


YANG MEMORIAL METHODIST SOCIAL SERVICE OH MY ! LIVER HEALTH PROJECT



Introduction of
the project

Research Objectives	Research Team
<p>This agency-funded evidence-based project implemented a methodology of practice research in nine months (4/2023-12/2023), aiming at:</p> <ol style="list-style-type: none"> 1. Analyzing theory of change in Lifestyle Modification Services that reduces the risk of non-alcoholic fatty liver disease (NAFLD). 2. Maximizing functions of social work in multidisciplinary collaboration of primary health service. 3. Using medical imaging equipment to assess and prioritize service needs. 4. Analyzing citizen' s health habits via health habits questionnaire 	<p>Kenny Fung Steven Lin Samantha Wong Cloudy Ng Keith Tong</p>
	<h3 style="text-align: center;">Methodology and Result</h3> <ol style="list-style-type: none"> 1. A successful theory of change in Lifestyle Modification Services: a. people-centered; b. collective achievement; c. intervention after screening health risk; d. professional knowledge. Results: 80% users' risk of fatty liver is declined and 20% maintained 2. Individualized health plan and community education: Social workers build alliances with users, dietitians, personal trainers, and Chinese medicine practitioners effectively. 3. Medical imaging equipment assesses liver steatosis and hepatic fibrosis: The project arranged medical lifestyle modification for severe fatty liver risks and sponsored medical check-ups for high hepatic fibrosis risks. 4. Survey results display unhealthy habits found within the workforce of Yau Tsim Mong. E.g. limited space, and unstable time.
<h2 style="text-align: center;">The most unforgettable experience in this research</h2>	
<p><u>From self-harm to self-care</u></p> <p>Ming (nickname) had a severe risk of fatty liver assessed in the first screening, which Ming was not conscious of. In the social worker' s interview, Ming presents a harsh planning on daily diet habits to boost life satisfaction. For instance, Ming used to eat less on weekdays and feast heavily on weekends but never found the missing satisfaction.</p> <p>Ming spent 38 hours on Lifestyle Modification with support from dietitians, personal trainers, Chinese medicine practitioners and social workers. Ming reduced the fatty liver risk to “minimal” after six months successfully.</p>	