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Submitting author: Miss Po Chi LEE

Post title: Occupational Therapist II, Tuen Mun Hospital, NTWC

The feasibility and efficacy of Brief Life Review on decreasing psychological distress and increasing life satisfaction in inpatients with chronic obstructive pulmonary disease (COPD)

Lee CPC, Cheung SHM, Cheung JTY, Poon JHK

Occupational Therapy Department, Tuen Mun Hospital, NTWC

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Introduction

The prognosis of COPD is difficult to be determined. Sudden deaths due to acute exacerbation, respiratory failure or other co-morbidities are not rare. They are facing the possibilities of death every day and may already need some kinds of palliative care. In addition to the prevalence of anxiety and depression in COPD patients, the urge of psychological intervention which includes the discussion of life completion and end of life is needed when the client is psychologically ready for the discussion. Evidence shows that life review intervention is effective in reducing depression, anxiety, and improving life satisfaction for older adults. The results are also promising in palliative care. Therefore, briefer life review may be one of the possible psychological treatments for COPD in-patients.

Objectives

To evaluate and to describe the changes in level of depressive and anxiety symptoms; and life satisfaction of the inpatients with COPD at the pre and post of the Brief Life Review intervention in Tuen Mun Hospital inpatient wards.

Methodology

Participants will be selected based on inclusion and exclusion criteria. They will receive pre-program measures, at least 2 sessions of individual Brief Life Review, and post-program measures. Measurements of Chinese HADS will be used as quantitative measures of depressive and anxiety symptoms; while Chinese SWLS will be used to measure life satisfaction quantitatively. Qualitative data from client, caregiver and the transcriptions may also be included for analysis.

Result

To the date 5/2/2016, there had been total six subjects, aged 61 to 77. One of them died and one of them discharged before finishing the life review so they were excluded in the analysis. Out of the remaining four subjects, three of them showed

increased in life satisfaction. One of the two who had completed the HADS showed decrease in both anxiety and depression level. One of the four subjects rated decrease in life satisfaction and increase in level of depression; yet he showed appreciation and acceptance of his life hardship. Qualitatively, the all showed appreciation of life and their present moment.