



Service Priorities and Programmes
Electronic Presentations

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Promoting reflection space to enhance mental patient's positive mindset in E201 CPH

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Introduction

In the past two decades the use of mindfulness based interventions in clinical settings has quickly become more and more common. Mindfulness-based intervention has many attributes that make it highly suitable for use in short-term inpatient treatment. Studies showed that acceptance and mindfulness-based treatment programs can be usefully adopted in clinical inpatient settings and for challenging problems, especially for suicidal adolescent inpatients (Katz, Gunasekara, & Miller, 2002; Katz et al., 2000), patients with borderline personality disorder (Barley et al., 1993; Bohus et al., 2000), psychotic patients (Bach, P., & Hayes, S. C., 2002; York, 2007; Gaudiano & Herbert, 2006), and to enhance treatment team process (Singh, Singh, Sabaawi, Myers, & Wahler, 2006). Mindfulness is the non-judgmental observation of the ongoing stream of internal and external stimuli as they arise (R. Baer, 2003). And it keeps one's consciousness alive to the present reality (T. N. Hanh, 1976). From mindfulness breathing program, patients can notice without comment whatever is happening in their present experience (G. Claxton, 1990).

Objectives

By applying mindfulness breathing can as a coping mechanism during psychotic feature is elicited To be settling into the current experience in a relaxed, alert, open-hearted way. And to be present to the experience however distressing or upsetting it may be. It is a slow, gentle coming to grips with who they are.

Methodology

We designed a positive mind education program for patient in acute admission ward. The program conducted in weekly sessions last 45 minutes. Patient will encourage to identifying their strength through reflection of practicing mindfulness breathing. Patients were invited to join a Mindfulness Breathing session. A peaceful and descent setting was arranged. After the program, survey was given to the patients to gather feedback and evaluation the effectiveness of the program.

Result

Total 434 patients were participated in the program from January 2013 to December

2013. All of the participant satisfied the activity and most of them wanted to re-attend the activity. Up to 90% of participants thought that the exercise was useful. They enjoyed sharing their happiness marks and doing mindfulness breathing exercise. They claimed that the exercise was comfortable and relax. Feedback of patients was positive such as “很舒服，可以再久一點”；“學多一點這樣類似的放鬆，這個靜觀呼吸運動對我有很大的幫助”；“心靜”自然會開朗，心境平靜及舒展身心”。
Conclusion: The program is successfully provided a platform for patients to relax. It can be one's day-to-day life maintaining as much as possible a calm awareness of one's body, feelings and mind.