



HA Convention 2018

SP9.3. Horticulture Group to Enhance Psychiatric Rehabilitation

**Speaker: Luk Kwok Hung APN(Psy)
Shatin Hospital/ NTEC**

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Horticulture

Horticultural therapy is defined by the **American Horticultural Therapy Association (AHTA)** as the engagement of a person in gardening and plant-based activities, facilitated by a trained therapist, to achieve specific therapeutic treatment goals.

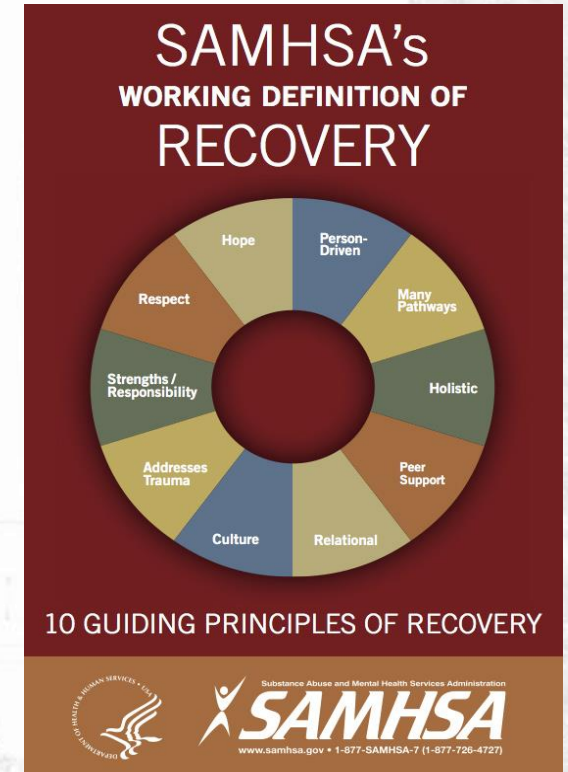


Horticulture

- 
- Research studies showed participating in horticultural activities can benefit, such as reduction of stress level and mental fatigue, stabilization of mood, alleviation of psychiatric symptoms, and acquiring a sense of tranquility and enjoyment (Wichorowski, et al 2005).
 - HA Strategic Plan 2017-2022: “**Innovating for Better Care**” reflects our aspiration to be innovative ... Promote **patient-centred care**...

Recovery Model

- Recovery through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential (SAMHSA, 2011).
- **10 guiding principles of recovery** : (Hope, Person-driven, Many pathways, Holistic, Peer support, Rational, Respect, Culture, Responsibility, Address Trauma).
- HK Mental health services promoted recovery model care in recent years.



Horticultural activities adhered to Recovery Model



Person-driven – Optimize autonomy/ empower to develop strengths for planting.

Responsibility – Engage to care plants.

Holistic – Encompass mind, body & spirit.

Hope - Induce message of better future through plant growing.

Peer Support - Share their feelings & experiences among peers.

