



Service Priorities and Programmes Electronic Presentations

Convention ID: 1173

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A Study to Examine the Impact of an Eight-hours Recovery-based Training on Knowledge and Attitudes of Mental Health Professionals

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Keywords:

Recovery

Staff Training

Mental Health Professional

Knowledge

Attitude

Attitude

Introduction

Traditionally medical models usually focus on patients' disability and disfunction. Modern recovery-oriented approach is a movement away from a biomedical view of mental illness to a holistic approach to wellbeing that builds on individual strengths (Davidson, 2008). Evidences from Australia indicate that recovery-training programs can improve staff attitudes towards recovery and significantly increase their knowledge regarding recovery principles (Crowe, Deane, Oades, Caputi & Morland, 2006). Providing specific training to mental health professionals will be expected to enhance their awareness and competencies for patients' recovery.

Objectives

(1) To investigate the impact of a recovery-oriented training program on knowledge and attitudes of mental health care professionals towards recovery of people with serious mental illness; (2) To examine the correlation between demographic variables and knowledge and attitude of mental health professionals.

Methodology

Pre-assessment and post-evaluation were carried out to measure the impact of a recovery-oriented training on mental health professionals. Two instruments, Recovery Knowledge Inventory and Recovery Attitude Questionnaire were used.

1. Recovery Knowledge Inventory was adopted to assess the following domains: (a) roles and responsibilities in recovery (b) non-linearity of the recovery process (c) roles of self-definition and peers in recovery, and (d) expectations regarding recovery
2. Recovery Attitude Questionnaire was used to assess feelings about recovery and possibly determine for whom services focusing on advocacy and self-help might be more efficacious than traditional mental health services.

Samples: All mental health professionals at Community Psychiatric Services at New Territories East Cluster (CPS/NTEC) were invited for the study. Training Program:

Two half day's seminars were organized for the mental health professionals. They covered theories of recovery and on-going development of model of recovery-orientated care. In addition, lived experience from person in recovery and staff reflection was included. Data Analysis: Collected data were analyzed by SPSS. The correlation between the demographic variables and staff attitude as well as knowledge was studied.

Result

Results indicated that there was no significant changes in knowledge on recovery. Yet, half of the items on attitude measure have obtained more positive feedback after the training. Different professionals, including medical officers, community psychiatric nurses, social worker and occupational therapist, did agree with the direction of recovery.