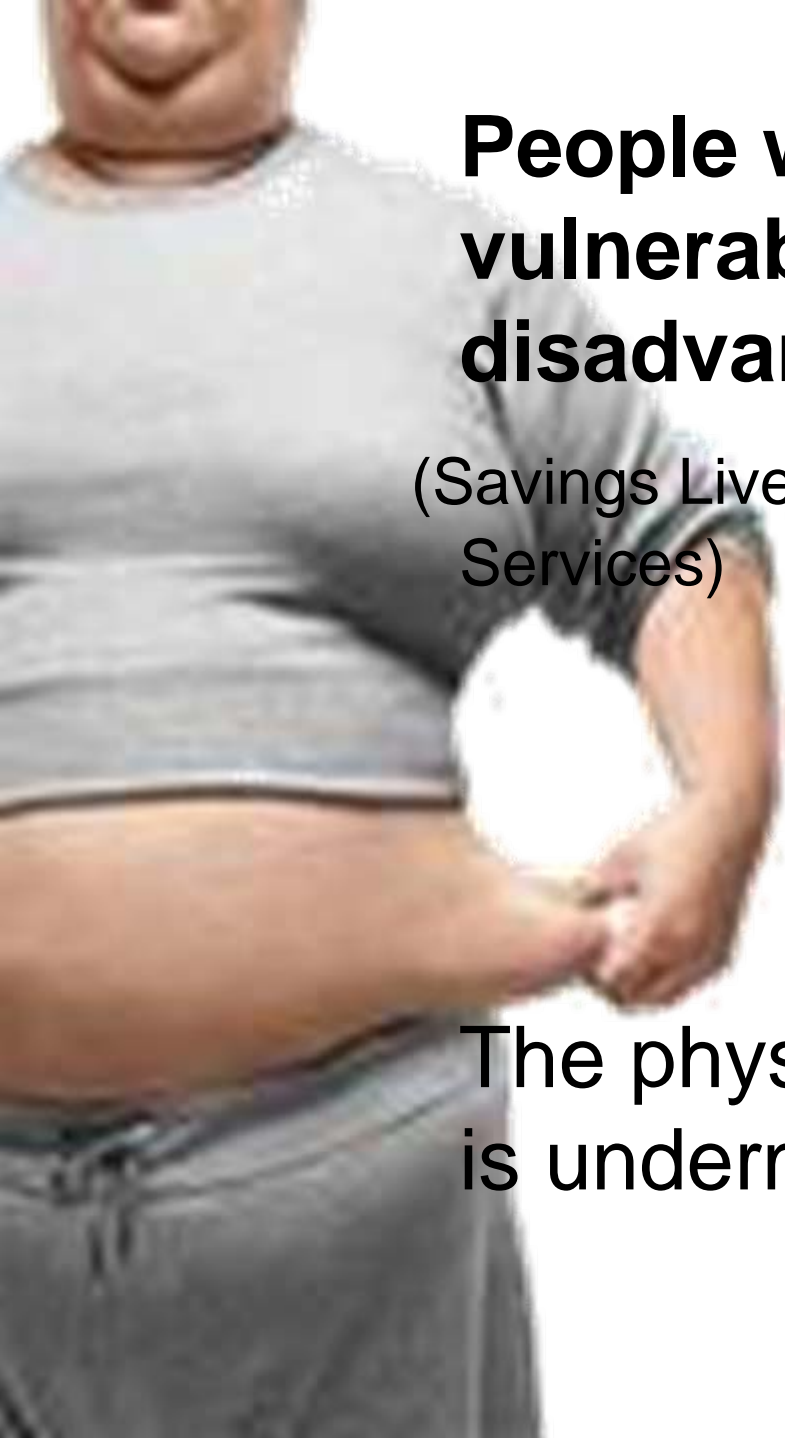


# **Physiotherapy Wellness Program - A New Horizon in Mental Rehabilitation**

Jointly By

Physiotherapy Department & Department of Psychiatry  
Ms. Lo MY, Ms. Lam P, Ms. Lam S , Mrs. Chan WY, Dr. Pang PF