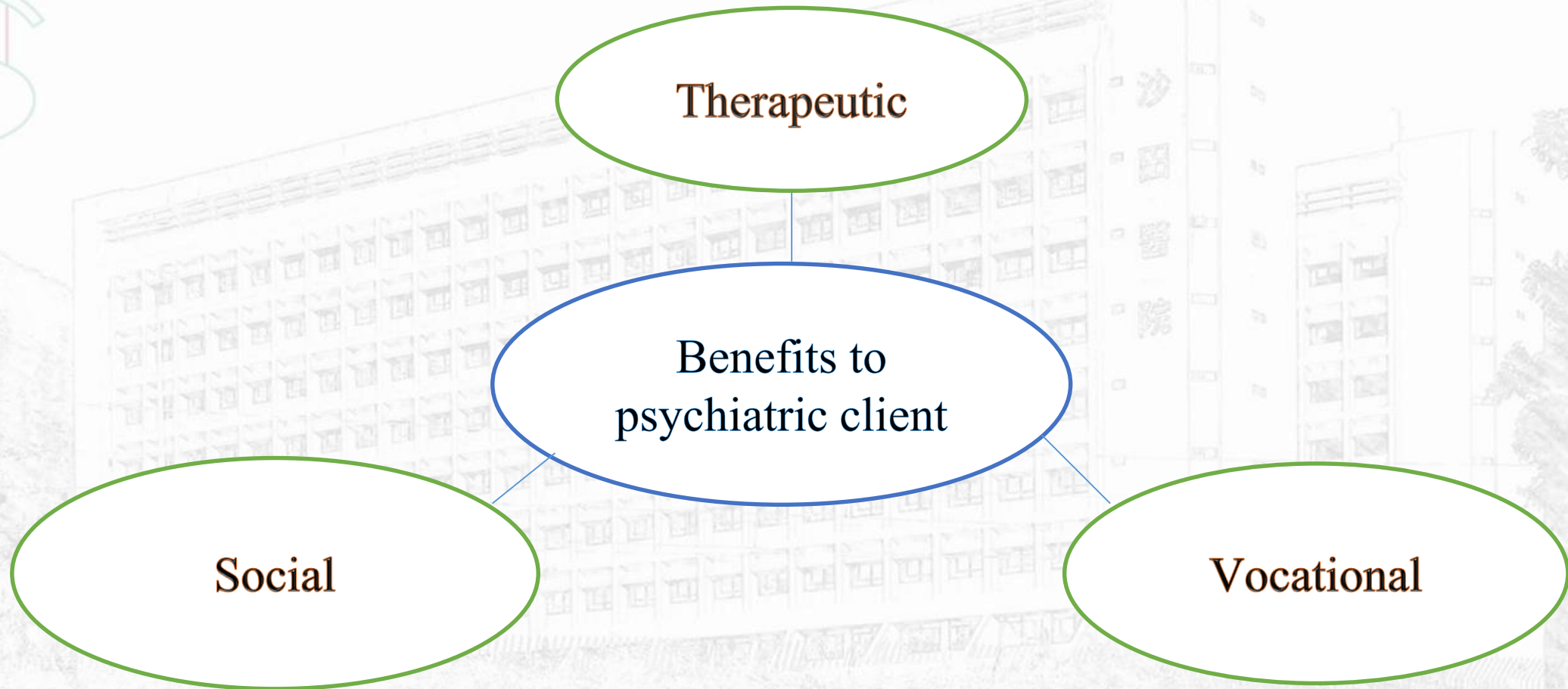
Benefits of horticulture

Most psychiatric patients who served :

- Mood Disorder
- Psychiatric challenges
- Mental Retardation or psychiatric disability
- Socioeconomic disadvantages




Benefits of Horticulture



(Simson & Straus 2003)

Therapeutic

- 
- Horticultural therapy is an active process to enhance patients' recovery progress.
 - Reduce stress due to living in a controlled and confined ward environment.
 - Psycho-interventions as factors: reducing reliance on medication & self-harming behavior; improving cognitive abilities and social interaction.

Social

- Provide productive manual activity and beneficial social interaction (Davies, et al. 2014).
- Generates positive emotions toward a meaningful appreciation of life (Lin 2014).



Vocational



- ✓ An involvement of person for gardening/ plant based activities.
- ✓ Improve physical abilities/ muscle coordination.
- ✓ Provide sessions under a good, sunlight environment in hospital.



