Hospital-based Patient Support Project  “Gardening Activity: Plants as Therapy” 園藝樂悠悠
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Introduction
Gardening is a “wellness” activity for young and old as well as general public and special needs group. In Princess Margaret Hospital (PMH), Community Health Resource Centre (CHRC), Cancer Patient Resources Center (CPRC) and Occupational Therapy Department jointly organized a patient-support project entitling “Gardening Activity: Plants as Therapy” with donations to be sought centrally from Hospital Authority Charitable Foundation (HACF).

Objectives
The Project was to benefit patients with chronic illness(es) and volunteers enhancing their bio-psycho-social well-being through gardening activity both indoors and outdoors as well as interaction of plants and people. It was a client participation in success oriented program helping individuals to learn or relearn adaptive strategies and gain or regain a sense of accomplishment.

Methodology
The Project was a one-year activity commencing in October 2017. The content included (i) education classes and workshops to provide knowledge and skills of plant growth and nutrition, pest control and garden design etc. to the participants. (ii) Field visit to Green Hub of Kadoorie Farm (iii) Group gardening sessions to practice in teams, adaptive strategies and techniques. (iv) Sharing sessions to share experiences and success, collect feedback and evaluate the Project.

Result
58 patients and volunteers joined the Project. All participants commended that the workshops and field visit were practical and very enjoyable. Their interests and knowledge on gardening were enhanced. Four participants voluntarily played as
leaders and formed teams to conduct weekly group gardening sessions. Harvest and crops were shared among the participants. Through indoor & outdoor gardening activity, the Project not only benefited patients & volunteers enhancing their bio-psycho-social wellbeing, they also revitalized a green environment at CHRC connecting the visitors in hospital to mental repose and positivity.