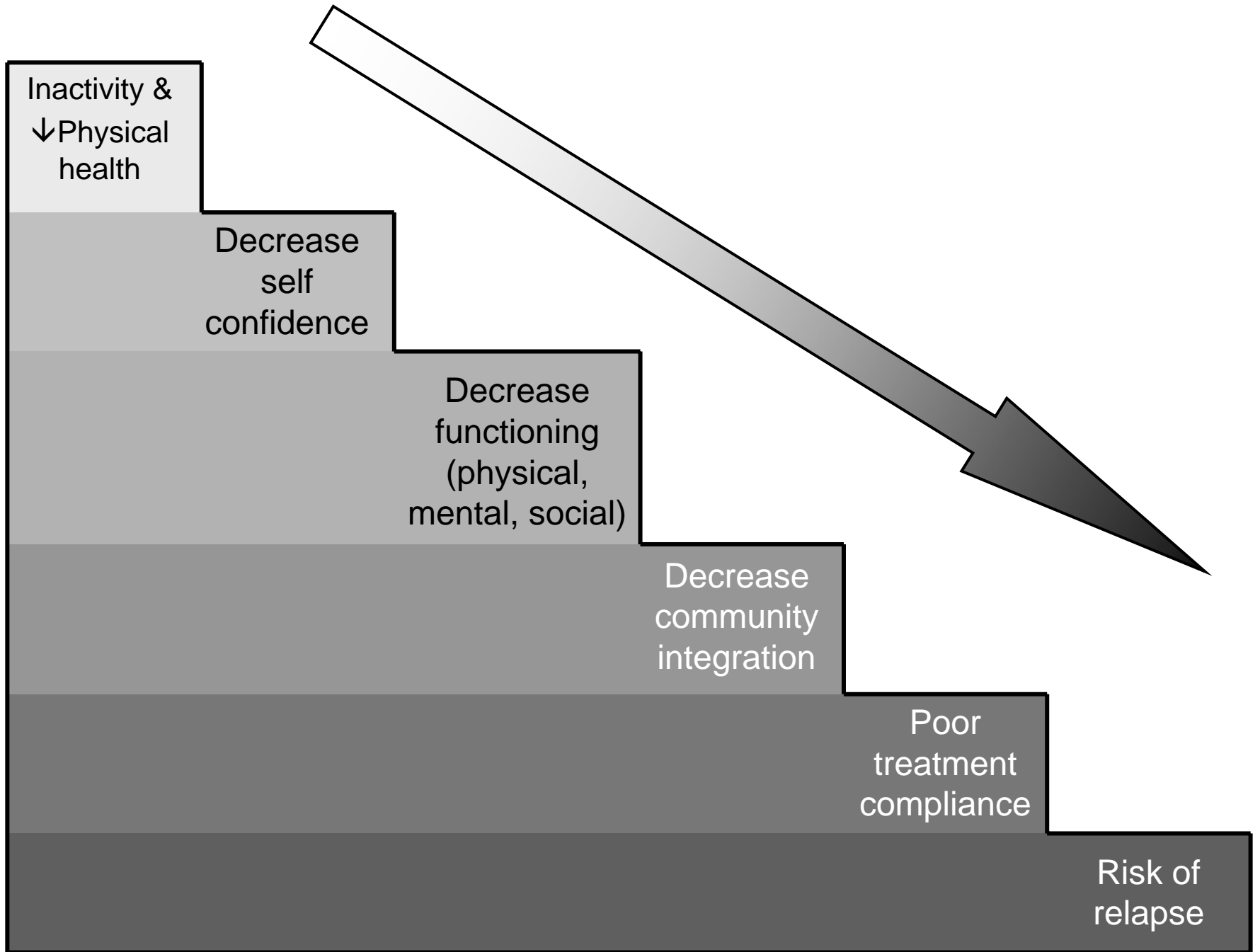




# **People with mental illness are vulnerable and a health disadvantage group**

(Savings Lives- DOH Modernizing Mental Health Services)

The physical health of mental clients is undermined



Inactivity &  
↓ Physical  
health

Decrease  
self  
confidence

Decrease  
functioning  
(physical,  
mental, social)

Decrease  
community  
integration

Poor  
treatment  
compliance

Risk of  
relapse

# Significant Implication

Patient's suffering

Hinder the integration back  
into community life

Socio-economical burden



# Conventional Mental Rehabilitation

- Medication
- Psychotherapy
- Cognitive Behavioral Therapy
- Vocational training
- .....



# The link of body & mind

- Royal College of General Practitioners and the Royal College of Psychiatrists (2009).
- NICE guidelines 2007



# Physical Exercise improves Psycho-social Wellbeing

Researches found exercise effects in **mental clients** include:

**Social interaction**

**Self-esteem**

**Aerobic fitness**

**Energy level**

**Work performance &  
productivity**

( Pelham & ampagne, 1991)





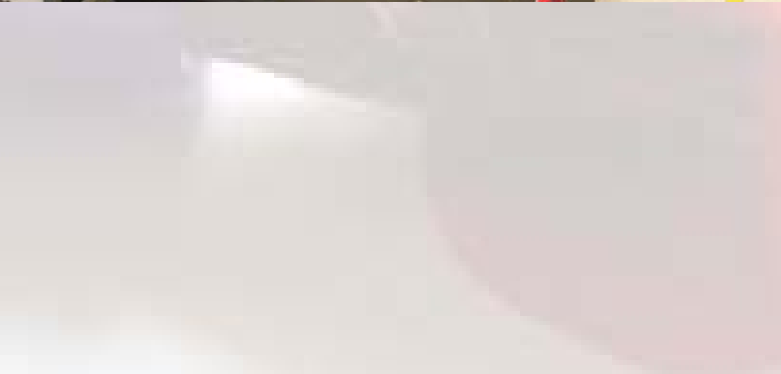
# Physiotherapy Wellness Program

Integrated Collaborative care model for  
mental rehabilitation

In Psychiatric Day Hospital



# Physiotherapy Wellness Centre – Grand Opening



# Integration of Exercise Therapy



# Individualized Exercise Prescription

## Physical Activity Pyramid



Exercises or activities are divided into 4 groups and are put on different level of the Physical Activity Pyramid. The requirement of each type of activity is proportional to the area of the corresponding level of the pyramid:

