Develop a vocational identity
- Solidify a career pathway
- Enhance coping with disability
- Maximize Occupational performance

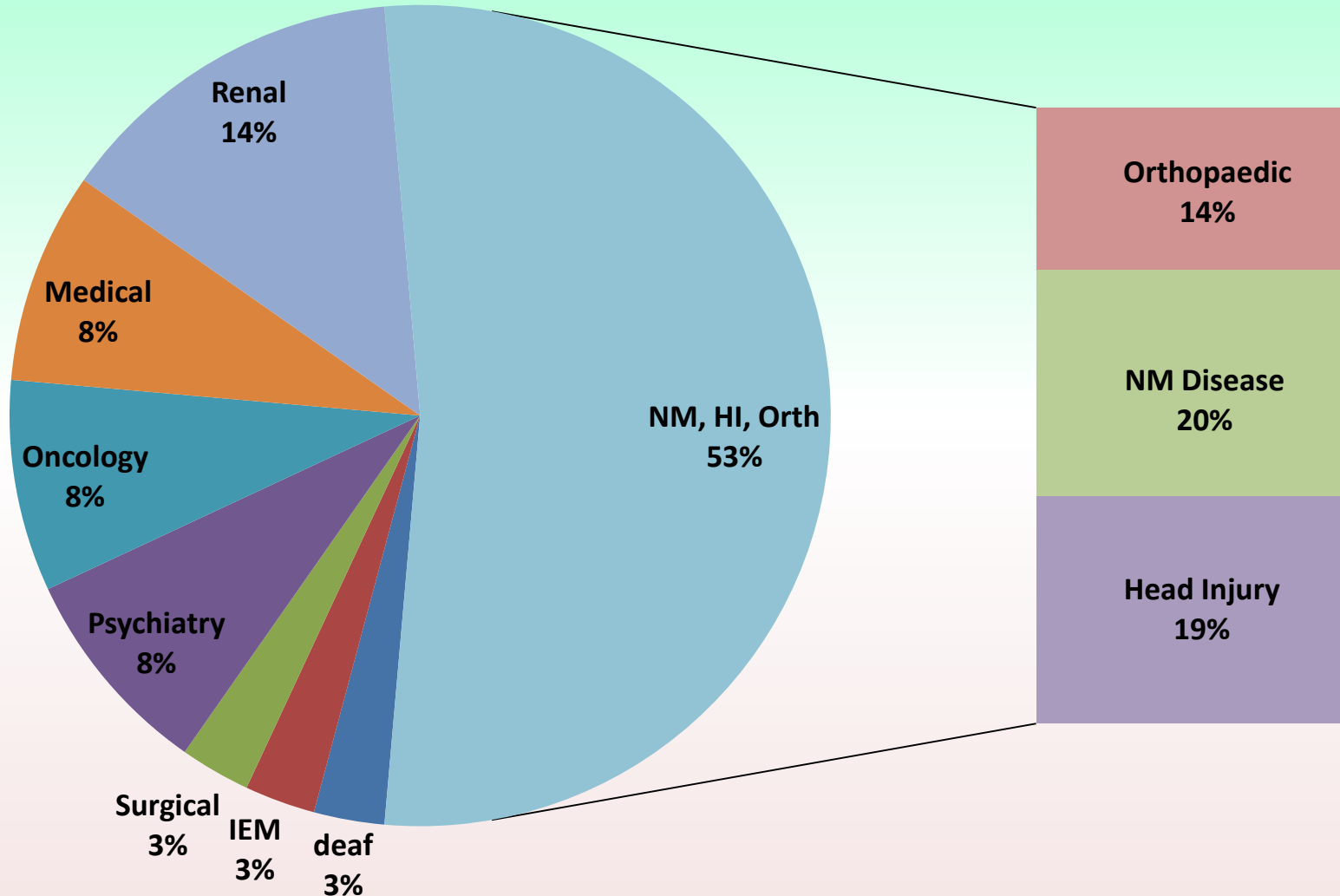
WILL



WAYS



Distribution with nature of disease out of the 87 trainees



After complete OLSR Certificate Course

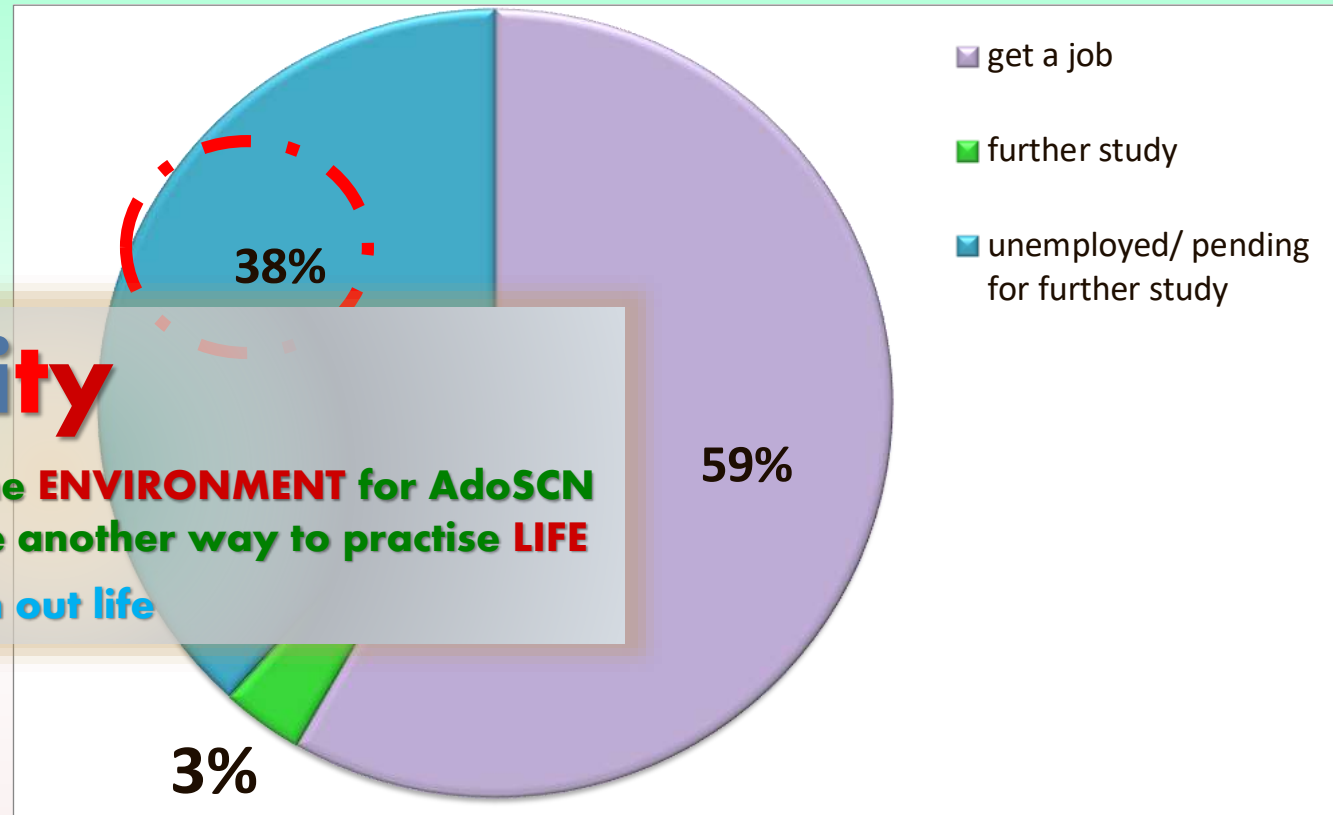
How about them?

- Environmental barrier?
- Self-efficacy?
- Ready for transition?
- Employment network?

Opportunity

Shape and manipulate the **ENVIRONMENT** for AdoSCN to experiment and create another way to practise **LIFE**

Ample of choices through out life



Conclusion:

Occupational Lifestyle Redesign Programme was successful in guiding 62% the adolescents with physical handicap and chronic illness to be productive and independent adults.



