



Service Priorities and Programmes Electronic Presentations

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Service Improvement over social skill training – SMART group

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Introduction

Psychiatric rehabilitation referred to the restoration of community functioning like daily living and vocational adaption for well being who had psychiatric disability. SMART group is a nurse-initiated rehabilitation program in PDH since 2003 aiming at enhancing clients' self confidence and promoting social inclusion by assigning clients series of tasks in rehabilitation components and biweekly group evaluation. SMART is acronym for "Stretch, Motivate, Augment, Rebuild and Target" and clients who had deficits in living skills in area of household coping, social interaction and stress coping would be recruited into the group. Previous reviews showed significant improvement over vocational outcomes, reducing readmission as well as improving social contact with others. Further nursing manpower supply with more variety of tasks assignment has been introduced in 2012 and a service review over SMART group has been done among SMART group members.

Objectives

To understand the viewpoints over SMART group among group members To facilitate future improvement of SMART group

Methodology

A semi-structured interview was done among all existing SMART group members in Jan, 2013. The content of the interview was related to the advantages and challenges over the SMART group as well as staff support and improvement of it. The interview questions were reviewed and consolidated by nursing team members of PDH. After all interviews, the content was analyzed and consolidated into themes.

Result

Eleven existing SMART group members were interviewed according to the guide of interview. They joined SMART group ranged from one to six months. Among group members, they consolidated the advantages of joining SMART group as by finishing simple tasks in SMART group, they could contribute to PDH instead of just receiving training. Moreover, they related those tasks were job related. For the challenges of SMART group, they faced difficulties over low volition and tiredness but it could be

improved via structured biweekly meetings and individual meetings by nurses. For the staff aspects, they viewed staff as helpful and treated them as friends and colleagues instead of patients.