



Service Priorities and Programmes
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Occupational Therapy Service in Enhanced Common Mental Disorder Clinic

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Introduction

Common Mental Disorder Clinic (CMD) has been revised with enhancements with multidisciplinary inputs to clients in non-urgent and non-psychotic category with effect from July 2016. In line with local and western trend, Occupational therapy (OT) Service has adapted NICE guideline on Common Mental Health Problems, to develop treatment programs with evidence-based psychological interventions (The Australian Psychological Society) aimed to help the persons with common mental disorder (CMD) to resume their meaningful life roles by three-fold helping strategies: 1) Building of self-management skills in terms of illness, symptoms, functioning, and well-being; 2)enhancement of coping with psychosocial and occupational functioning through the use of focused psychological interventions; 3)Building up Positive Well Being (PWB) in the realm of positive living according to Seligman's PERMA model.

Objectives

This paper describes a preliminary evaluation of the occupational therapy service in Enhanced CMD in the past year and provides suggestions for future service enhancement.

Methodology

The case management plan was formulated after triple intake (assessment by psychiatrist, nurse, and occupational therapists) and three phases of psychosocial intervention sessions were provided based on clients' needs. Treatment program run in group or individual format. Therapists may provide individual follow up after group sessions. Each individual was measured at baseline and completion of the OT program. Measures include Chinese Version of WHO-5 Well Being Index (WHO-5), Personal Well Being Index (PWI), the Social and Occupational Functioning Assessment Scale (SOFAS). Beside, satisfaction survey was conducted to evaluate client feedback on psychosocial intervention group.

Result

From July 2016 to March 2017, 35 clients have completed the program and the evaluation. The preliminary results showed that the clients has improvement in well-being, social and occupational functioning. Furthermore, 98% of clients were satisfied with psychological intervention groups provided. For service enhancement, it

is suggested to provide flexible timeslot for clients at work. Besides, focused group on parenting and retirement was indicated.