



Service Priorities and Programmes
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Herbal Tea Shop – A reminiscence corner promoting elderly psychosocial wellbeing in acute psychogeriatric admission wards

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Introduction

Non-pharmacological Intervention could promote psychogeriatric clients psychosocial wellbeing. There is evidence to suggest that depressed clients' self-esteem and self-image improved through reminiscence work. People suffered from dementia improved communication skills and cognitive functioning through reminiscence activities. A reminiscence corner - Herbal Tea Shop (養心堂) was established in Department of Old Age Psychiatry (OAP), Castle Peak Hospital since Jan 2012.

Objectives

To enhance in-patients' quality of life and psychosocial wellbeing by establishment of a reminiscence corner - Herbal Tea Shop (養心堂).

Methodology

We used 1960s Hong Kong local herbal tea shop as the main theme for the reminiscence corner. In 1960s, Hong Kong herbal tea shops were places for people to have entrainment, dating, watching TV and listening to radio. Most of the antique items in the Herbal Tea Shop were collected through the staff donation exercise. Reminiscence activities conducted to OAP in-patients individually or in group of 3 to 8 patients with sessions of 30 minutes each. 4 sessions of activity per week were arranged in OAP in-patient service. Pre and post-assessment on patients' mood, communication skills, memory and enjoyment would be conducted for each client. Three reminiscence special events had been organized in Herbal Tea Shop which include: OAP Herbal Tea Shop Grand Opening, Chinese New Year Music Appreciation and Mid-Autumn Music and Lantern Appreciation.

Result

Total attendance for OAP herbal tea shop was over 1700 from Jan 2012 to Nov 2012. Patients' pre and post assessment data were collected from 1 Jun 2013 to 30 Nov 2013, 94 sessions of reminiscence activities have been conducted with 412 attendances in this period. Record shown participants' mood significantly improved after the reminiscence sessions. 78% participants decreased level of unhappiness, 85% participants decreased level of withdrawal and 100% participants decreased anxiety level. Data showed all clients increased communication and social interaction

during the reminiscence sessions. Clients' memory stimulated, 92% clients' memory improved. 48% of clients shown enjoyment and 38% shown completely enjoyment. 81% of clients reported they felt happy and 16% reported calm after the activities. Conclusion By establishing the OAP Herbal Tea Shop, care practices for OAP in-patients enhanced through promoting non-pharmacological approaches; service users' wellbeing enhanced through meaningful activities; staff satisfaction increased ; and Herbal Tea Shop provided a good practice venue for nurse learners to put theory into practice.