



Service Priorities and Programmes Electronic Presentations

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Laughter yoga - a program cultivating physical, emotional and social well-being for patient with chronic disease and their carer

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Introduction

Chronic disease imposes physical, emotion and social limitations for patient and substantial stress to their carers. Laughter Yoga is an exercise based activity for promoting a holistic well-being of individual including social and emotional health. Developed by medical doctor from India Dr. Madan Kataria in 1995, the concept of Laughter Yoga is simple to acquire and profound in improving physiological and emotional benefits in the process of laughing. Community Health Centre of Pok Oi Hospital has adopted this intervention for chronic disease patient and their relatives for 3 years with significant impact on holistic well-being of individual.

Objectives

1. To promote physical, emotional and social well-being of chronic disease patient and carer.
2. To encourage patients' competence to start exercise habit.

Methodology

1. 6-session exercise group: - Education talk by physiotherapist on "breathing and stretching in exercise" - Warm up exercise, laughter yoga exercise conducted by social worker and hospital volunteer - Sharing and debriefing conducted by social worker
2. Participate in community wide "Laughter yoga fun day"

Result

1. 390 patients and carers served in 12 groups and 2 fun days.
2. 5-points scale of self-report written evaluations: - 4.86 points for objective "Understanding more about the knowledge of Laughter yoga" - 4.86 points for objective "Enhancing confidence in participating in exercise routine" - 4.74 points for objective "Increase competence in facing chronic disease"
3. Verbal and written feedback from participants: - 感到自己睡眠質素提升，更少在睡夢中紮醒； - 之前的血壓稍高，經過六節小組活動之後，血壓由超過 上壓 140 降至約 110，因此相信愛笑瑜伽可以幫助改善 健康； - 腸胃轉好，有更暢通的排泄，口氣情況亦有改善； - 有朋友

說覺得自己瘦了； - 覺得自己呼吸比之前好，更有力量提氣； - 覺得自己明顯心境改善，每日都覺得開懷一點，心情放鬆，在平日更容易展露笑容； - 家人覺得我近來比之前開心 - 和兒子分享自己在課堂的經歷，心情愉快； - 覺得這是一個很好的平台，給我們狂笑，事實上在日常生活中沒有這樣笑和伸展的機會。 **This program aims at promoting holistic well-being of patient with simple and easy to acquire activity. The result from 3 years' experience indicates an empowering impact on patient in motivating for health sustaining lifestyle. With doing simple exercise and mutual support, participants are being encouraged to cultivate a positive emotion and healthy social interaction.**