Evidence-based Recovery Programme to Mental Inpatients

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Introduction
Mental inpatients with mental illness are generally living in closed clinical settings and their complaints of limited outdoor recovery program were not uncommon. To certain extent, it may induce constrained feelings and predispose negative emotion to hospitalization affecting their readiness to receive in-patient care after discharge.

Objectives
1. To promote the well-beings of in-patients
2. To promote the adaptation potential for early discharge

Methodology
Based on a service-users-survey & Focus Group, a recovery program composing (1) outdoor gardening, (2) Gym & (3) expressive art were delivered specially for mental in-patients to promote their well-beings and adaptation potential. They were assessed by independent assessor every alternate day for 3 weeks.

Result
There were total 28 subjects joined the program over evaluation period. They were assessed by independent assessors and self-rating. It found that the higher the attendance the better the performance score (p=0.048, df=64). Subjects’ feedbacks reflected appreciation to program variety particularly the Recovery Art and Rehab Garden. Over 50% of participants were discharged after the training.