



Service Priorities and Programmes
Electronic Presentations

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Happy Photography: Photo Therapy to enhance Quality of Life, Self-Efficacy and Happiness for the chronic stroke patients living in infirmary

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Introduction

Stroke is a disabling disease, which often results in functional limitations and emotional distress. Evidence demonstrated these long term consequences may have a negative impact on “quality of life” especially those who are living in the infirmary. Photo-therapy is a self-initiated activity & centered in photography. Under Occupational Therapist’s guidance, patients use the digital camera to capture & create images. Through photo-therapy process, it does not just capture image but also act as interface, representing patient’s feelings & thinking. Patients thus able to experience both cognitive awareness, emotional experiencing & affective manifestations.

Objectives

(1) Pilot use of Photo-Therapy as an innovative and therapeutic approach to enhance happiness, self-efficacy and quality of life for the chronic stroke patients living in Cheshire Home. (2) Enhance service quality

Methodology

This was a pre and post study design: Pre-program assessment: health-related QOL questionnaire (SF12), Chinese Self-Efficacy Scale & Happiness Index Offered lectures & practical sessions for photography OT tailor-made assistive device for single-hand user during photography Assigned 3 themes for photography Sharing Groups to select best-pick photo & naming Sharing Groups to re-motivate & empower the participants Conduct 2 make-up sessions for the themes of “Self-Portraits” Photography Projects (1) fabricate unique photo frame (2) create “Life Album” to review past & current happiness plus memorable moments Post program re-assessment

Result

Results: Total of 11 participants joined the program with the mean age 52 The mean of

Happiness Index increased 15% The mean of Self-Efficacy increased 20% The mean of SF12: Physical Component increased 30% The mean of SF 12: Mental component increased 8% Overall satisfaction was 90% Conclusion: We believe every patient is unique and special with their strengths and assets. Photo-Therapy is an innovative approach to re-motivate and empower quality of life as well as happiness and self-efficacy for the long stay patients even they are suffered from diverse physical disabilities caused by stroke. Moreover, happy photography able to inject positive energy and making the best use of our clients' capabilities for their meaningful life in long stay setting.