Promoting Recovery Oriented Practices in acute psychogeriatric admission wards

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Introduction
Recovery is a relatively new concept for Hong Kong Psychogeriatric (PG) clients. Most health care workers exclude mentally ill elderly from Recovery oriented-practices (ROP). Clients’ total personhood may not take into consideration in their recovery journey. A Recovery Oriented campaign has been launched in Department of Old Age Psychiatry (OAP), Castle Peak Hospital since early 2014 as to promote ROP for PG in-patients.

Objectives
Promote recovery spirit, enhance PG clients’ well-beings and facilitate relationship among family members.

Methodology
A series of Recovery Oriented campaigns had been launched in OAP since Jan 2014. Hope- Wishing Tree A wishing tree was introduced to in-patients to make wishes since Jan 2014. Hope is a central aspect of Recovery, the wishing tree induces hope and support. OAP Spring Recovery-Oriented Carnival “復元協作嘉年華” A strength based Carnival that enhanced social inclusion and family participation was organized. In-patients and out-patients were invited to give performance. Geriatric Depression Scale (GDS) and Life Satisfaction Scale (LSS) were used in pre and post test. Gift of Love Clients were invited to make a unique finger-print gift card to their beloved during hospitalization. Finger-print represent the unique identity of clients with dignity and respect. Staff Training OAP staff were encouraged to participate NTWC recovery training as to foster the recovery spirit.

Result
Wishing Tree 189 OAP in-patients made their wishes in 2014. OAP Spring Recovery-Oriented Carnival “復元協作嘉年華” 52 in-patients and visitor
participated. 16 in-patients/out-patients performed for the function. GDS and LSS show clients’ life satisfaction and mood improved significantly. Gift of Love Among 71 participants, evaluation survey shown 89% were happy, 70% agreed their recovery process enhanced and 83% believed relationship with family members improved. Nearly all card receivers felt happy and touching with enhanced relationship and improved clients’ wellness. Staff Training 100% OAP nursing staff and 90% supporting staff received NTWC Recovery training. Conclusion Elderly patients have their right to be valued and live in a meaningful life include people with dementia. By promoting the ROP in OAP, recovery spirit enhanced. Health care professionals should consider to incorporate the ROP into the development of mental health services and future practice for Old Age Psychiatry.