



Service Priorities and Programmes

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Carer Support Program in Psychiatric Rehabilitation

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Introduction

The issue of carer engagement in psychiatric treatment process has been well recognized worldwide with recent systematic review of literature completed (Rowe 2012). In Hong Kong, the Hospital Authority has recently provided annual funding to support related 'carer support program' from different service districts. In this paper, the outcomes of two funded programs of day hospital of Yung Fung Shee Psychiatric Center KEC are reported. Program 1: Community Orientation Program for low income clients and carers (CSSA family) Program 2: A carer support program for psychiatric day hospital clients with symptoms of impaired daily living and social functioning Both pioneered programs aimed at encouraging interactive family engagement into the psychiatric recovery process.

Objectives

Program 1: To provide chance for low income clients and their significant others (ie. couple or children) engaging high quality entertainment in their neighborhood. Both clients and carers felt a sense of respect and dignity within their living community. Program 2: Through involving the interactive psycho-social activities among with staff and clients, the carer will learn the way to explore and realize client's strength.

Methodology

Program 1: Both clients and carers selected two 3D movie appreciations, one karaoke singing and one tea buffet. They actively participated in the planning process including budgeting, community resource searching, sharing and feedback sessions. Program 2: A total of 34 sessions were held within the period of 1 Aug 2012 - 18 Jan 2013 (one to two sessions of activities per week, each session lasted for 60-90 minutes). While clients and their carers took part in different artistic, social and cooking classes, they were flexible to take up different roles according to their needs and interests. For instance, some of them actively picked up the preparatory work in planning and running class, whereas others were more motivated to re-develop their daily living and social skills in a warm and trustful atmosphere built among clients, carers and nursing staff.

Result

A program evaluation survey was conducted to collect feedbacks from both clients and carers. In program 1, 95% of clients and carers strongly agreed the feeling of

being respect and dignity gained in the whole process, 85% of clients and carers felt touching from songs sung together, screaming for exciting 3D movie, talking harmony in buffet time; the groups engaged around six to nineteen persons, clients wanted for more carers involved, especially old parents were also the significant one of them. In program 2: 100% of clients and carers stated enjoying the process, carers were please about the invitation to be the members in activities that were held, some actively participated with clients into the process while some preferred to observe clients un-obtrusively. 30% of the clients and carers felt the program highly met their expectation as their understanding and relationships were improved, while the remaining 70% rated from slightly to fairly met their expectation.