### **The Physical Activity Pyramid**

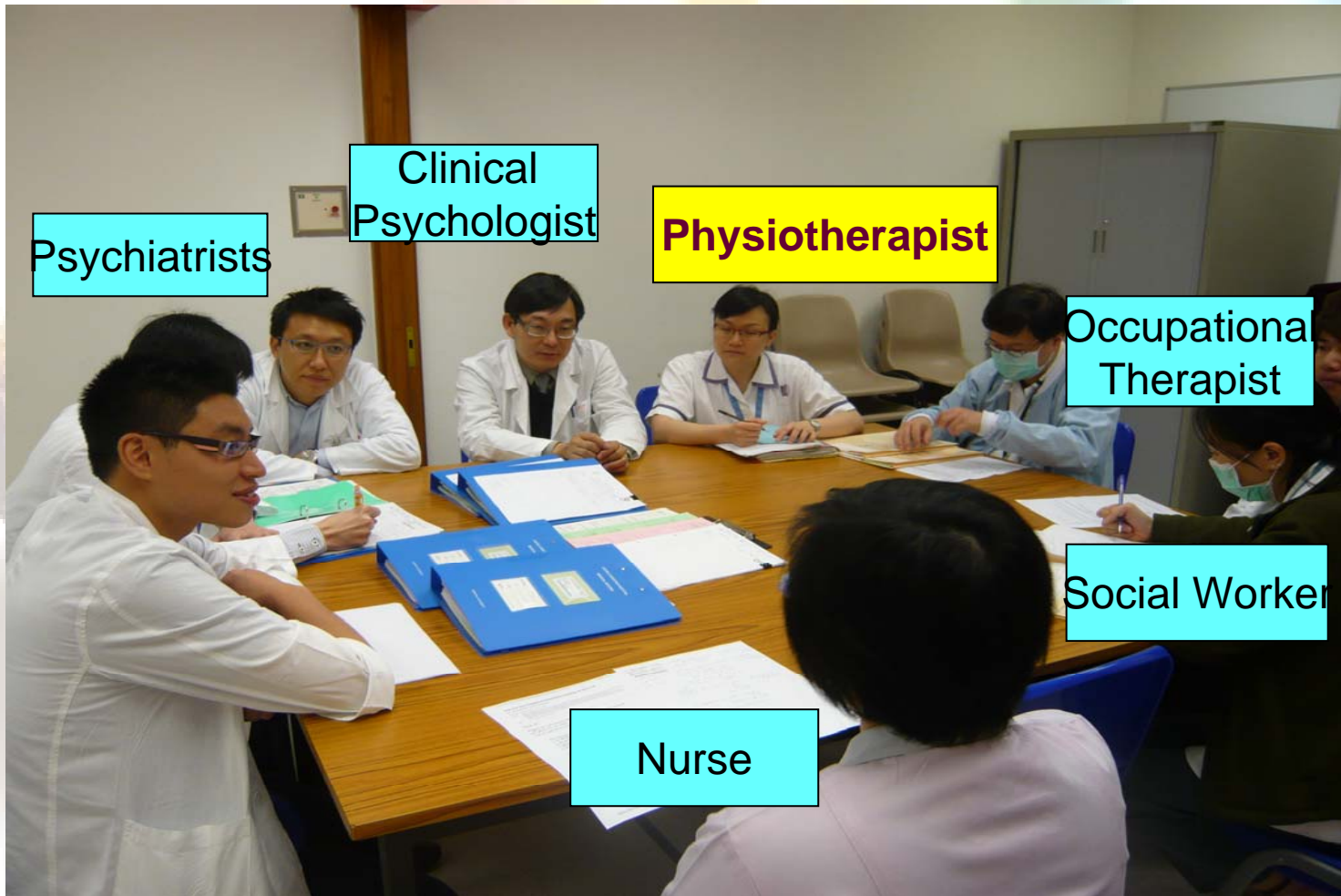
Adapted from Corbin, C.B. and Lindsey, R. (1997). Fitness For Life. (4th ed.), Glenview IL: Scott, Foresman and Co.

