A Pilot Study on Recovery Approach Care Program in a Psychiatric Informal Admission Ward in Kowloon Hospital
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Introduction
Recovery approach care is a new emerging development focus in the arena of psychiatry. A pilot study was carried out in an informal admission ward from March 2013 to September 2014 to ascertain the feasibility of integration of recovery practice in the acute psychiatric setting.

Objectives
1) To develop structured program that empowering service users through recovery approach 2) To enhance and facilitate service users on readiness and choice for further psychiatric rehabilitation 3) To facilitate and prepare service users for discharge process 4) To promote recovery culture in ward

Methodology
Simply speaking, the pilot recovery approach care program consisted of three components- 1) recovery-oriented training with 4 modules of classroom teaching and sharing starting from March 2013, 2) recovery-based routines with nine activities starting from May 2013 and 3) attitude shift of staffs and service users towards recovery care via participative / observational learning and sharing/ teaching starting from March 2013.

Result
Among 72 participants in 14 groups of the recovery-oriented training, three dropped out, seven was back to gazette admission wards and 55 left the pilot ward by either transferring to rehabilitation ward or discharge during and after training. Indeed, participants showed higher mean satisfaction scores on four modules after training. Moreover, some gave promising comments like appreciation towards individual follow-up session and constructive suggestions like family involvement in own recovery journey. Regarding recovery-based activities, the vast majority of 29 surveyed service users demonstrated high satisfaction to all nine activities, especially
self-help drinking water service. They also felt being respected and concerned as their opinions were seriously treated. Meanwhile, 24 respondents showed interest to take up the role of ambassador and participate recovery-based activities in future. For attitude shift, staff and service users in four focused groups expressed positive remarks on the recovery care even few negative comments were also elicited like worrying about possible risks and chance of being abused. Nonetheless, nearly all staffs in the interview groups showed more readiness and willingness to practice recovery care in daily work. To conclude, the pilot study was able to meet the objectives with promising outcomes. Let us join hand-in-hand to deal with further challenges ahead for betterment of user-centered care.