The use of Diversion activity in enhancing the psychological well-being of pregnant women during long stay hospitalization

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Introduction
Some pregnant women with obstetric complications may require a long hospital stay till delivery, for instance Preterm Premature Rupture of Membrances, Placenta Preaevia or Hypertension complicating pregnancy. Usually they need to be hospitalized for close monitoring until 34 weeks as the risk of preterm delivery, is known to be associated with these obstetric complications. During the hospital stay, it will limit their physical mobility and affect their emotional state. As a healthcare professional, we need to give them support, not only for the physical condition but also for the psychological status. When these women give evidence of verbalized a feeling of boredom or state to do something, or give objectives by acting depressed or restless, "Deficient diversion activity" may be diagnosed. This is defined as an individual experienced of decreasing stimulation from, interest on, or engagement in recreational or leisure activities. In order to address this problem, a program of diversion activity was designed, such as handcraft class and sharing, to enhance their physical and psychological balance.

Objectives
Through the participation and engagement in diversion activity, these long hospital stay pregnant women can have the reduction in the feeling of boredom, stress and anxiety. It also helps to promote the therapeutic relationship of pregnant women and healthcare providers.

Methodology
Handcraft class leading by volunteer has been conducted at Antenatal ward on every Friday since December 2017. It takes around one hour and also provides a communication platform for healthcare staff and clients to have sharing and counseling. Evaluation form will be given to participants after the class. The participants can express and share their feelings.

Result
Total 40 clients were participated and feedback was collected after the class. Their anxiety was alleviated after sharing and counseling. Through the diversion activity, they showed a significant decrease in boredom and stress reduction. With this program, the therapeutic relationship between pregnant women and healthcare providers was also enhanced. Most of participants showed their appreciation to the
coordination of this diversion activity program.