Roof Garden

Department of Psychiatry, Ward 3CD

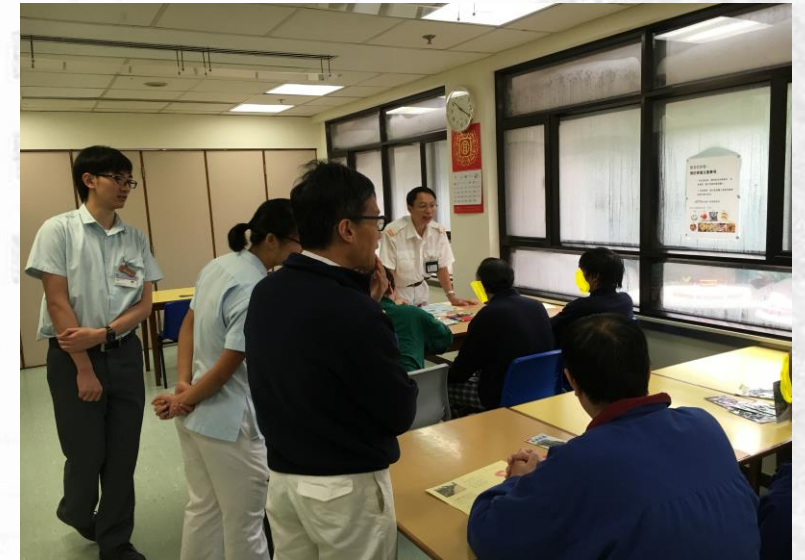
Horticulture in Psychiatric Ward



1. Enhance quality of life of psychiatric rehabilitation.
2. Promote positive impacts in sense of satisfaction, pleasure and social interaction.
3. Promote in-reach services for psychiatric patients and volunteers.

Implementation

- Supported by **HA Quality of Care Project Funding.**
- Conducted Horticultural sessions in Shatin Hospital, Floor 3, Rehabilitated garden.
- Started since 1, Sept – 31, Dec, 2016.
- Recruited 67 male in-patients from Adult Psychiatric Wards in Shatin Hospital.
- Facilitated each session with 4-5 patients by sufficient manpower.



Inclusion criteria & exclusion criteria

Inclusion criteria

At any age, not in a confused mental state, and understand purpose of intervention.

Exclusion criteria


At suicide or violent risks, or have major physical problems.

Ethical Considerations

- Obtained informed consent
- Data collection to be kept confidential
- Provided all information about the project
- Had the Right to quit anytime



Brief Psychiatric Rating Scale -18 items

Brief Psychiatric Rating Scale (BPRS) (J.E. Overall & D.R. Gorham, 1988)	
 新界醫院 HOSPITAL AUTHORITY Shatin Hospital New Territories East Cluster	Name: _____ Age/Sex: _____ Ward: _____

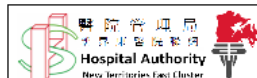
Please enter the rating in the boxes provided.

0 = Not assessed, 1 = Not present, 2 = Very mild, 3 = Mild, 4 = Moderate, 5 = Moderately severe, 6 = Severe, 7 = Extremely severe

	Pre-assessment Date:	Post-assessment Date:
1. Somatic concern – preoccupation with physical health, fear of physical illness, hypochondriacs		
2. Anxiety – worry, fear, overconcern for present and future		
3. Emotional withdrawal – lack of spontaneous interaction, isolation, deficiency in relating to others		
4. Conceptual disorganization – thought processes confused, disconnected, disorganized, disrupted		
5. Guilt feelings – self-blame, shame, remorse for past behavior		
6. Tension – physical and motor manifestations of nervousness, overactivation, tension		
7. Mannerisms and posturing – peculiar, bizarre, unnatural motor behavior (except tic)		
8. Grandiosity – exaggerated self-opinion, arrogance, conviction of unusual power or abilities		
9. Depressive mood – sorrow, sadness, dependency, pessimism		
10. Hostility – animosity, contempt, belligerence, disdain for others		
11. Suspiciousness – mistrust, belief others harbor malicious or discriminatory intent		
12. Hallucinatory behavior – perceptions without normal external stimulus, correspondence		
13. Motor retardation – slowed, weakened movements or speech, reduced body tone		
14. Uncooperative – resistance, guardedness, rejection of authority		
15. Unusual thought content – unusual, odd, strange, bizarre thought content		
16. Blunted affect – reduced emotional tone, apparent lack of normal feeling or involvement		
17. Excitement – heightened emotional tone, agitation, increased reactivity		
18. Disorientation – confusion regarding person, place or time		
Total:		
Signed:		
Name & Rank:		

BPRS -18 items with a scale from 0 to 7 for assessing the positive, negative and affective symptoms of individuals who have psychotic disorders.

Individual care plan



Shatin Hospital
Department of Psychiatry

園藝活動計劃目標



姓名: _____
年齡: _____
病房: _____

首次參加日期	
參加原因	
參加園藝活動期望 (包括種植成果, 個人 方面, 如社交, 情緒, 生活背景等)	
個人專長對園藝活動 的幫助(如背景, 性 格, 知識等)	
個人認為園藝活動可 能遇到的問題 (如自信不足等)	

1

Patient satisfaction form

走進園藝世界

請各院友就是次活動之安排, 給予我們一些意見以作檢討。謝謝參與。

(一) 你認為園藝活動是否達致以下目標?

