



Service Priorities and Programmes
Electronic Presentations

Convention ID: 650

Submitting author: Miss Suki HUI

Post title: Occupational Therapist I, CCH, HKEC

The Magic of Art: Using Expressive Art to promote Mood & Quality of Life for long stay patients

HUI SS (1), CHOW STY (2)

Occupational Therapy Department, Cheshire Home, Chung Hom Kok

Keywords:

Expressive Art

Quality of Life

Mood

Long stay patients

Introduction

Quality of life (QoL) is especially relevant for patients in long-term care setting given their increasing age and level of dependency. An excellent service enables patients to engage in activities which bring them pleasure and meaning with the ultimate aim of enhancing their psychological well-being. Art, at its simplest, is a form of communication and expression. Evidences showed expressive art can enhance emotion, physical, cognitive and social benefits for the long stay patients. Recently, a study showed the visual art production brought functional brain connectivity and demonstrated the neural effects of art production on psychological resilience for adults.

Objectives

This pilot study explored the effectiveness of using expressive art program to promote Quality of Life (QoL) and mood for the long stay patients with diverse physical disabilities.

Methodology

This was a pre and post intervention study and recruitment of subjects was adopted by convenience sampling of the long stay patients with physical disabilities in Cheshire Home. Primary outcomes measures used were "Visual Analogue Mood Scale" and "Chinese WHO-5" to see the impact on patient's mood and QoL after interventions. Secondary measure used was the patient's self-report questionnaire.

Result

8 long stay patients (mean age:63) (mean score of HK-MoCA: 16/30) were recruited for completing 4 sessions of expressive art program. Expressive art program with four different themes was led by Occupational Therapists named "Collage your Mood, Mask Painting, acyclic painting of "Self Portrait" and "Embrace Happiness". Findings are overwhelmingly positive in terms of all parameters. Mood score significantly increased 18% ($P < 0.041$) and QoL score increased 26% ($p < 0.007$) after interventions. Overall satisfaction rate from all participants was 5.4/6. As such, the

process of expressive art program provided a non-verbal means to reveal patient's feeling, increase self-esteem, facilitate verbal communication, social interaction and cathartic release. Results also demonstrated the positive effect in promoting mood and QoL for the long stay patients.