# Patient Engagement for Body Mind Wellness



# Multi-disciplinary Collaboration

## Team work



# Community networking

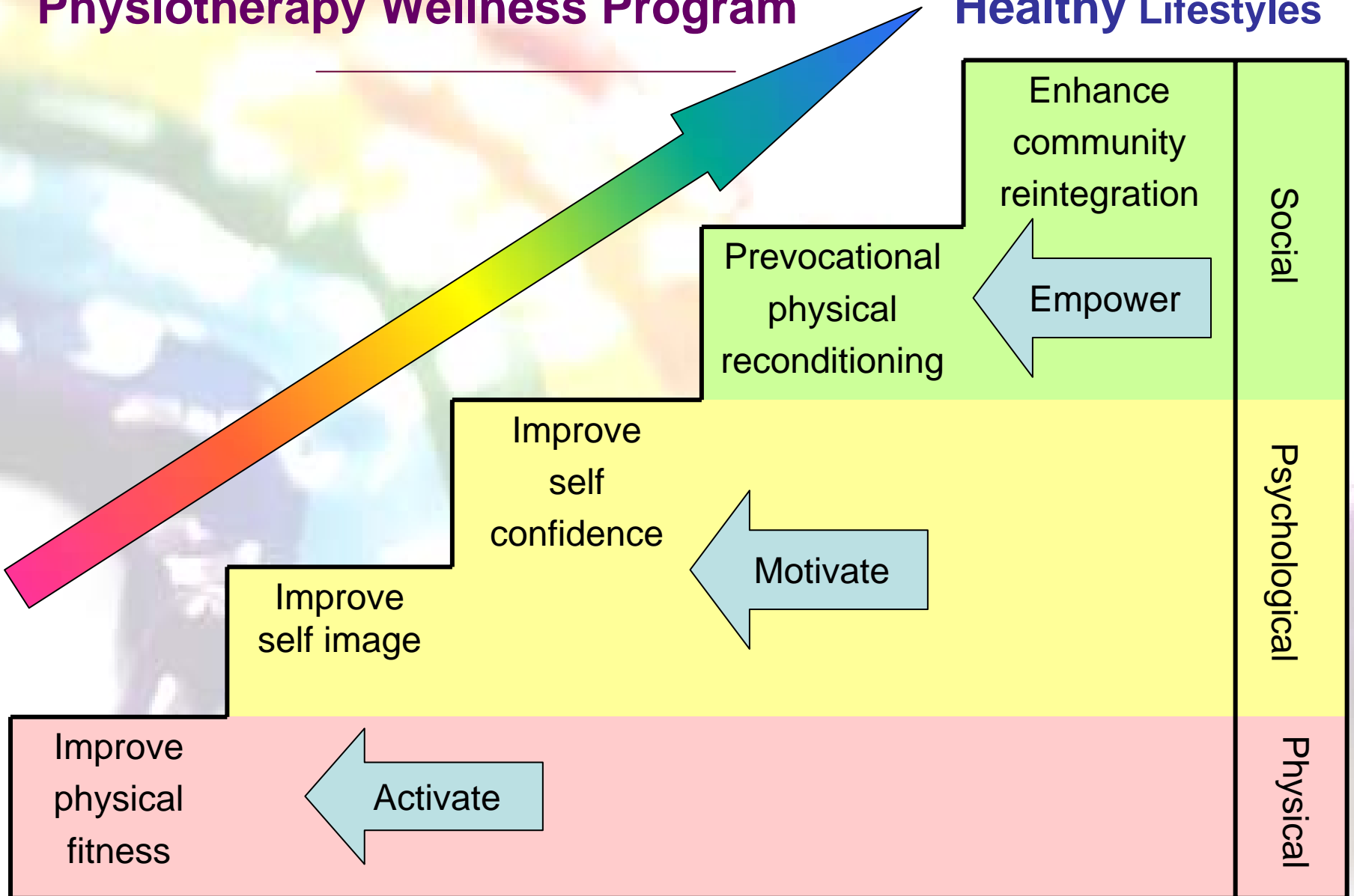


# No stigmatization



# Physiotherapy Wellness Program

# Healthy Lifestyles





**From Jan.2009 to Dec.2009**

**29 Psychiatric Day Hospital patients**

**16 female, 13 male**

**Age : mean 38.2**

**Diagnosis : Schizophrenia (88.7%)**

**Depression (7 %)**

**BAD (3.7 %)**

**BMI : Mean 30.8 (Obesity Type)**



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## Desirable Outcome

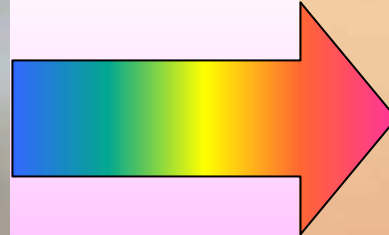
### Better Patient Engagement

The average patients' attendances were compared before and after program started:

81 % of program participants attained **31.6% increase of average daily patient attendance in Psychiatric Day Hospital**

