

Patients with Idiopathic Pulmonary Fibrosis:

Education and counselling improves their experience and satisfaction at our Interstitial Lung Disease Clinic in SOC B Lung Centre

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Background of the problem

Idiopathic Pulmonary Fibrosis (IPF) is a rare, incurable, life shortening disease in which the lung tissue becomes progressively scarred.

As the disease progresses, patients' symptoms of cough and breathlessness will worsen, they may lose weight, and will become more debilitated.

In Singapore, the incidence of IPF is estimated at 2 to 5 per 100,000 and prevalence of 5 to 10 per 100,000 population.

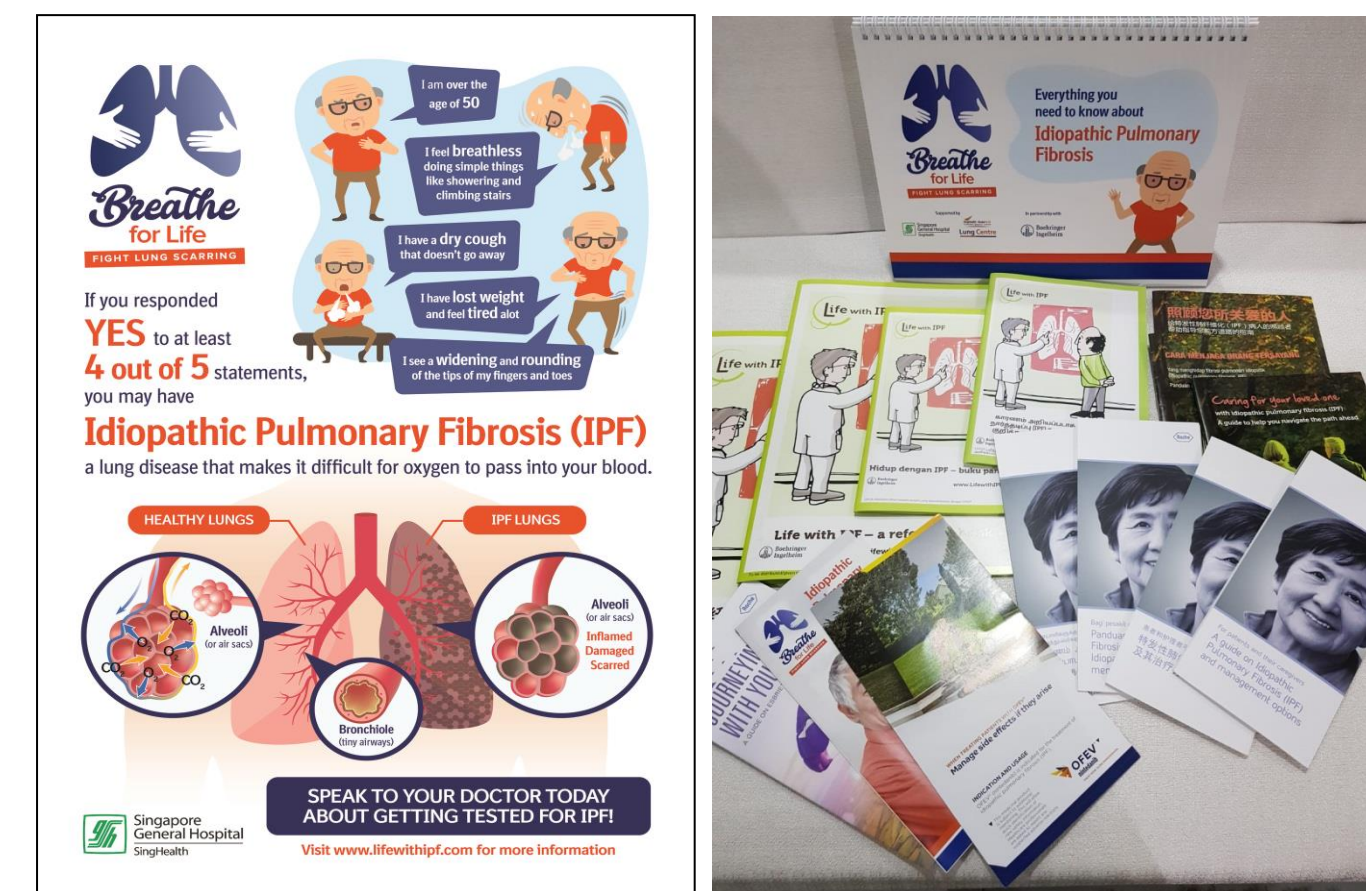


As a consequence of its rarity, public awareness of this disease is poor. Most patients do not understand the implications when told of the diagnosis and confused by possible treatment options.

I diopathic	Of unknown cause
P ulmonary	Refers to the lungs
F ibrosis	Formation of scar tissue

Interventions / Initiatives

Educational resources were used to aid patients, caregivers and other healthcare workers in their understanding of the disease.



