



澳門鏡湖護理學院
MACAO NURSING COLLEGE OF JIAHU
INSTITUTO DE ENFERMAGEM KANG WU DE MACAU

Problem Solving for Better Health in Macau

解決問題 促進健康

Dr. Zhu Ming Xia
17th~18th April , 2015



- Macau is a very small city situated near Hong Kong
- Population : 636,200 estimated at the end of 2014 with more than 95% of residents of Chinese origin (Statistics and Census Services, 2015)
- PSBH program implemented for more than ten years



1st PSBH Workshop in 2003

- PUMC firstly introduced PSBH to KWNC in 2003
- In the 1st Workshop, clinical nurses in the KWH, some faculties and student nurses were invited to participate the workshop
- Participants: 43 Project plan: 11



2nd PSBH Workshop in 2005

Participants

- 7 NGOs healthcare professionals
- 31 faculties and nursing students

Outcomes: Only 2 projects plans were conducted successfully

Analysis:

- heavy workload in clinical areas
- constraint within the organizational structure
- lack of follow-up support to the NGOs

PSBH integrated in BSN Programme

- PSBH was officially integrated into one subject (Clinical Study V – Final year practicum) of our Bachelor of Science in Nursing Programme in 2008

PSBH integrated in BSN Programme

- A 1.5-days workshop for Year 3 student nurses
- Each project is developed by a group of 2 to 3 students
- Faculty being the coach throughout the process (Sept ~ April of next year)
- Each group reports the result of their PSBH projects in the follow-up workshop



Summary – Subjects served

- Total 137 projects, 1259 subjects participated
 - Children: 309 (24.5%)
 - Adolescent: 634 (50.5%)
 - Adult: 245 (19)
 - Older people: 75(5%)

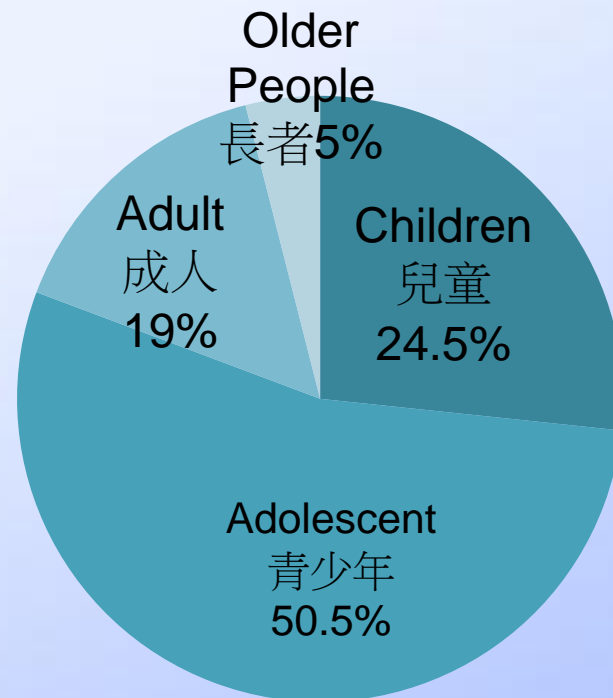
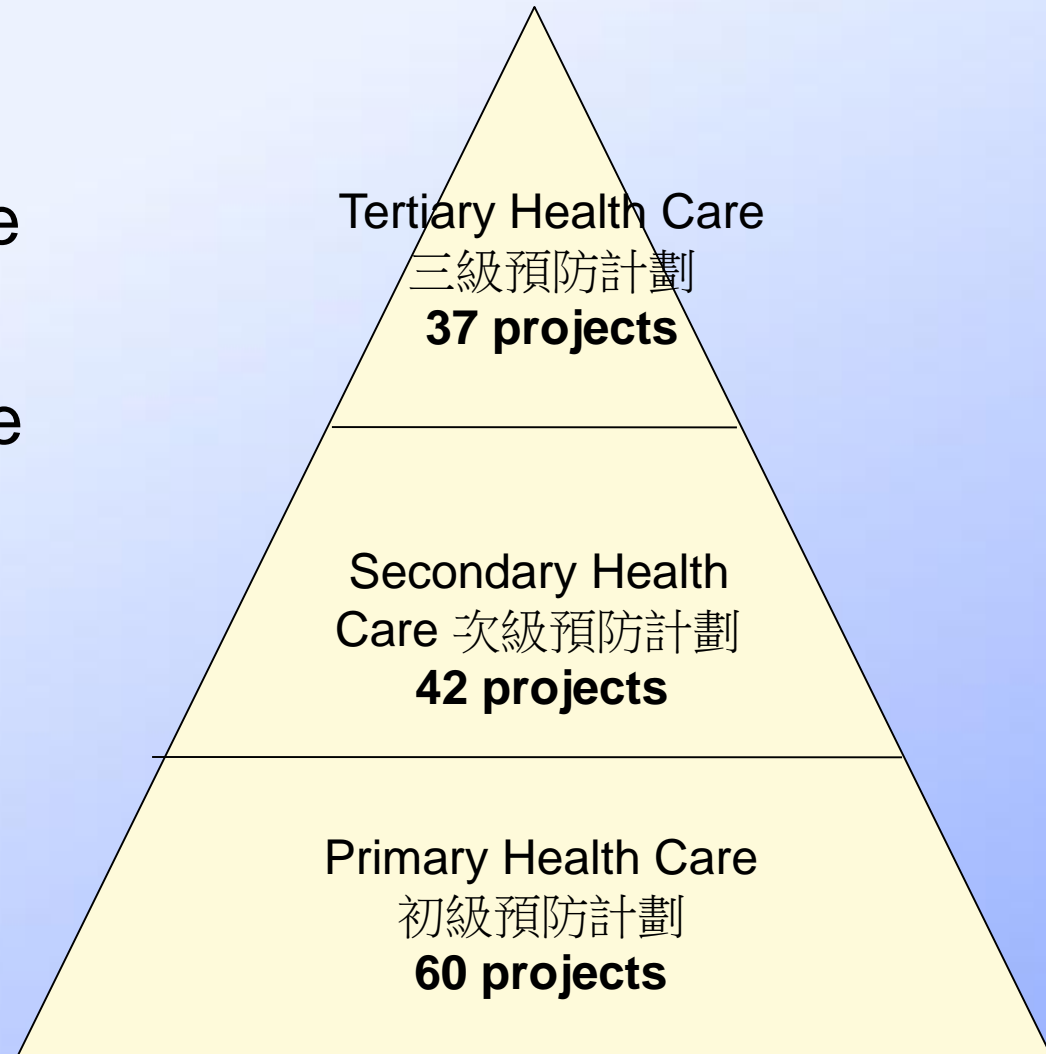