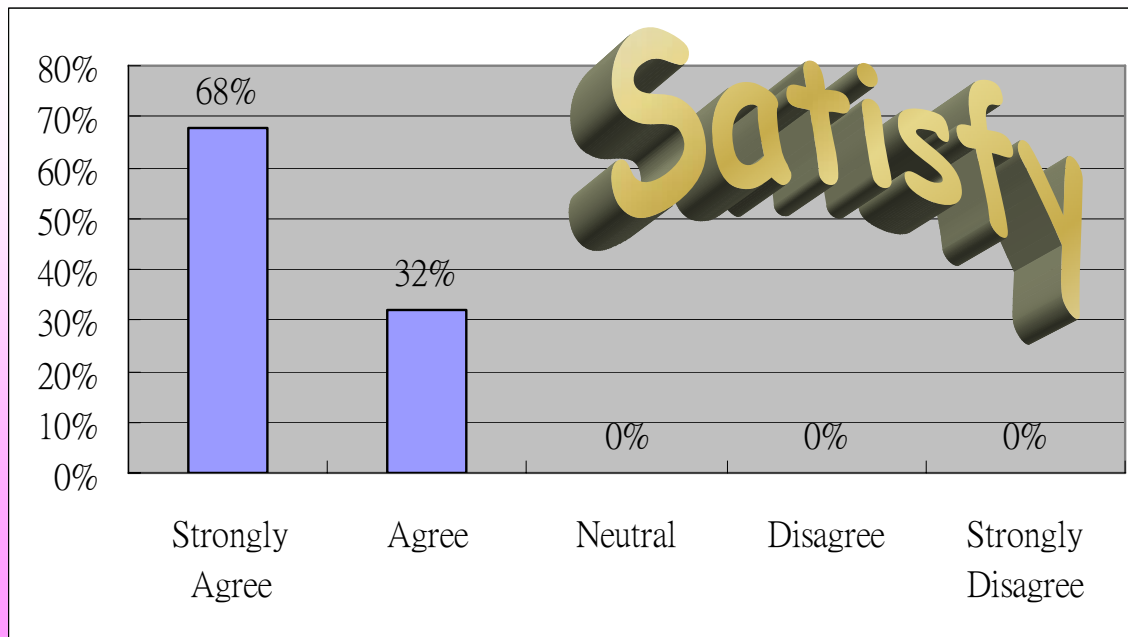


# Desirable Outcome Better Physical Health



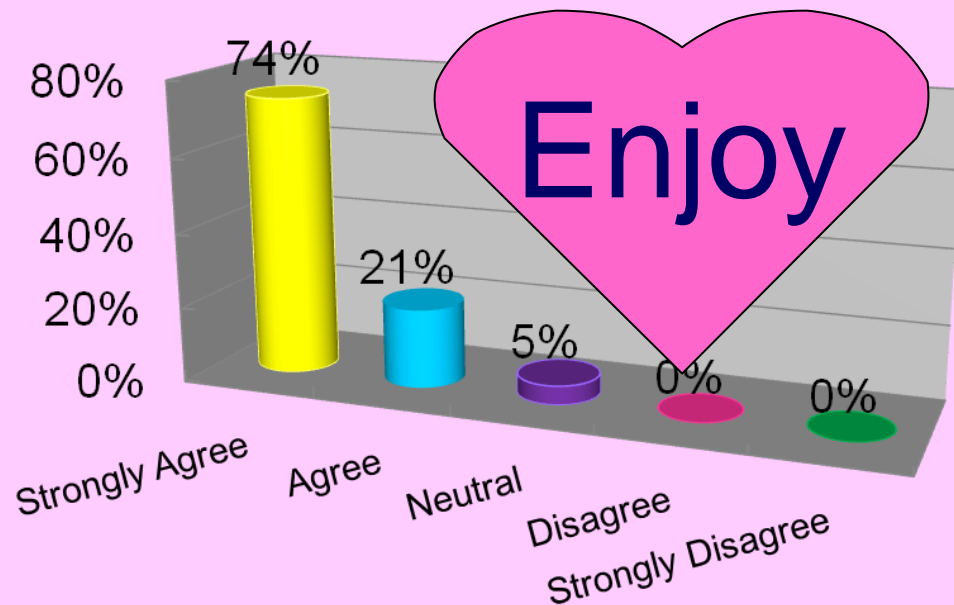
# Desirable Outcome Patient Satisfaction