Continuing Professional Education talk are conducted to healthcare workers to increase IPF awareness.

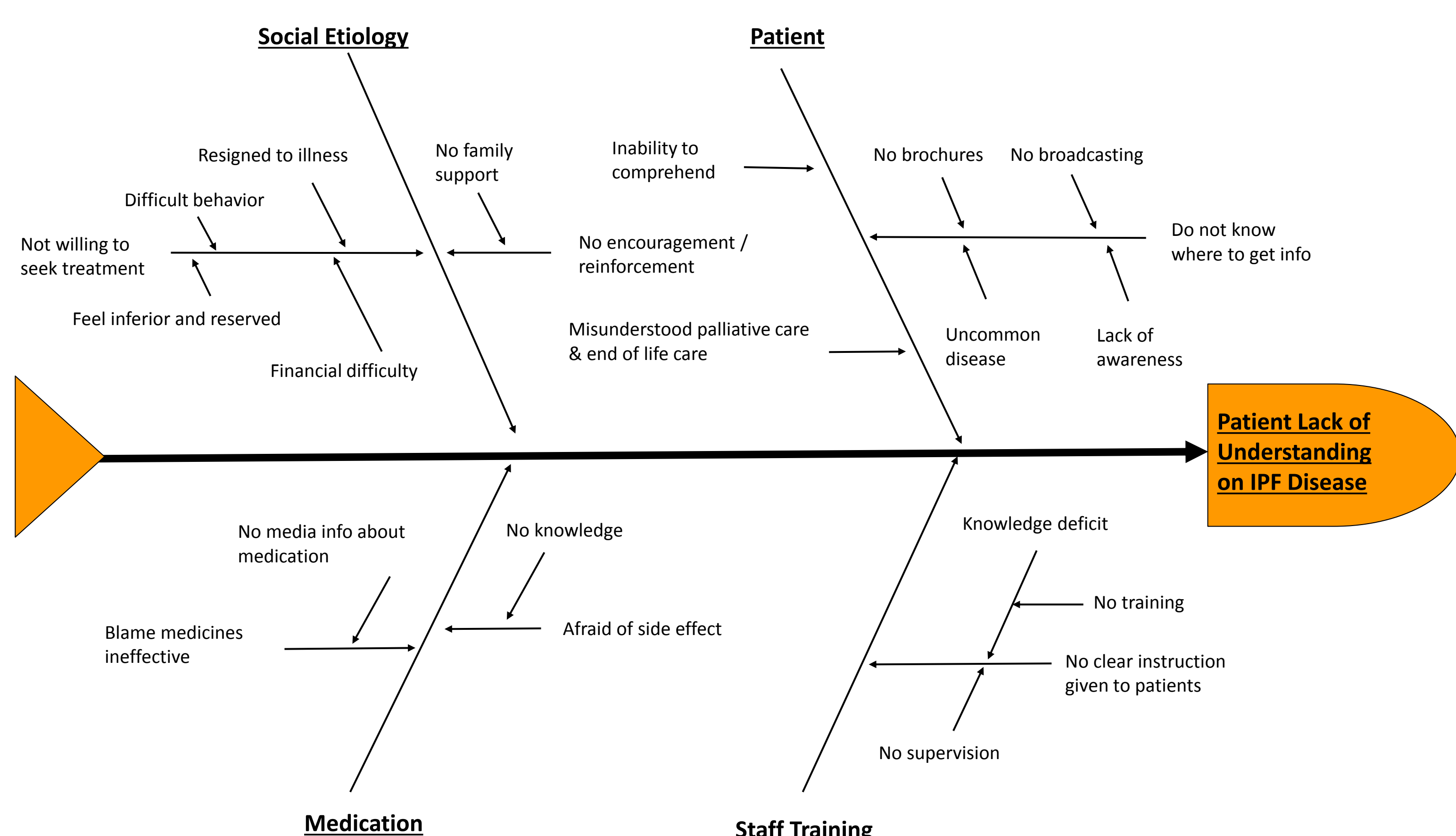
Interstitial Lung Disease (ILD) Clinic was established at Singapore General Hospital in May 2012 with no patient education and counselling reinforced to them. It was later initiated in December 2016. However there was no adequate resources to provide comprehensive care for this complex group of patients.

With much diligence and commitment, ILD nurse eventually developed patient education resources in October 2017 which help to engage patients in the health process and improve patient satisfaction in care.

Mission Statement

To improve patients understanding of the disease and maximizing their quality of life by providing nursing education and counselling to them within 6 months.