Greenhouse in HKCH



Activities from horticulture therapy

- Maximize the utilities of Green House
- Regular programme / activities to welcome both in- and out- patients
- a productive place for the sick children & adolescent
- A nice place to explore



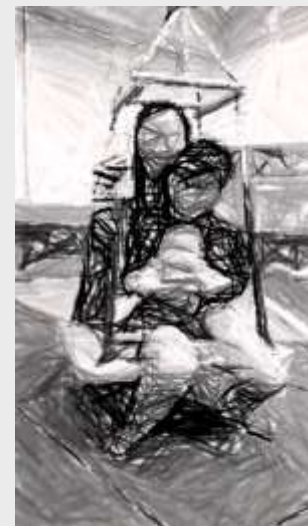
The environment ...

Work closely with PPC team

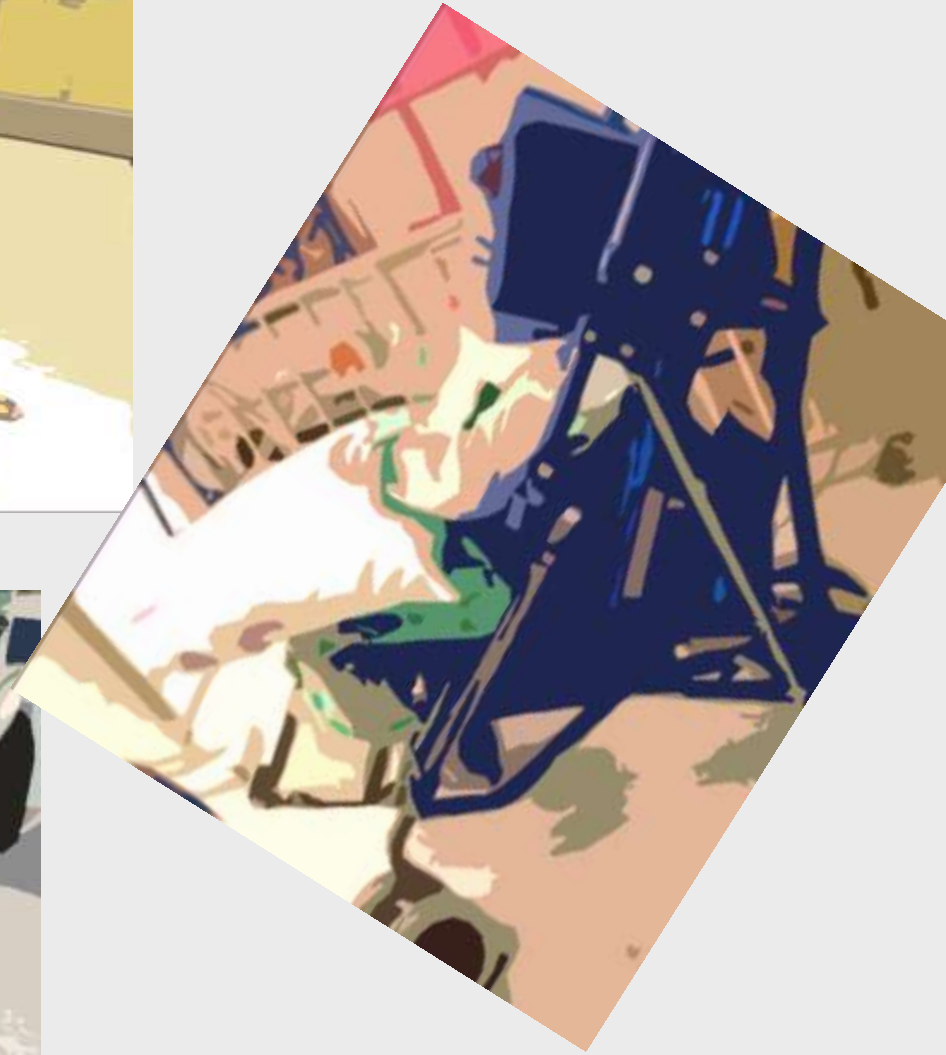


Engage in meaningful activities ~

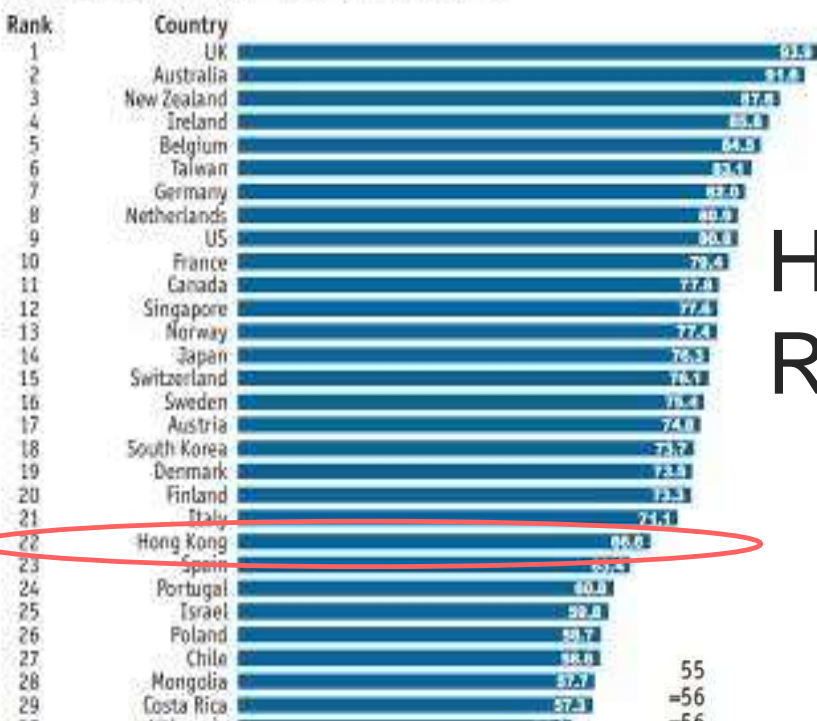
for patients and the families



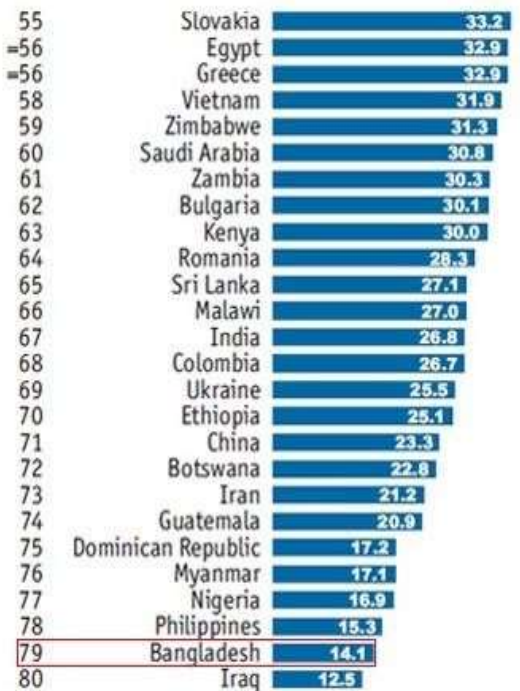
Positioning for purposeful activities



2015 Quality of Death Index—Overall scores



Higher Ranking

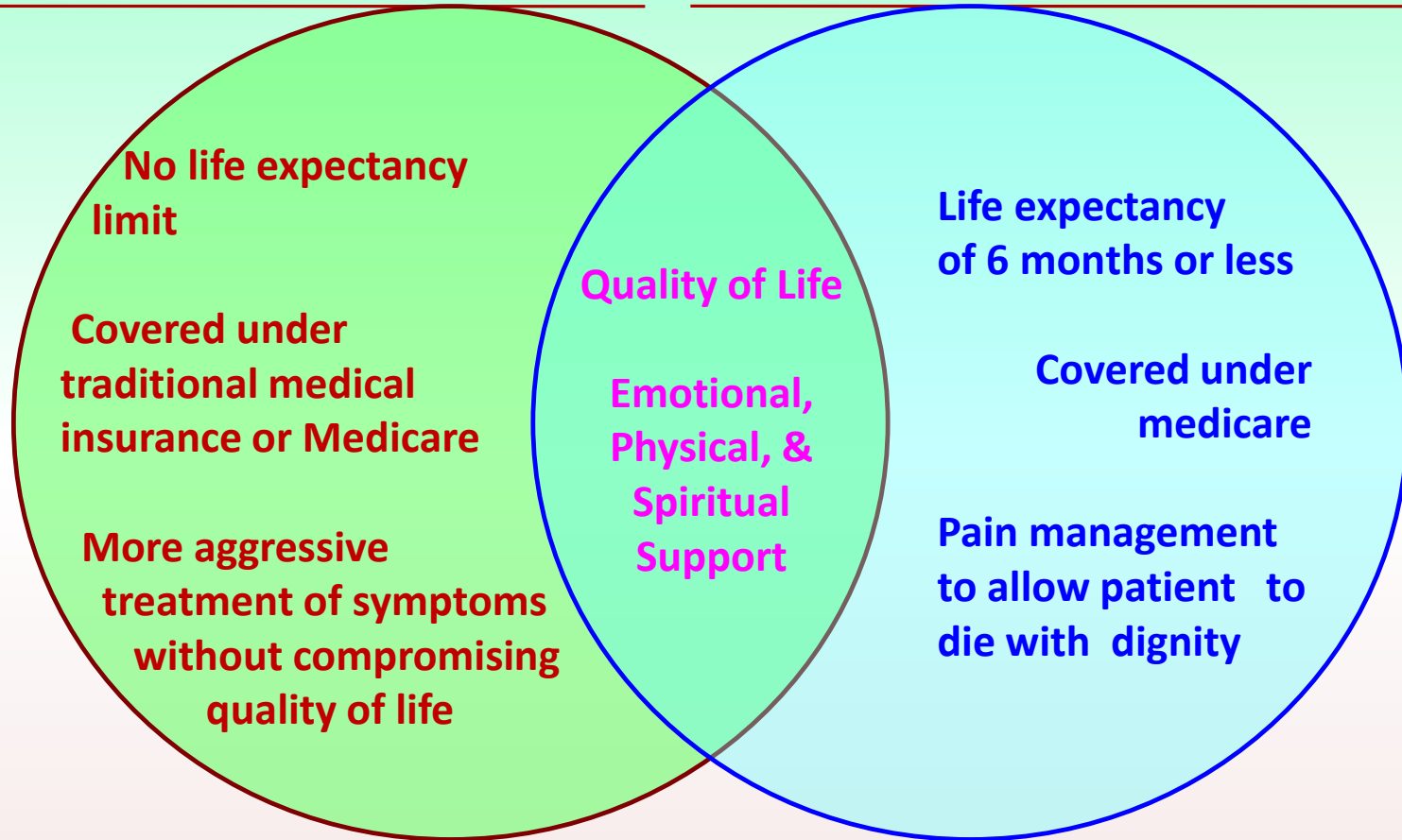


Lowest Ranking



Palliative Care

Hospice Care



