Service Priorities and Programmes

Electronic Presentations

Convention ID: 19
Submitting author: Ms Wai Kiu CHAN
Post title: Registered Nurse, Castle Peak Hospital, NTWC

齊來放鬆學靜觀 Mindfulness Breathing Exercise for Mental Patient and Staff of Ward A102 Castle Peak Hospital

Chan WK, Chung T, Chan B
General Adult Psychiatry, Castle Peak Hospital

Keywords:
Mental patient
Mindfulness
Breathing
Staff
Castle Peak Hospital

Introduction

Introduction Mindfulness is essentially seeing and experiencing things as they are, using all senses while also being aware of thoughts, emotional tones, and reactions as they arise without judging them as good, bad, right or wrong. (Bauer-Wu 2010) . Mindfulness is to maintain awareness moment by moment, disengaging oneself from strong attachment to beliefs, thoughts, or emotions, thereby developing a greater sense of emotional balance and well-being. (Ludwig and Kabat-Zinn 2008). As stated by Ludwig and Kabat-Zinn 2008, application of mindfulness in daily living is a potential way to increase one's capacity to cope with stress, pain and illness.

Objectives

To enhance patients and staff's understanding, empathy, and capacity for paying attention non-judjementally. To expand patients and staff's mindful awareness to mental events. To help patient and staff to reduce stress and promote their wellness. To enhance the concentration of staff and patient. To build up therapeutic atmosphere in clinical work place.

Methodology

Methodology A pilot Mindfulness Breathing Program was conducted in A102 since November 2014. Program would organize twice a week, every session would last for around 30 minutes. Both patients and staff are welcome to join the program. Comfortable and peaceful setting would arrange for the program. After the program, a survey would distribute to participants to collect feedback and opinion. An evaluation would be provided after completion of the program.

Result

There are total 249 patients and 117 staff participated in the program from November 2014 to January 2015. Around 90% participants felt satisfactory with the program. 85% participants wish to attend again. Positive feedbacks from patients such as “可以慢慢地習慣呼吸的進程，會更加好”，“可增強專注力”，“時間長些好更加好”，“導師温柔，及令我可以投入放鬆，令身心健康”. Feedback from staff such as “與病人一起做呼吸練習可增進同病人關係及有正面思想”,”一齊練習呼吸對自己工作有減壓作用”

Conclusion This program is very successful as mindfulness breathing can be significantly superior to a relaxation program in reducing ruminative thinking as well.