



Service Priorities and Programmes
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The effectiveness of therapeutic horticulture to clients with depressive symptoms: A Collaboration between Community Psychiatric Service (CPS) and Psychogeriatric Team (PGT)

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Introduction

Therapeutic Horticulture is the use of planting activities as a therapeutic medium by workers with specific training in order to promote physical and mental wellness. Horticulture has been widely adopted as a therapeutic activity for people with disabilities. Horticultural activity groups has been found to promote social functioning, self-efficacy of the persons suffering from mental illness with symptoms such as limitation in thought content, emotion and concentration (Son, Um, Kim, Song, & Kwack, 2004).

Objectives

To enhance physical and mental wellness of patients through horticultural activities.
To promote the community rehabilitation through horticultural activities. To enhance positive change in mood for mental patients through horticultural activities. To compare the responsiveness towards horticultural activities between different age groups.

Methodology

A Working group consists of nurse and social worker of Community Psychiatric Service (CPS) and Psychogeriatric Team (PGT) was set up to develop a horticultural program. Total 14 clients with depressive symptoms were recruited to join a series of Horticultural activities, conducted by a registered psychiatric nurse with Therapeutic Horticulture (TH) training background. This program piloted in 3Q13 in both general adult and psychogeriatric settings. Participants were assessed before and after programme using Hamilton Rating Scale of Depression and WHOQOL-BREF assessment were used to evaluate the change of depressive symptoms and quality of life. Satisfaction Survey had been done for collecting feedback from participants.

Result

Majority (over 70%) of PGT and CPS clients experienced decrease in depressive

features. More than 50% of clients revealed that there was improvement in quality of life in more than 2 domains of WHOQOL assessment upon completion of the program, especially in psychosocial and environmental aspect. Appreciations from involved clients were received from the satisfaction survey. Comparison between different age groups towards horticultural activities could not be done due to limitation of sample size.