Q1. I am satisfied in this program



# Desirable Outcome Patient Satisfaction

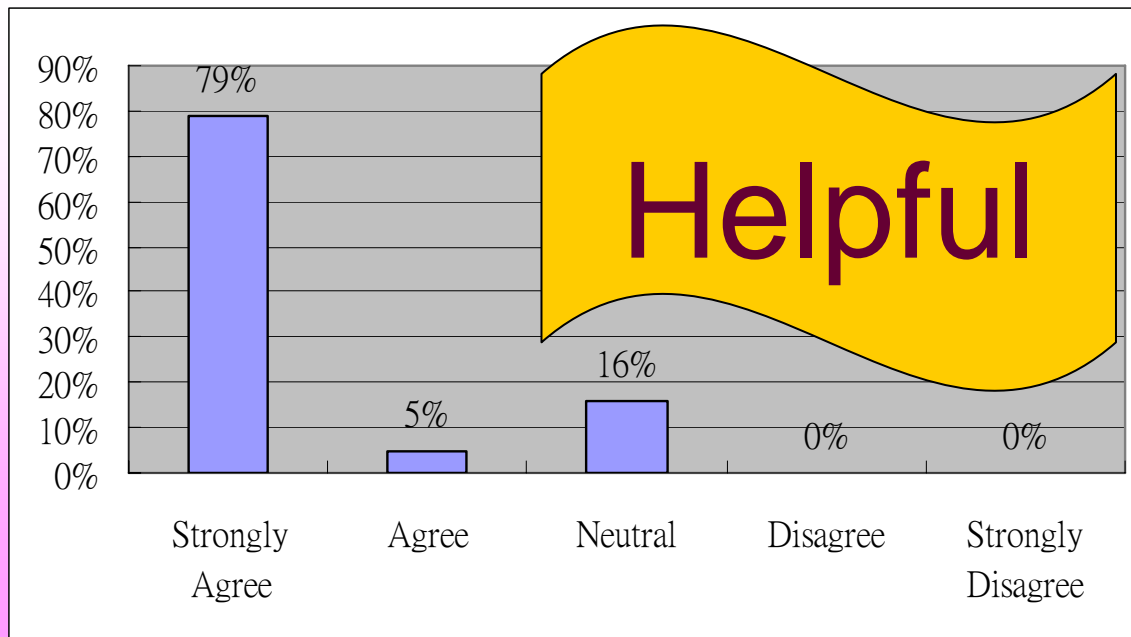
## Q2. I enjoy attending the program



## Desirable Outcome

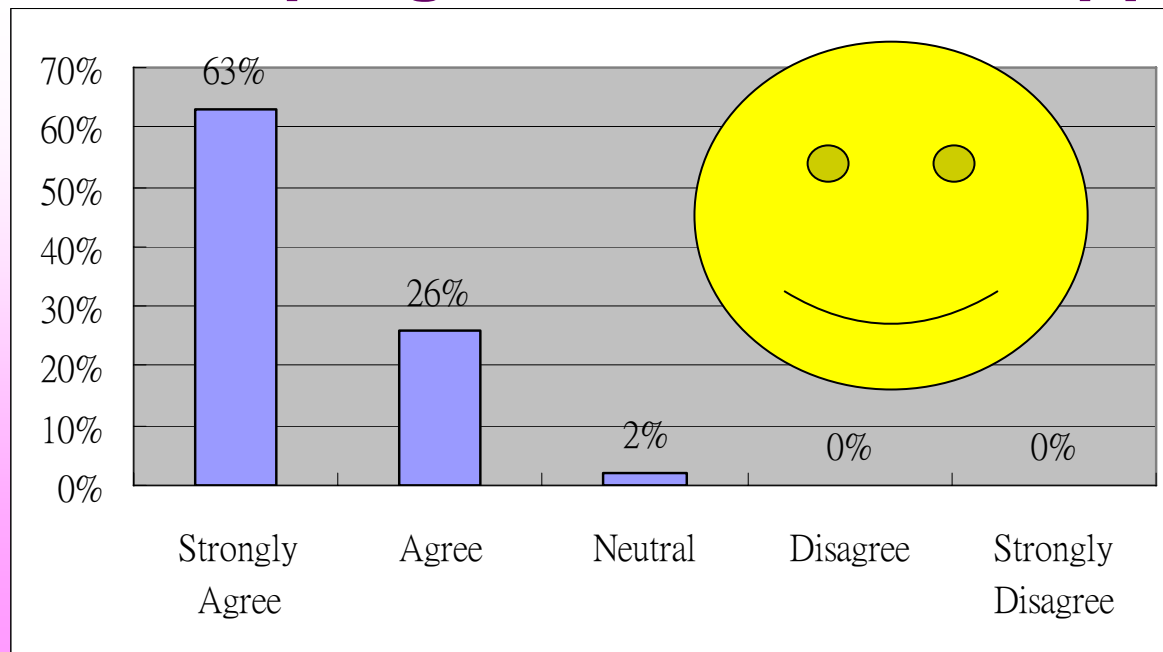
## Patient Satisfaction

### Q.3 I find the program is helpful



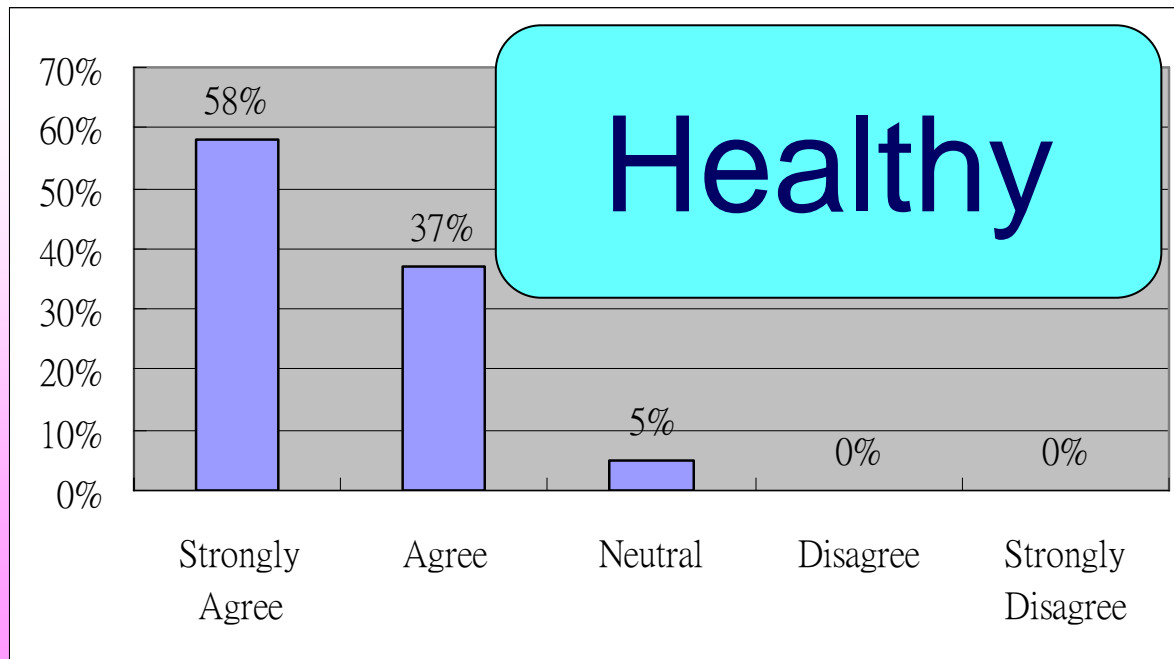
# Desirable Outcome Patient Satisfaction

