Using Innovative Recovery Journal into Practice: Evaluation of Recovery-Oriented Programme for the Persons with Severe Mental Illness (SMI) in Personalised Care Programme

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Introduction
Personal recovery is a core concept adopted since 2010 in mental health service. Elements of recovery have been incorporated into our clinical practice for a long time. Under the diverse understandings of each element in recovery, each case manager will have diverse elaborations on it. Recovery journal is newly-developed to facilitate our case manager to have better understanding in recovery elements and to standardize the delivery process of recovery-oriented practice. Through a nine-month recovery-oriented programme by well-structured recovery journal, Persons-in-recovery (PIRs), carers and case manager are able to understand the recovery progress clearly.

Objectives
To evaluate the outcome of recovery journal in recovery-orientated programme

Methodology
The PIRs with SMI who aged from 18 to 64 under Personalised Care Program (Kwai Tsing, Mong Kok & Sham Shui Po District) will be recruited. A retrospective pre and post comparison design was adopted. The recovery journal was tailor-made for case managers to promote all components of recovery during home visitation. On top of the currently applied assessment tools include the Brief Psychiatric Rating Scale (BPRS), Health of Nation Outcome Scales Assessment (HoNos), Social and Occupational Functioning Assessment Scale (SOFAS), Recovery Assessment Scale (RAS) was also applied to measure recovery progress. In addition, the perceived recovery state
of each participant was assessed before and after the program by a single close end question ‘Do you think you have recovered?’. The satisfaction questionnaire to staff in using of the recovery journal was distributed to review the satisfactory level after the program. Outcomes were analyzed by descriptive statistics, paired t-test and McNemar test.

**Result**

Recovery journal has been incorporated into Personalised Care Programme from April 2014 to December 2014. There were 101 PIRs recruited and all of them completed both pre and post assessment (M:F=56:45; mean age: 46). The total RAS score of respondents increased by 14.97 (paired t-test, $p<0.001$, 95%, C.I.=19.38 to 10.56). The total HoNos score decreased by 1.48 (paired t-test, $p<0.001$, 95%, C.I.= 1.05 to 1.90). The total BPRS score decreased by 1.24 (paired t-test, $p=0.007$, 95%, C.I. = 0.35 to 2.12). The total SOFAS score increased by 5.10 (paired t-test, $p<0.001$, 95%, C.I. = 6.28 to 3.92). The proportion of perceived recovery state before and after is 50.5% and 83.1% respectively. The total proportion increased by 32.67% (McNemar test, $p<0.001$, 95% C.I.= 22.74% to 42.26%). Normality test of Shapiro-Wilk and QQ plot of pre and post difference of each assessment were applied to confirm the normality of samples. From the result, the mental condition, severity of psychiatric signs and symptoms, social functioning and recovery state of PIRs had been improved. The satisfaction of case managers by using guided-practice recovery journal is 100%. They disclosed that they had confidence and clear direction to promote recovery-oriented practice.