



Pilot Patient Empowerment Program of Praise-dance Activity in Palliative Care Ward

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Praise Dance

讚美操

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- **Background**
- **What is Praise Dance:**
 - **Exercise**
 - **Music**
 - **Dance**
 - **Spiritual therapy**



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Objectives:

- Alleviate patients' physical distress through stretching movement.
- Promote participants' self-esteem and personal fulfillment.
- Empower participants' strength through positive wordings with dance movement.
- Allow care givers (relatives and staffs) taking time out to reduce stress level.



Methodology:

❖ Time:

- Around 15-minutes weekly

❖ Target clients:

- Around 12 patients and their relatives, staffs

❖ Who run the activity ?

- Trained nurse who held a certificate holder of related training association

❖ How to do ?

- Nurse empowered their strength, life achievement and support through positive wordings with dance movement

❖ How to evaluate the effectiveness ?

- Questionnaire



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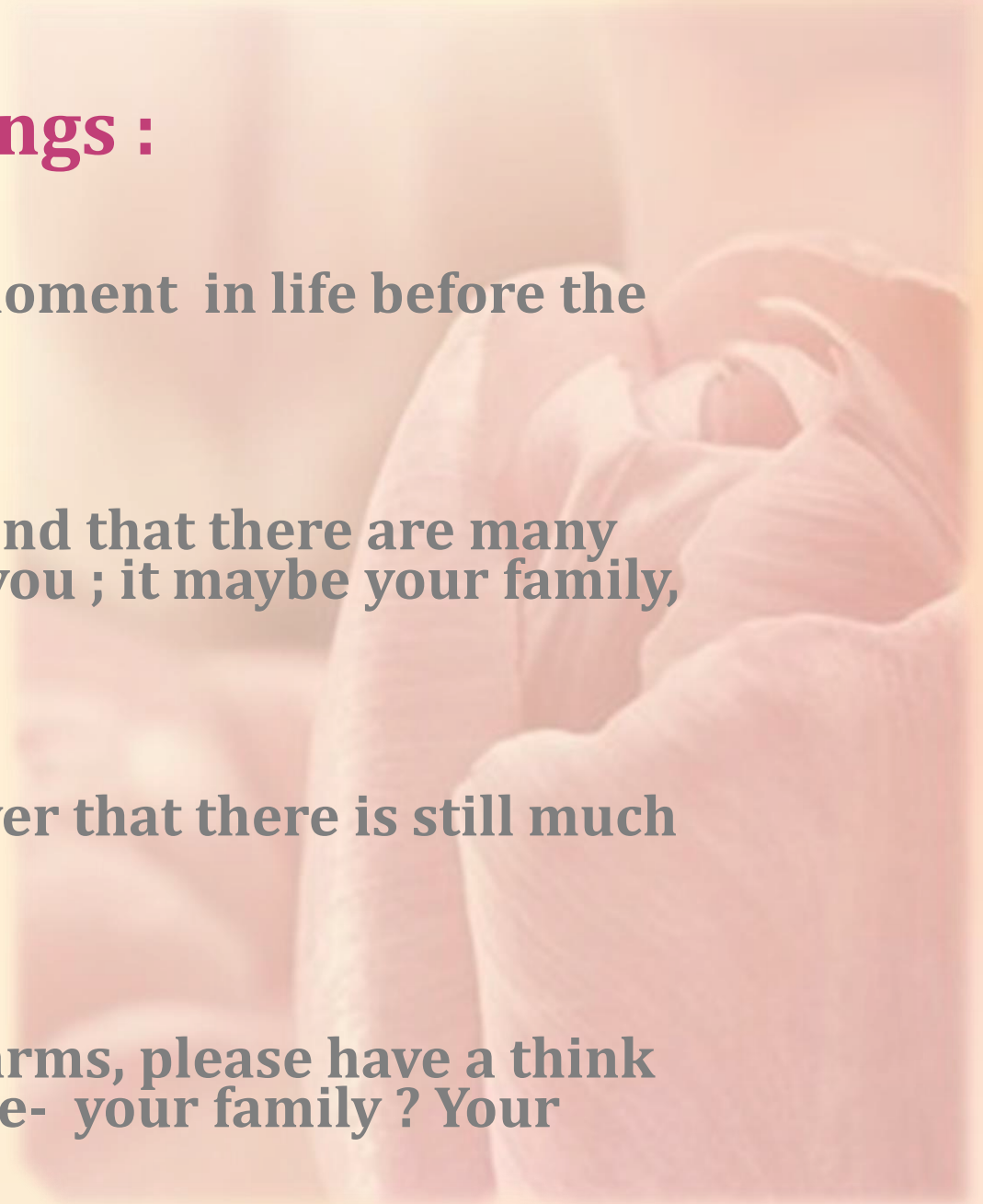
Example of Empowerment wordings :

- Facilitated clients to recall their precious moment in life before the activity.

