



Service Priorities and Programmes
Electronic Presentations

Convention ID: 581

Submitting author: Mr Jacky CHAN

Post title: Occupational Therapist II, KH, KCC

Establishment of Wellbeing Centre in OT Out-patient Unit through Shared Decision-making Model

Chan YHJ (1), Lo WYA (1), Chan SMF (1), Kwok WMJ (1), Leung KST (1), Tang YML (1)

(1)Occupational Therapy Department, Kowloon Hospital

Keywords:

Wellbeing

Shared Decision Making

Recovery Approach

Introduction

People with mental illness are often lacked of initiation and strategies in improving wellbeing state, which perpetuated their functional impairment in community. The establishment of Wellbeing Centre in outpatient unit of Occupational Therapy (OT) Department involved them in the design and implementation processes under the shared decision-making model in order to motivate and energize them in treatment planning.

Objectives

- Creating a personalized environment to cultivate wellbeing concept for patients with mental illness
- Improving patients' engagement, participation and decision-making in the establishment of Wellbeing Centre

Methodology

28 out-patients referred for OT were recruited and empowered as “experts-by experience” in the preparation process of Wellbeing Centre. Two meetings were conducted for introduction of wellbeing concept in July and August 2016. Afterwards, they participated in the design, planning and decoration of a conventional treatment room into Wellbeing Centre, the renovation work completed in January 2017.

Building on suggestions from service-users, Wellbeing Centre consisted of Tasting, Relaxation, Education and Connecting Corners, and they were entitled as “Centre Managers”, contributing to the design and implementation of wellbeing enhancing activities among peers.

Focused interviews were conducted among 25 service-users in August of 2017. Respondents were invited to describe their feelings and experiences in Wellbeing Centre for program evaluation.

Result

The average age of respondents was 47.0. 19 of them were diagnosed with psychotic

disorders, 4 of them were having mood disorders and 2 of them were having other psychiatric disorders.

Keywords from their responses in interviews were analyzed. 50% of them reported that Wellbeing Centre offered a relaxing environment, comparing to traditional hospital setting. 25% of respondents described it as a “home-liked” environment and 20% of them felt being encouraged to make choice with freedom in Wellbeing Centre.

Result of quantitative measurements also reflected their satisfaction; they rated 7.6 out of 10 in averages on “the level of relaxing and warm environment” and 8.5 out of 10 in averages on “sense of belonging and involvement” in the centre.

To conclude, wellbeing enhancement is crucial for improving the community functioning of people with mental illness. The shared decision-making model, incorporated in Wellbeing Centre, provided an ideal pathway for promotion of service-users’ involvement, as well as their competence in pursuing better wellbeing state.