1. 學習到增強個人的自信心:

非常達到 達到 一般 達不到

2. 認識種植的概念:

非常達到 達到 一般 達不到

3. 增加自己對種植的興趣:

非常達到 達到 一般 達不到

4. 學習與人相處的技巧:

非常達到 達到 一般 達不到

(二) 你對活動整體安排的意見

1. 教學活動設計:

很滿意 滿意 一般 不滿意

2. 導師表現:

很滿意 滿意 一般 不滿意

3. 其他意見:

日期: _____

Horticultural pamphlet



園藝活動 宗旨

園藝活動是一種輔助性的治療方法，在不同地方亦顯著採用，藉由實際接觸和運用園藝材料，維護美化植物或盆栽和庭園，接觸自然環境而紓解壓力與復健心靈



注意事項

- 每次活動進行前須經護士進行評估，一切由當時精神狀況決定
- 病人須承受一定風險，同意並了解
- 若天氣轉差則取消

- 病人須承受一定風險，同意並了解
- 如遇身體轉差或不願意，可隨時退出

與我們連絡：

病房經理：周護士
計劃統籌：陸護士 (3C)
王護士，勞護士 (3C)
黎護士，徐護士(3D)



新界東醫 院聯網



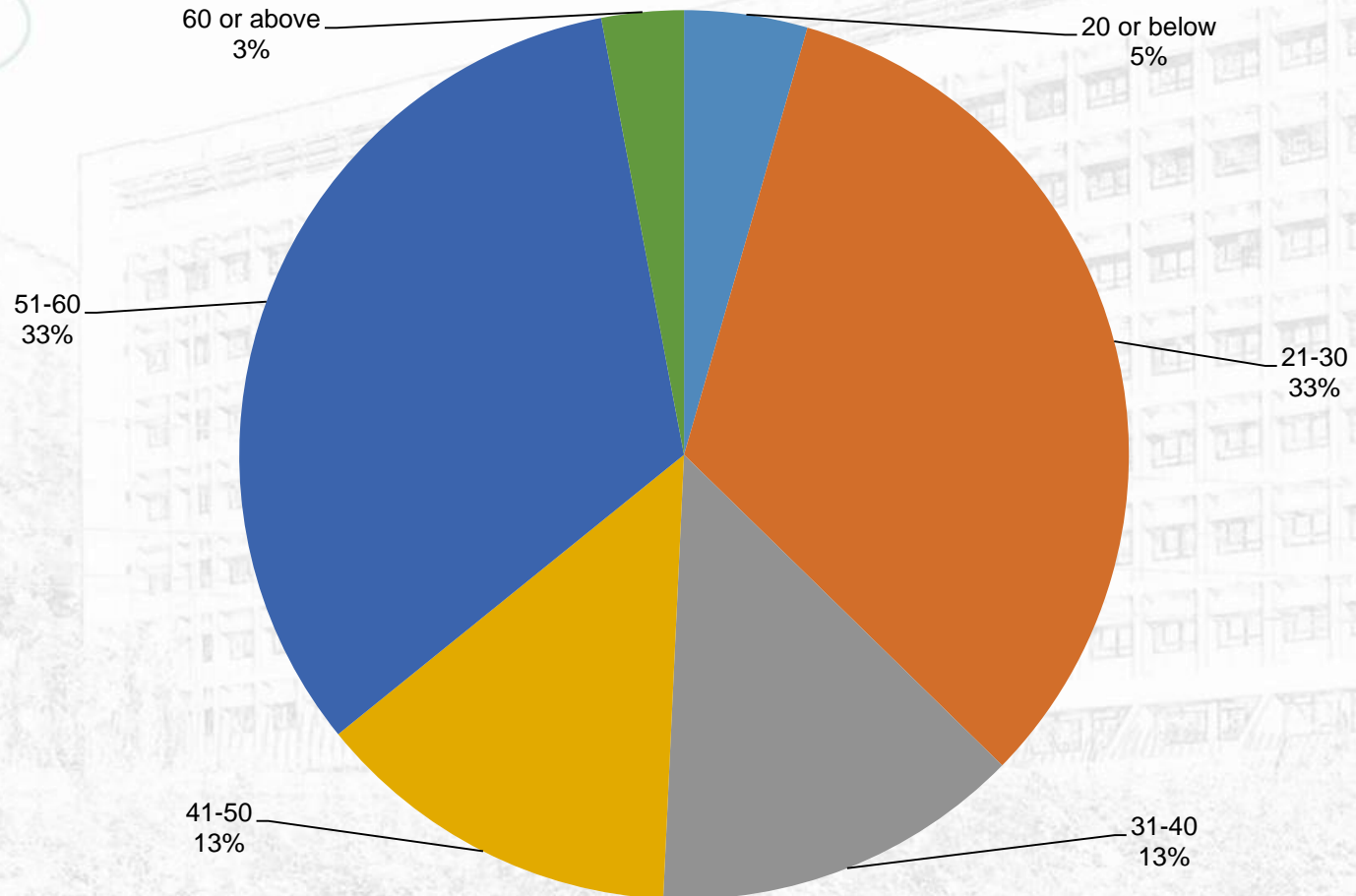
沙田醫院

病房園藝活動 小冊子



Results

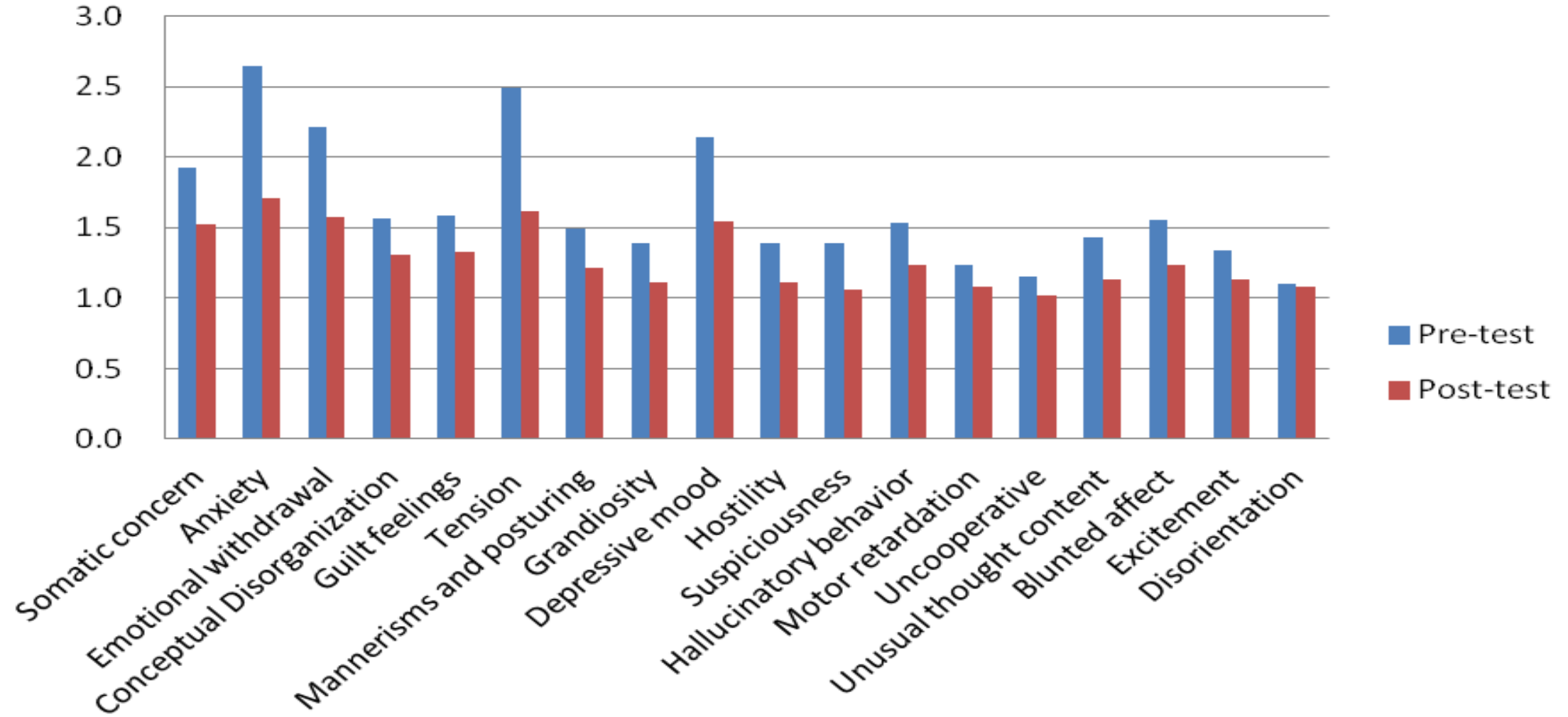
Distribution of patient age in Ward 3CD/ SH