Figure1. PSBH Project Participants Distribution



Summary – Scope of Projects

- Primary health care
– for sub-healthy state
- Secondary health care
– for disease state
- Tertiary health care
– for recovering state



Primary health care projects (987 participants)

初級預防計劃 服務

- Promote healthy eating habit
促進良好飲食習慣計劃 12項
- Eye / Teeth health promotion
護眼/護齒指導 9項
- Sex education 性知識健康教育 10項
- Promote HIV/AIDS prevention
愛滋病知識教育 1項
- Women's health promotion/ Breast feeding promotion
婦女健康教育/自檢/母乳喂哺指導 7項
- Promote physical exercise
促進運動計劃 13項
- Hand hygiene promotion
推廣手部衛生指導 4項
- Prevent Fall in older people
預防長者跌倒指導 3項
- Reduce weight of kids' bag
兒童書包負重指導 2項
- Weight reduce /control
體重控制計劃 1項
- life and death

Secondary health care projects (164 participants)

次級預防計劃 服務

- Relieve constipation 改善便秘指導 10項
- Instruct weight loss 減重計劃 11項
- Relieve wrist/neck/shoulder/waist pain
改善手/肩頸/背痛指導 7項
- Improve incontinence
改善尿失禁指導 3項
- Relieve premenstrual syndrome
經前綜合症女性健康指導 2項
- Promote self-examination for breast tumor
乳癌高危因素女性乳房自檢指導 1項
- Stop/Reduce smoking
戒煙/減煙計劃 4項
- Stop drinking 戒酒計劃 1項
- Relieve menopause symptoms
舒緩更年期症狀計劃 2項
- Relieve stress 減壓指導 3項
- Health instruction for short-sighted kids
近視學童護眼知識指導 1項

Tertiary health care projects (114 participants)

三級預防計劃

- Diabetes diet instruction
糖尿病患長者健康指導 9項
- Renal failure diet instruction
腎病患者飲食指導 4項
- Hemodialysis – weight control
血液透析患者液體限制計劃 1項
- Hyperlipidemia & Gout diet instruction
高脂血症及痛風患者飲食指導 3項
- Dementia caregivers – reduce burden
失智症照顧者減輕照顧負擔指導 1項
- Gastritis health education
胃病患者健康指導 2項
- Stroke Rehabilitation
中風患者康復指導 2項
- Asthma management &
Respiratory rehabilitation
肺病患者的肺部復健計劃 8項
- Thyroid disease management
甲狀腺患者健康指導 1項
- Hypertensive – BP control/obedience
高血壓患者血壓控制及依從性指導 2項

美國健康基金會項目PSBH

促進健康項目PSBH
2003進入澳門
北京協和介紹

2003~2005
在醫院及社區推廣
81人參加13個項目

方法
按計劃到社區家庭
協助參與者解決
健康問題(3~6個月)
小組形式,教師指導

2006-2007
BSN相關科目教學
2008進入BSN課程
32個項目-論文集2本

結果
共完成 137 個計劃
1259人受益
以青少年為主
內容初級、次級及三級
預防計劃

反饋
美國PSBH基金會
希望開展中心
建立新項目

成果
6本論文集
雜誌發表1篇
參加國際會議3篇
教學總結文章參加
國際會議1篇
(以上文章英文發表)



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Thank You !!