



Service Priorities and Programmes
Electronic Presentations

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My Recovery, My Action: New approach of occupational therapy service for psychiatric in-patients based on the principles of Recovery Model

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Introduction

With the launch of Hospital Authority Mental Health Service Plan for Adult 2010-15, the model of service has shifted to focus on recovery which promotes individualized patient-centred care to build up resilience and confidence, develop health lifestyle and social capital, so as to pursue independent living in community. All psychiatric occupational therapy units have reviewed their current service standard with Recovery Self-Assessment and PYNEH ranks in the middle. MY RECOVERY, MY ACTION 我的復元計劃 which embraces the important values and principles of Recovery Model has developed for our psychiatric in-patients. It utilizes client-driven approach to assist setting of recovery goals and choices of treatment. Patients can enjoy the opportunities to express, design, participate and execute rehabilitative activities in occupational therapy department. They can learn to prioritize their needs and organize their time and resources to facilitate their recovery process in PYNEH.

Objectives

The study is to collect the feedback of patients participating in MY RECOVERY, MY ACTION 我的復元計劃 for service review and improvement in psychiatric OT practice.

Methodology

Interest survey is conducted in early 2012 and a list of top 10 activities is elected by patients. Rehabilitative activity modules are designed and implemented in Main OT department for psychiatric in-patients. Focus groups are organized to collect their opinions for qualitative analysis.

Result

50 patients participated in MY RECOVERY, MY ACTION 我的復元計劃 since late

September to November 2012 and 80 group therapy sessions implemented. 24 patients joined 3 focus groups and gave feedback that they supported the change in provision of service model with the advantages of increased autonomy treatment choices and engagement in decision for personal healthcare, increased sense of respect and confidence. They also suggested including some work-related activities to facilitate their success in employment after discharge. Individualized, need-based and strength-enhanced services are welcomed by our psychiatric patients. MY RECOVERY, MY ACTION 我的復元計劃 is successful to facilitate their engagement, empowerment and self-management. Occupational therapist can act as enabler to restore health, happiness and fulfilled life roles during their recovery journey.