



Mobile Functional Cognition Program (MFCP) BDF140020

1st July 2015 - 30th June 2017
United Christian Hospital

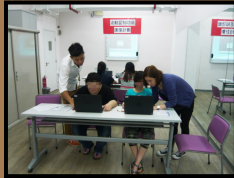


Introduction

- The Program aimed at improving cognitive function, enhancing occupational functioning and redesigning lifestyle of substance abusers referred by Counselling Centres for Psychotropic Substance Abusers (CCPSAs) and Drug Treatment and Rehabilitation Centres (DTRCs)
- The Program provided on-site cognitive assessment and training, psychoeducation and cognitive active lifestyle advice to service user. It enhanced the accessibility of the clients to traditional occupational therapy (OT) service.



Project Content



New OTI and OTII reported duty in July 2015



Procurement of training equipment in 3Q15

Setting up cognitive training program in 3Q15

Networking with various NGOs. Succeeded in connecting with 5 NGOs

Program implementation

Bi-monthly case conference

Outcome data review

Data analysis and report writing



MFCP

- 8-session in total
- Session 1 – Pre-assessment and recovery planning
- Sessions 2 to 7 – Computer cognitive training, home based training program, functional cognitive strategies, psychoeducation, vocational counselling / coaching and lifestyle redesign
- Session 8 – Post-assessment and round up

MFCP Structure

| | |
|--------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Part 1 | <p>One session on pre-assessment and recovery planning (1.5 hours):</p> <ul style="list-style-type: none"> • Computerized assessment on cognitive and occupational functioning • Individual recovery goals settings • Psychoeducation on neuropsychological impact of substance abuse |
| Part 2 | <p>Six sessions of mobile functional cognition training (1.5 hours each session):</p> <ul style="list-style-type: none"> • Computerized cognitive training (1 hour) • Functional cognitive strategies • Emotional regulation • Sleep management • Cognitively Active Lifestyle Redesign • Home work assignment • Health Qigong (Baduajin Training) (15 minutes) |
| Part 3 | <p>One session of post-assessment and round up (1.5 hours):</p> <ul style="list-style-type: none"> • Computerized assessment on cognitive and occupational functioning • Feedback on the progress in the functional cognitive training • Review and evaluate recovery goals • Round up and prepare for discharge |

| | |
|-----|-------------------------------------------------------------|
| 第一節 | <p>認知躍動耀生活 Introduction of cognitive domains</p> |
| 第二節 | <p>毒品傷腦禍深遠 Substance abuse on cognitive functioning</p> |
| 第三節 | <p>積極參與勤動腦 Cognitively active lifestyle</p> |
| 第四節 | <p>記憶有法生活易 Application of mnemonic techniques</p> |
| 第五節 | <p>自助攻略不可少 Education on self- help strategy</p> |
| 第六節 | <p>正向心理樂隨緣 Emotional regulation and cognition</p> |
| 第七節 | <p>鬆弛減壓好睡眠 Sleep and cognition</p> |
| 第八節 | <p>精彩未來我開展 Round-up and celebration</p> |

Output and Outcome Evaluation

Output indicators

No. of participants receiving at least 4 sessions of MFCP

Total number of servicing man-times

Outcome indicators

BDF Question Set no. 5

Addenbrooke's Cognitive Examination- Revised (ACER)

Canadian Occupational Performance Measure (COPM)

Output Benchmarks & Evaluation Results

| | Expected Result | Achieved Result |
|---------------------------|-----------------------------------------------------------------------|---------------------------------------------------------------|
| Output Indicator 1 | 120 rehabilitees receive at least 4 service sessions from the program | 117 rehabilitees (97.5%) received at least 4 service sessions |
| Output Indicator 2 | Provide training services for 800 man-times of rehabilitees | 884 man-times (110.5%) |

Outcome Benchmarks & Evaluation Results

| | Expected Result | Achieved Result |
|----------------------------|-------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Outcome Indicator 1 | 70% of participants can reduce their drug use frequency after treatment | 72 valid cases were evaluated, among which 55 respondents indicated drug use in pre-test and 17 indicated no drug-use in pre-test. Among the 55 respondents indicated drug use in pre-test, 100% showed reduction in drug use frequency after treatment. For those indicated no drug-use in pre-test, 94.1% avoided relapse. |

Outcome Benchmarks & Evaluation Results

| | Expected Result | Achieved Result |
|----------------------------|----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| Outcome Indicator 2 | 60% of participants show improvement in cognitive functioning after treatment | 96 valid cases were evaluated. 81.3% participants showed improvement in cognitive functioning. |
| Outcome Indicator 3 | 60% of participants show improvement in occupational functioning after treatment | 94 valid cases were evaluated. 73.4% participants showed improvement in occupational functioning after treatment. |

Experience Gained

● Reason behind success

- An easier and accessible method for clients to attend OT service
- Good partnership with NGOs
- Intrinsic volition of clients to strive for cognitive improvement

● Lesson learnt

- Adopt experiential learning strategy to make the class more interesting
- Adjust according to client's activity tolerance

Other Findings

● Client Satisfaction Survey done to review the comments from participants

- Overall positive comment, average rating~7.5/10
- Other comment:
 - Suggested longer group length
 - Home assignment somehow too long and complicated
 - Found relaxation exercises and cognitive games are the most useful and interesting

Other Findings

- Feedback from stakeholder and frontline worker
 - Questionable compliance for home assignment due to cheating among participants
 - Higher motivation for Baduajin exercise compared with their daily exercise
 - Fair motivation for computerized training among some participants
 - Overall positive in terms of routine training and cognitive input

Conclusion

- The project was **effective** in improving the cognitive and occupational functioning of participants and reduced their drug usage based on the evaluation finding.
- A new project will be launched soon from 2017 to 2020 to evaluate the effectiveness of the project
- Coverage extends to Methadone Centre and Substance Abuse Clinic to enhance its generalizability