67 male patients
participated

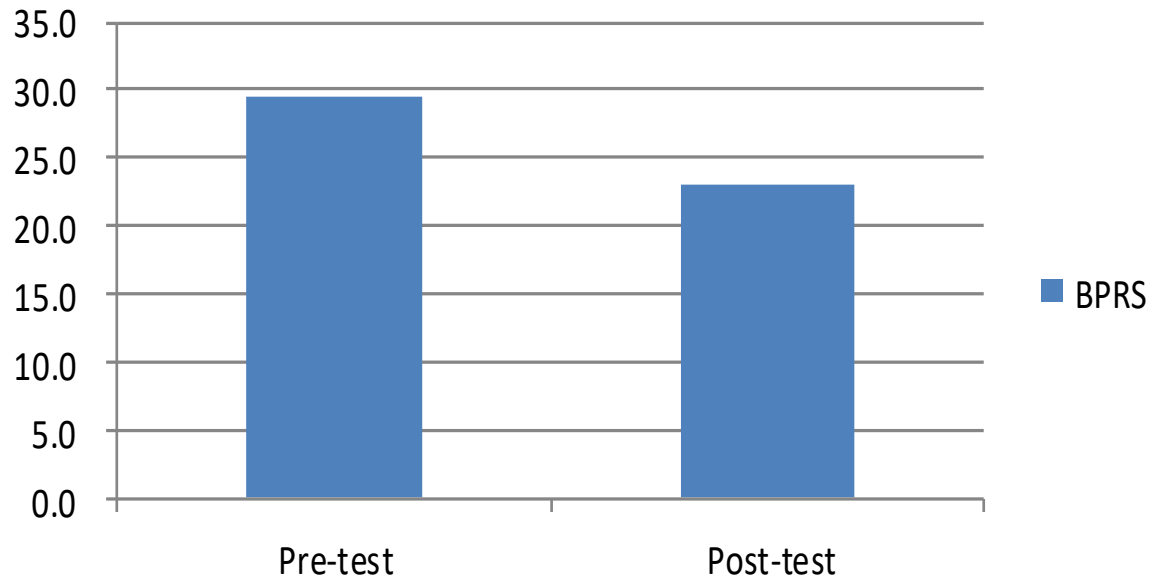
(Showed horticulture
was welcome to all
age groups).

Brief Psychiatric Rating Scale (BPRS)



Result

Average BPRS



Pre- and post-tests of BPRS - Item 18

BPRS	Average
Pre-test	29.6
Post-test	23.0


Outcomes of BPRS

- All 18 items BPRS had improved.
- Average Anxiety reduced from 2.6 to 1.7
- Average Tension decreased from 2.5 to 1.6
- Average Depressive Mood reduced from 2.1 to 1.5



Individual care plan

(2)


 Hospital Authority
 Shatin Hospital
 Department of Psychiatry
 園藝活動計劃目標

首次參加日期	3/9/2016
參加原因	活動對人好些
參加園藝活動期望 (包括種植成果, 個人方面, 如社交, 情緒, 生活背景等)	有希望 見多些植物對人健康的 自然環境, 人也開朗
個人專長對園藝活動的幫助(如背景, 性格, 知識等)	有因家里種很多菜
個人認為園藝活動可能遇到的問題	無, 很好

(如自信不足等)


園藝活動計劃自我評估

參加日期	4/9/2016
完成此節園藝活動計劃感想 (如當時感受, 種植經歷等)	各得用心, 左 可以紓解壓力
下節活動期望	由自己種的花草各得人心, 有希望 希望多些這個花花草草園藝活動 能多些

