



**Service Priorities and Programmes**  
**Electronic Presentations**

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**Submitting author:** Ms Carlo LEUNG

**Post title:** Assistant Social Work Officer, PMH, KWC

**Hospital-based Patient Support Project “Gardening Activity: Plants as Therapy” 園藝樂悠悠**

*Leung KYC(1), Wong TY(2), Chan WMM(1), Chan WYM (1), Lo CKJ(2), Cheung WCS(3), FUNG KSS(4)*

*(1)Community Health Resources Center (2) Cancer Patient Resources Center  
(3)Department of Occupational Therapy, Princess Margaret Hospital (4)Department of Medicine and Geriatrics*

**Keywords:**

Patient Support

Gardening Activity

bio-psycho-social well-being

Enhancing Partnership with Patients and Community

**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.