



Service Priorities and Programmes
Electronic Presentations

Convention ID: 135

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Chinese Calligraphy program for mental patient in Ward E201 寫我心情之樂在其中書法篇

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Keywords:

Chinese calligraphy

Mental patient

書法

樂在其中

Introduction

Traditional Chinese calligraphy is an art form unique in China. Apart from appreciating the importance of calligraphy through its cultural content it can explain calligraphy in terms of the psychology of art. Chinese calligraphy can improve one's cognitive activation, physiological slowdown, emotional stability, and perceptual sharpening. A tailor-made "Happiness & Leisure: Chinese calligraphy program (寫我心情之樂在其中書法篇) was conducted for mental patient in admission ward. It is not more than a form of self-expression, Chinese calligraphy is often a bridge connecting the hearts and minds of the patient. It is a highly attentive writing motion and lead to a state of bodily balance with positive emotion.

Objectives

To strengthen patient's mind and bodily balance To help patient reinstate self-confidence and develop personal interest To enhance patient self-appreciation and social recognition To teach patient sustain a positive emotion

Methodology

The program started September 2012 by Dr Wilson Lau (as volunteer) to teach patient on the basic step of Chinese Calligraphy. Every patient would be invited to participate in program (寫我心情之樂在其中書法篇). Program would hold once a week and each session lasting 60 minutes. Each session will have a special topic such as Chinese poem (唐詩三百首) and positive wordings. After the session, patients would be invited to share their feelings and their calligraphy among the peers. They also invited to complete a post-activity survey to comment on the effectiveness of the calligraphy activity.

Result

The program was held from September 2012 till March 2013. Total 178 patients were participated in 寫我心情之樂在其中書法篇 on weekly basis. Total 88% of participants

were found “very satisfied” to the environment. There were 79.3% found “very satisfied for the instructions. All the participants were found 87% “very satisfied” for the feeling of useful to them and staff’ s attitude in conducting the program. Positive feedback was collected and most of them felt the program improving their attention, relaxation and they are willing to join it again. Conclusion The program successfully provides a platform for patient to relax and express themselves, throughout the process of 寫我心情之-樂在其中書法篇 patient's mind and body are being integrated with coordination, relaxation and harmony. Patients were enjoyed each session and that help reducing institutionalization effect in their recovery process. Patient’ s self-appreciation and peer recognition were promoted which is an important criterion for rehabilitation process.