園藝活動計劃自我評估

參加日期	10-9-2016
完成此節園藝活動計劃感想 (如當時感受, 種植經歷等)	這個活動對人身心好的
下節活動期望	希望多些這些活動

(14)


 Hospital Authority
 Shatin Hospital
 Department of Psychiatry
 園藝活動計劃目標

首次參加日期	15/10/2016
參加原因	使心境平和, 和學習去打理花園。
參加園藝活動期望 (包括種植成果, 個人方面, 如社交, 情緒, 生活背景等)	種植花花草草, 增進我和院友、阿叔、姑娘與阿叔之間的感情、平伏心情和調劑生活, 使生活更加多姿多采和豐富和有意義。
個人專長對園藝活動的幫助(如背景, 性格, 知識等)	我會一丝不苟地淋每一顆花花草草, 使每一顆都能有充足的水份。我的忍耐力使我在炎熱天氣下進行工作。而我的好奇心使我認識更多園藝知識。
個人認為園藝活動可能遇到的問題	天氣問題如大熱和下雨, 而工作繁複可能引致後遺症, 設備亦可能有不足之處。

Individual care plan

Reasons of participation

"Come up to the garden and breathe the fresh air ..."

"Make peace of mind, and learn to take care of the garden",

"I like to walk in the sun, life affects life"

Patient expectation

"Make people more hopeful ..."

"Mood is cheerful, and promote patient to recover."

"Mood will be joyful, hope to hold more sessions. I farmed on mainland as before ..."

Care plan progress

"Strengthen my confidence and optimism, improve interpersonal relationship ..."

"Feel happy and relieve pressure."

"Can interact friends and nurses."



Patient satisfaction form

All Participants agreed gardening activities to achieve objectives, and satisfied the overall arrangement of activities.

走進園藝世界

請各院友就是次活動之安排，給予我們一些意見以作檢討。謝謝參與。

(一) 你認為園藝活動是否達致以下目標？

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非常達到 達到 一般 達不到

2. 認識種植的概念：

非常達到 達到 一般 達不到

3. 增加自己對種植的興趣：

非常達到 達到 一般 達不到

Limitations & Improvement

- Schedule may be affected by weather.
- Physical environment factor: suspended activity due to renovation period in 2017.
- Horticultural sessions resumed since Jan, 2018.
- Improvement of horticulture project extended to all of psychiatric units of SH.

你眼中的新界東

本月專題 PAGE 03-08

從園藝到治療...

文：陸國雄 沙田醫院 精神科 資深護師

新界東醫院聯網得天獨厚，擁有翠綠的自然環境及一群注意全人健康的同事，從以下沙田醫院的病房園藝活動充份表現出來。



園藝活動的病房同事

沙田醫院精神科部門在 2016 年 9 月至 2017 年 2 月期間，為精神科院友舉辦了病房園藝活動。園藝活動是一種輔助性的治療方法，透過接觸自然環境和運用園藝材料，例如：蔬果種植及澆水等，達至紓解壓力的效果，促進院友的康復進程及找到平靜。



播種積極，同心協力

院友眼中的...

事實上，院友對病房園藝活動的反應非常熱烈，他們反映活動能發展及運用自己的強項，加強其自信心和危機處理，以及改善情緒和精神狀況。同時，藉著過程中的人際互動，能改善他們的社交技巧，並促進朋輩間互相支持的氣氛，令住院生活變得更精彩。



翠綠景致的花與景

同事眼中的...

病房同事期望院友透過園藝活動的參與，從植物的生長歷程中找到自己的生命意義，並重拾人生希望。達致心身社交的全人發展，在康復歷程上踏上新一步。🌱

Quality of Care Project Forum 2017/ NTEC



Case Sharing



A mental retardation patient stayed in psychiatric ward. He had aggressive behavior occasionally.....

Conclusion

- Promote patients' **Engagement & Empowerment**.
- Enhance **Peer Support** to share their experiences.
- Induce **Hope** with new lifestyles.
- Horticulture activities demonstrated **Recovery Model Approach**.





**Thank You
&
Acknowledgement
Department of
Psychiatry, Shatin
Hospital, NTEC
&
HA Quality of Care
Project**

End



Q&A



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