Analysis of problem



IPF education has been consistently reminded and reinforced to Room Assistants during weekly roll-call

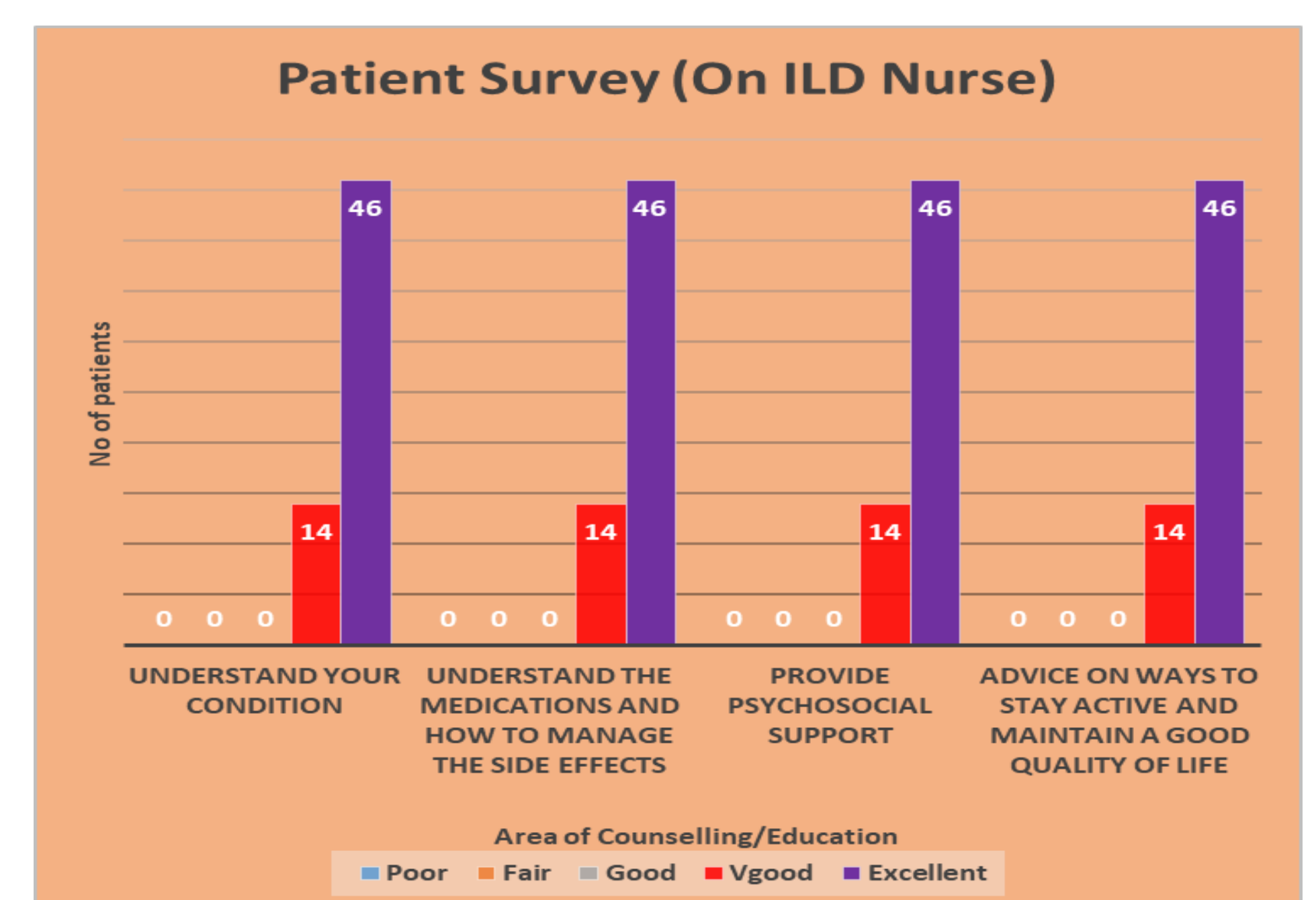


Results

A total of 60 patients took part in Patient Satisfaction Survey over 6 months from February 2018 to July 2018.

Results are very encouraging. 77% had rated excellent and 23% rated very good. All of them had received clear explanation on IPF nursing education and educational resources.

They are aware and understood their condition, medication and management thus maximise their quality of life.



Sustainability Plans

The result supported the effectiveness of nursing education and counselling to patients with IPF provided by the ILD Nurse. This had translated to better patient and caregiver experience and satisfaction at the ILD Clinic in SOC B. Such improvements can be better sustained through continual ILD Nurse contact, which is important in fostering a good working relationship with patients and their caregivers, and help boost their morale. We will continue to have regular feedback session from the patients and their caregivers to further improve ILD service.

We plan to share our service to other speciality in SOC in order to gain long-term sustainability by educating and training our healthcare workers so as to provide holistic care to our patients and improve patient journey in SGH.

Interventions / Initiatives

ILD Nurse conducted individualised education and counselling to patients and their caregivers using appropriate language and terminology tailored for their comprehension.

