



Service Priorities and Programmes
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Psychiatric nursing in model practice: Self-acceptance programme for people suffering from schizophrenia spectrum disorder

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Introduction

Model practice in Psychiatric Intensive Care Unit (PICU) has been developed in Kwai Chung Hospital. It adopted person-centered coordinated care with a recovery-oriented approach to create a secure, satisfying and fulfilling life in patient's care pathway. In line with the concept of model practice, self-acceptance programme is developed for Person In Recovery (PIR) with schizophrenia spectrum disorder to enhance their psychological flexibility by making use of acceptance and mindfulness principles together with commitment and behavior change strategies. The programme has been developed in 2017 and conducted by two psychiatric nurses in two model practice wards.

Objectives

1. To increase PIR's psychological flexibility 2. To facilitate PIR to pursue life goals and directions that are personally meaningful 3. To enhance PIR's happiness and self-esteem level

Methodology

PIRs with schizophrenia spectrum disorder who aged from 16 to 64 under care of model practice ward were recruited into the pilot programme. The self-acceptance programme consisted of five sessions which focus in assisting PIRs to increase awareness of their internal experiences, recognise their own values and take active steps move towards their goal and values. Each session was last for 90 minutes. Subjective Happiness Scale (SHS) and Rosenberg's Self-Esteem Scale (RSES) were used to measure pre and post difference of happiness, self-esteem level respectively. All participants have been interviewed to seek narrative comment after the program.

Result

Two groups had been completed in 2017. There were 12 participants recruited (M:F=

1:1; mean age= 32) and 10 of them completed both pre and post assessments. The mean score of SHS increased by 1.5 (paired t-test, $p < 0.05$, 95% C.I.=0.23 to 2.77); the mean score of RSES increased by 2 (paired t-test, $p < 0.05$, 95% C.I.=0.18 to 3.82). All participants were satisfied with the programme. Narrative feedbacks of participants were also positive such as "I could increase connectedness to my values and goals", "I will try to accept all those bad past experiences and live with them ", " The programme guide me to work with my goals and direction". Based on the encouraging and supportive results, it is concluded that the self-acceptance programme is applicable to people suffering from schizophrenia spectrum disorder and feasible to be implemented in model practice ward.