



**Service Priorities and Programmes**  
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**Submitting author:** Mr Eddy CHENG

**Post title:** Occupational Therapist I, KH, KCC

**A 3-year Review of Occupational Therapy out-patient services for Persons with First Episode Psychosis**

*Cheng KNE, Lo WYA, Leung YYL, Yiu YMC, Mak HYM, Tsang KYD, Ng HPB  
Occupational Therapy Department, Kowloon Hospital*

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**Introduction**

People with first-episode psychosis (FEP) were noted with declining life functioning, loss of meaningful day-time engagement and dissatisfying lives.

Youth (aged 15 – 25) with FEP commonly encountered low energy and self-esteem, and had difficulties in making friends. Social dysfunction affected their schooling or getting a job. Adult (aged 26 – 64) with FEP, who aimed at resuming their ordinary life and worker roles, also lacked of ways and skills to pursuit their goals.

Occupational Therapy (OT) programs were designed to reduce self-stigma and re-connect others as well as to build up their skills to pursuit meaningful life according to their needs and strength.

**Objectives**

To evaluate the effectiveness of OT intervention on people with FEP.

**Methodology**

A retrospective study was used to review the functional outcome of people with FEP, who were referred by Early Intervention Service (E.A.S.Y.) clinic of Kowloon Hospital, during the period of August 2014 to July 2017. Data of daytime engagement and scores of Life Functioning Assessment Inventory (L-FAI) were collected by convenience sampling at baseline and upon discharge, and were compared statistically in two separate groups, the youth group and adult group.

**Result**

67 clients (27 youths and 40 adults) were successfully discharged from OT service during this period. The average treatment hours provided to the youths and adults were 18 hours and 15.2 hours respectively. The treatment included individual coaching and group programs.

In the youth group, before receiving OT treatment, 16 out of 27 youth (59%) were idling at home. After training, only 2 of them (7%) remained idling whereas 6 got a job, 2 got supported or sheltered employment, 1 returned to school and 5 attended vocational training. Compare L-FAI scores with the baseline, it showed significant

improvement in home-making (3.3 vs 3.7,  $p=.021$ ), work (2.8 vs 4.5,  $p=.000$ ), social (3.7 vs 4.3,  $p=.000$ ) and leisure (3.8 vs 4.2,  $p=.008$ ) functioning after training. In the adult group, before treatment, 26 out of 40 adult (65%) were not having meaningful daytime activities. After training, only 8 of them (20%) remained idling. 11 of them got a job, 3 got supported employment, 2 attended vocational training, 1 joined day center and 1 became housewife. Compare L-FAI scores with the baseline, it showed significant improvement in home-making (4.0 vs 4.4,  $p=.018$ ), work (2.1 vs 3.6,  $p=.000$ ), social (3.5 vs 4.1,  $p=.000$ ) and leisure (3.3 vs 3.9,  $p=.000$ ) functioning after training.

Conclusions:

Results suggested that OT programs could improve the life functioning of people with FEP and facilitate them to resume student and worker roles.