Palliative Care vs Hospice Care

Palliative care is aimed at anyone who has been diagnosed with a life-threatening illness



Palliative care helps maintain quality of life and reduce illness symptoms – and recent findings suggest that cancer patients who receive palliative care alongside standard treatments can live longer

Hospice care is mostly aimed at patients who have been diagnosed with a terminal illness



Hospice care is aimed at providing patients with a dignified, pain-free death – in the U.S., hospice care is mostly meant to be administered inside the patient's home, while in Russia, the concept of hospice care is just beginning to gain ground

Source: The Mayo Clinic (mayoclinic.com) and OncologyNurseAdvisor.com

Palliative Care vs Hospice Care

The role of Occupational Therapy in Palliative Care

American Occupational Therapy Association 

- **Activities of Daily Living (ADL)**
 - dressing, bathing and showering, functional mobility
- **Instrumental activities of daily living (IADLs)**
 - Meal preparation, Home management, health management, religious or spiritual activities
- **Rest and sleep**
 - Assess sleeping habits, provide relaxation techniques and positioning to increase comfort, improve ability to rests, and reduce skin breakdown from pressure
- **Leisure participation**
 - Identify and facilitate ways to participate in enjoyable leisure and community activities
 - Coping strategies
- **Psychosocial / behavioral health**





RESPECT