## Q.4 This program makes me happy



# Desirable Outcome Patient Satisfaction

## Q.5 This program makes me healthy

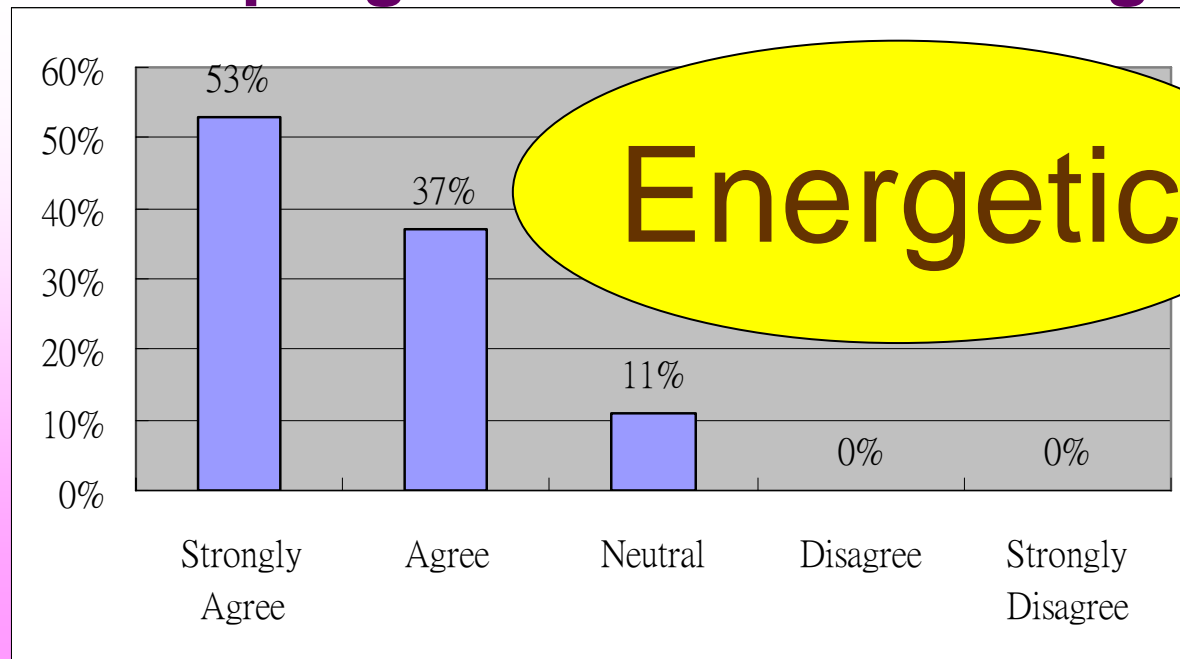




## Desirable Outcome

## Patient Satisfaction

### Q.6 This program makes me energetic

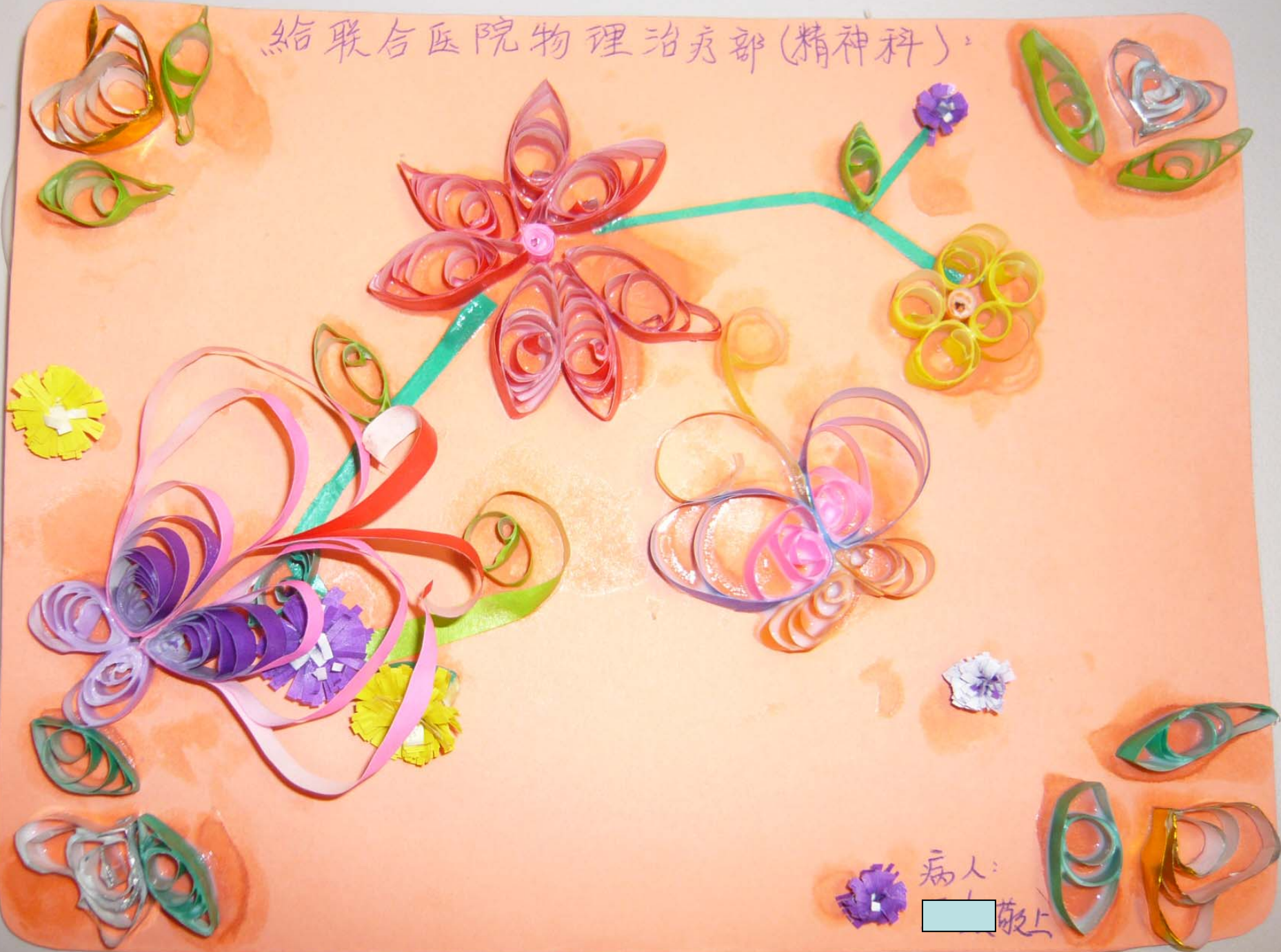




# Patient Appreciation



給聯合醫院物理治療部(精神科):



病人:  
[redacted] 敬上

給聯合醫院物理治療部主管(精神科):  
本人非常感激你們對我熱誠及

# Recuperate self-confidence

關懷的服務態度,也多謝許多治療師

# Rekindle the keenness for life

對我的關心及鼓勵。感謝你們的專  
業指導,鼓勵我按步就班的,慢慢(大約  
6個月)將我的體重控制。使我重拾  
自信,積極的面對人生。Thank you very much!

本人因服用精神科藥物之後,變成  
"虎背熊腰",身體非常龐大,非常难看。

# Revitalizing life

你们的出现使我人生有了转机，是你们的爱、专业、热忱的服务态度。你们没

# Exercise starts me on

使我可以将运动减肥成为我的动力，我患病后的第一个目标。虽然进度非常缓慢，但有你们的支持及鼓励，我绝对不

會輕易放棄。我有今天的成果，所有的功績全是你們的幫助。

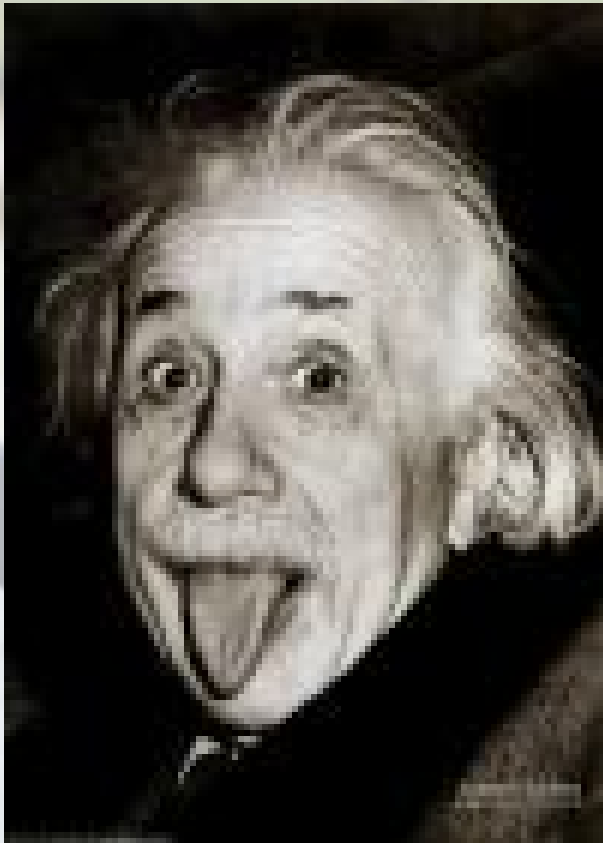
thank you very much  
**Attainment of life goals**

小小的病人。



28<sup>th</sup> September 2009.

Insanity: doing the same thing over and over again and expecting different results.



- **Albert Einstein**

*make a difference*

in someone else's life today.

*Time to make a difference!*





# Let's move

## Mindsets:

Mental Focus → Wholeness Focus  
Disease Model - Wellness Model

## Patients:

Dependant → Independent  
Non-compliance → Engagement  
Isolation → Community integration



1.2

Getsn Mi Exrcise

# Physiotherapy Wellness Program

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**A new horizon in  
Mental Rehabilitation**



# Thank You & Acknowledgement

**Dr. C C Luk ( CCE HKWC/ Ex KEC)**

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**Mr. Pauly Chow (PT II UCH)**

