



Service Priorities and Programmes
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Patients' mental wellness, level of functioning and satisfaction: Narcissus flower planting as a rehabilitation program for psychiatric in-patients.

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Introduction

Patients' mental wellness, level of functioning and satisfaction: Narcissus flower planting as a rehabilitation program for psychiatric in-patients. Cheng K L (1), Tong M H (1), Tang C T (1), Tung C W (1) (1) Department of Psychiatry, Pamela Youde Nethersole Eastern Hospital Introduction Rehabilitation played a main theme in psychiatric nursing. Rehab Narcissus is a rehabilitation project for psychiatric in-patients to participate. This annual rehabilitation project is implemented for around a month time before lunar New Year. In order to measure how well the psychiatric patients' mental condition and their functioning level can improve after the project, a study for the Rehab Narcissus 2014 was conducted.

Objectives

Objectives - to enable patients to function at optimal level of daily livings. - to promote mental well-being - to let clients regain confidence and achieve satisfaction.

Methodology

Methodology The hypothesis is "The intervention of the project Rehab Narcissus contributes the well-health and the functioning of the psychiatric in-patient". Twelve patients (n=12) participated in the study. Measurements for the functional and mental condition included the Brief Psychiatric Rating Scale (BPRS), the Specific Level of Functioning Scale (SLOF), the Patient Health Questionnaire-9 (PHQ-9) and the General Anxiety Disorder-7 (GAD-7). Patients' Satisfaction Survey (PSS) was included for analysis. A design of "pre" and "post" scores was used. Patients work together for each process within the project, including selection, planting, packaging & selling preparation of narcissus. Dependent t-test at significant level $P= 0.05$ is used to test the significance and the hypothesis.

Result

Results For the BPRS, ($df =11$, $p=0.05$, the two tailed dependent t value = 7.1 >

critical value : 2.2, showing 95 % significance for pre and post scores). There was an average 11.9 % decrease in psychiatric symptoms for the 12 patients. The SLOF ($p=0.05$, $t = 16.4$, showing significance), an average of 7.6 % increase in the level of functioning for them. The GAD-7 ($p=0.05$, $t = 8.8$), an average of 44 % decrease in anxiety. The PHQ-9 ($p=0.05$, $t = 3.4$), an average of 47.5 % decrease in health problem. The significance of the four results reject null hypothesis. The improvement of assessment results was further supported by (PSS). Outcomes As part of rehabilitative nursing intervention, Rehab Narcissus, a form of horticultural therapy is gaining promising benefits which include physical and mental health, level of function and self-confidence and self-esteem.