- “When you reach out your hands, you will find that there are many people prepared to go on this journey with you ; it maybe your family, friends, the doctors, the nurses ...”

“When we look all around us, we will discover that there is still much goodness in this world”

- “This time when we draw circles with our arms, please have a think of what makes your life complete like a circle- your family ? Your friends ? Your work ? Your faith ?...”

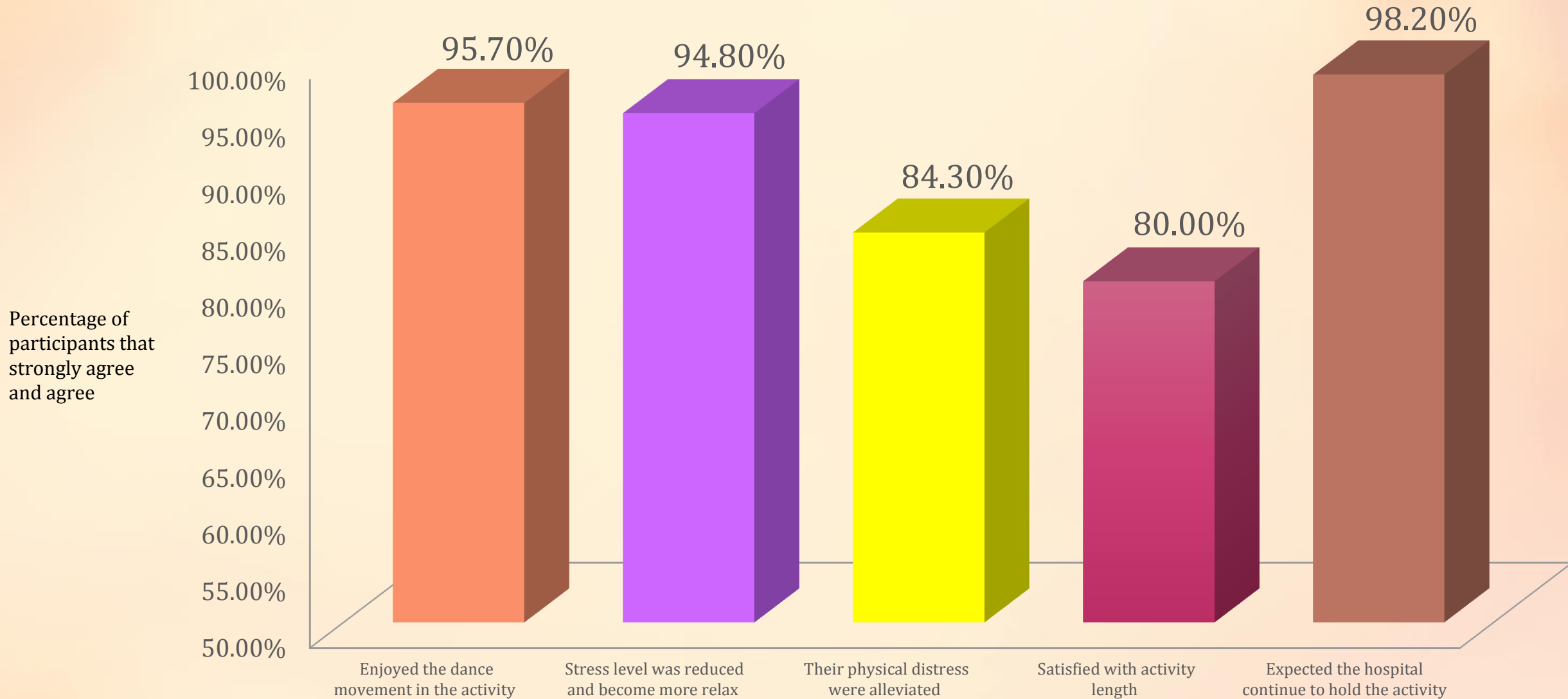


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Result and Outcome

- Total 115 questionnaires were collected
- M: 40.9%; F: 59.1%
- Patients: 64.3%; Relatives: 35.7%;
- Age: <50: 22.6%;
51-65: 45.2%;
>65: 32.2%.

Result and Outcome (N=115)



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Qualitative Feedback (Examples)

- The activity was relaxing, delighting and meaningful
- Hoped it can be held more frequent
- The music was good and showed appreciation to staffs
- Staff: " physical well being was improved"





The dance lets me relax
可以輕鬆一下

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Further Development

- **Out-patient clinic setting**
- **Staff Support Group**



Video of the program

Consents of video recording were obtained from all participants

Acknowledgement

- **Clinical Oncology Department, Tuen Mun Hospital**
- **H 1 ward staffs**

Thank You