Princess Margaret Hospital

Occupational Lifestyle Redesign Programme for Adolescent Clients in PMH

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BACKGROUND:
Adolescents with physical handicap and chronic illness (AdoPHCI) might need more coaching to shed their dependencies and achieve productive adult occupational role.

OBJECTIVE:
To improve the OSH of NEATS staff in general and to reduce their IOD in particular by adopting a more caring and people-oriented approach.

DESIGN:
The OLRP targeted AdoPHCI of age between 15 and 25. It is a close group consisted of 10 intensive sessions of soft skills for proper work attitudes, elective job-skills-related sessions, a self-initiated group function and a final debriefing session to elaborate importance of team spirit. Occupational Therapists would only give guidance and coaching instead of instructions in the group.

METHODS:
The OLRP had been established since October 2008 with funding from Employment Retraining Board. Pre- and post-assessments, including well-being index, life satisfaction and motivation towards assuming productive role, were carried out to indicate clinical changes while final placement served as the ultimate outcome indicator.

RESULTS:
From October 2008 to March 2010, 30 AdoPHCI aged from 17 to 22, under care of paediatric (47%), renal (27%), neurosurgical (13%), collective of oncology, orthopaedics and pain centres (13%), had successfully completed the programme. 80% of the clients secured a job for more than 3 weeks while 13% enrolled in further job-related training courses. Positive change of subjective happiness, motivation and career plan was found. There was significant correlation (p<0.01) of motivation with subjective happiness (0.527) and job hunting (0.493); career planning with vocational training selection (0.634).

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