



Service Priorities and Programmes
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A Pilot Study on Promoting Rehabilitation Through Art Activity in Stroke Patients

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Introduction

The sudden onset of stroke with functional disability affect the adaptability and motivation of stroke patients as a result of emotional distress. Therefore, art activity is introduced to provide another means for self-healing as well as enhancing rehabilitation participation and recovery.

Objectives

To evaluate the effectiveness of art program in improving emotional status, motivation and inter personal relation of stroke patients.

Methodology

The study was piloted in two stroke rehab wards from 1 Apr 12 to 31 Dec 12 in every weekend and public holidays. The art activities included shading affected body parts, painting picture, drawing, designing wonder beads together with music broadcasting. Pre and post Happiness Scale were assessed in each session. DASS 21 tool was also used to collect patient's depression, anxiety, stress level before and after the program. Finally, patient and staff evaluation forms were used to evaluate their feedback.

Result

22 selected stroke patients who completed all the data were analyzed. 15(68%) were male and 7(32%) were female. The average age of patient was 66.3. The average scores of Happiness Scale was increased from 5.94 to 6.87. The findings of DASS 21 showed that the level of depression, anxiety and stress were improved by 50%, 38% and 100% respectively. The situation was improved from moderate or severe to mild or normal. Besides, both the post FIM score and post BI score with a mean gain of around 19% compared with the admission score. Finally, all the participants 22(100%) and all ward staff 27(100%)were satisfied with the overall art program. In conclusions, the simple and creative art program was effective in improving emotional status and functional recovery of stroke patients. It was recommended to pilot the program in other patient groups to maximize their rehabilitation potentials. The art program could be another tool to screen for stroke patients who were at risk of depression for early

expertise management.