



Service Priorities and Programmes

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Early Goal Pursuing Program-A New Mode Of Ward Occupational Therapy Program For Patients In Acute Psychiatric Ward

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Introduction

A new focus of acute psychiatric services is placing on recovery and patient involvement, which suggests being self-advocate is fundamental to successful illness management. Yet, patients are commonly presented with passivity in rehabilitation. In addition, discontinuation of positive emotion evoking activities reduced patient's attention and momentary thought-action repertoires.

Patients' involvement and positive emotion are not optimal in conventional large group ward occupational therapy. By contrast, an individualized ward based program was tailored for uniqueness to services user's recovery stages and needs. This shed light on a more individually-tailored ward-based program Early Goal Pursuing Program.

Objectives

- 1) To investigate improvement of patient's occupational performance and satisfaction after individually-tailored ward-based program
- 2) To investigate change in state of positivity in emotion (SPE) after individually-tailored ward-based program

Methodology

From October 2016 to November 2017, patients with occupational therapy referral in one of the male acute psychiatric ward were recruited. Patients were interviewed with My Recovery Plan, as modified from Canadian Occupational Performance Measure to set individual goal. Next, OT assistants facilitated the execution of individually-tailored activities for an hour per day for at most 5 consecutive working days. Patients' SPE (Range from 1-10, 0 is lowest and 10 is highest) was rated daily before and after the activities. Self-perceived change in occupational performance and satisfaction were rated after 5 sessions.

Result

Average age of patients (N=91) was 37.5 with 62% were Schizophrenia spectrum disorder. 64.8% of the patients recruited set goal in self-care domain. Mean gains of SPE across first 5 days are 0.97, 0.88, 0.67, 0.82, 0.72 longitudinally. According to

broaden-and-build theory, short lived positive emotions elicited are expected to produce changes in thoughts, actions and physiological response that induce long-lasting consequences.

Wilcoxon Signed Ranks Test indicated that both the median of post-test self-perceived performance (Median= 6) and self-perceived satisfaction (Median= 7) were significantly higher than the median of pre-test performance (Median= 5), $Z = -5.9$, $p = .000$, and satisfaction (Median= 5) ranks, $Z = -5.47$, $p = .000$. Mean change in self-perceived performance and self-perceived satisfaction in these domains were +1.4 and +1.5 respectively after 5 session of program.

Performance and satisfaction of an important occupational domain can be improved actively under Early Goal Pursuing Program. Occupational therapists need to provide more individual interventions and more fully involve patients in deciding individual goals during acute psychiatric phase.