A pilot program of "Recovery-oriented practice" for patients with Schizophrenia or other psychotic disorders: Assessing the evidence of enhancing hope and empowerment in patient recovery at acute psychiatric setting

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Introduction
In western countries, recovery-oriented services are well-established practice and attained remarkable outcome in improving psychiatric service users' hope and empowerment. And it has become a dominant policy-directed model of mental health service delivery. Yet, it is still a new concept in Hong Kong, thus, there are many areas for development, especially for structured recovery-oriented program in acute psychiatric admission ward settings. "Legend Maker", a pilot recovery-oriented program, which was designed based on concepts of: ‘Hope’, ‘Empowerment’, and ‘Choice’; was implemented in an acute psychiatric ward. A quasi-experimental study was conducted from October to December 2014.

Objectives
To examine the effect of a pilot recovery oriented program on Hope and Empowerment for patients with schizophrenia or other psychotic disorders. 1) Evaluate the effectiveness of “Legend Maker” on participants' hope. 2) Evaluate the effectiveness of “Legend Maker” on participants' empowerment. 3) Collect feedback from participants for the satisfaction level of “Legend Maker”.

Methodology
A recovery-oriented psychiatric rehabilitation program “Legend Maker” was developed, which included three main parts: 1. “Daily Rehabilitation Program”, designed according to the patient's own choice and strength to enhance empowerment. 2. “Wellness Recovery Action Planning”, a two-week, peer-led workshop, which was conducted by our community partner 'New Life Psychiatric Rehabilitation Association', in order to enhance participants' sense of hope. 3. “Service Users' Handbook”, which focused on introducing concept of recovery, make individualized recovery journey of
making goals, identifying strength, enhance drug adherence with primary nurse. Participants diagnosed of Schizophrenia or psychotic related disorders in female psychiatric ward were recruited. They were invited to complete three core courses and three elective courses of “Legend Maker” that they chose by self, and complete validated questionnaires in assessing ‘Hope’ and ‘Empowerment’ before and after intervention. Difference between pre-intervention and post-intervention were analyzed by paired-t test. Satisfaction questionnaire was also invited from participants.

**Result**

16 participants were recruited. Results showed that “Legend Maker” is effective on improvement in Empowerment and Hope (p < 0.05) for patients with schizophrenia or other psychotic disorders. 96% of participants were satisfied or strongly satisfied with the program provided by their primary nurses.