



Service Priorities and Programmes
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'我不要做蠶豆，我要受歡迎'-A training workbook with aim to enhance social cognition and social competence for patients with Autism Spectrum Disorders and their carers

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Introduction

Psychiatric Nurse Clinic (Child) ,Yaumatei Child Psychiatric Centre of Kwai Chung Hospital decided to improve the effectiveness on social competence training to ASD patients and their carers; a new training workbook was produced.

Objectives

1. To facilitate and maximize the effectiveness of staff's training. 2. To promote and maximize the learning effect of patients and improve their social competence. 3. To increase carers' understanding of children's problems and facilitate effective parenting. 4. To streamline current mode of practice to enhance treatment's effectiveness and relieve tension of the increasing demand on psychosocial treatment for ASD.

Methodology

1. June 2012, a task group was formed – Review and evaluate with past experience, the current practice and teaching materials, extract the most useful parts for modification. - Plan for new training workbook was consolidated. 2. June 2012 to January 2013 – Design training workbook according to the following areas: a) Problems of ASD children. b) Use of current effective approaches c) Effective learning elements for ASD e.g. visual strategies d) From different perspectives of ASD patients, carers and trainers. e) Creating two cutie cartoons characters, black bean and white bean, to illustrate the abstract concepts through concrete daily life examples f) Use of attractive slogans for better generalization in daily life 3. February 2013 to December 2013 – Trial use in individual training with the use of workbook and feedbacks were collected to improve practice. – Pilot trial for 2 social competence groups with the use of workbook; 6 sessions for 11 patients (low intensity problem) and carers, another currently ordinary group with 16 sessions for 6 patients and carers (mixed intensity problem). – Feedbacks were collected through observation, interviews and satisfactory survey. Useful data would be used to improve future practice.

Result

1. 1000 nos. of training workbooks were produced in February 2013 2. Many positive feedbacks were received from the patients, carers and staff. – Nurses found the workbook facilitating the training, they could teach, integrate and present abstract teaching concepts and approaches (i.e. social cognition, problem solving and perspective taking concepts) in a simple, systematic and easy understanding way. – 17 questionnaires returned from carers with results : 94% increased in understanding to patients' problems 82% increased in acceptance to patients 88 % increased praise to their children and less temper displayed 71 % used less punishment – 17 questionnaires returned from patients. They found the book was colourful and attractive, they liked to read and used it. The cartoons characters helped to understand the teaching contents easily. 100 % increased in flexibility and with better peer relationship. 82 % improved in politeness and more concerns to others.

3. Slogans that parents and patients liked most and found useful were as follows:
Parents: '我好欣賞你能夠作出改變！' '多謝你，你講嘅嘢令我聽得好舒服。'
Patients: '說話有禮好重要，聲線語調要適中，別人聽了會心動'
Conclusion The social training workbook evidenced the effective facilitation to social enhancement training to ASD patients. Nurse Clinic will extend the use to other social competence training groups and continue to make improvement for further development in future.