



HA Convention 2017 Speed Presentation Horticulture Therapy for Long stay patients

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Introduction

- ◆ Horticulture Therapy (HT) may utilize planting and activities relate to plants in order to enhance patients' physical, psychosocial, cognitive and sense of well-being (American Horticulture Therapy Association).
- ◆ As patient with prolonged hospitalization with limited sense of control and well-being, so a four months HT group formulated to achieve our goals.



Objective

- ◆ To improve long stay patients with sense of control, well-being and develop interest throughout the HT gp.



Inclusion & Exclusion Criteria

Inclusion Criteria	Exclusion Criteria
Patient with hospitalization > 1 year in SCH	Patient with hospitalization < 1 year in SCH
Medically stable	Medically unstable
Follow simple command	Unable to follow command
With active control in gross & fine motor skills (single/bil. hand)	No active control in gross & fine motor skills (bil. hand)
Sitting tolerance > half hour	Sitting tolerance < half hour



Methodology

- ◆ A structural 4 months weekly HT group was designed and delivered by an OT, who is also a certificated Horticulture Therapist, content of HT group includes:
 - ◆ Grow vegetables, Flower and Hogweed arrangement with mind card, Plant and Decorate Grass doll, Paper flower folding, Sodium Polyacrylate water planting, Photoframe with dried flower decoration, etc.
 - ◆ Those intervention may upgrade/downgrade depends on patients' ability/ choices.
 - ◆ Tools, seeds and plants were prepared from Flower Market and Garden in Cheshire Home, Shatin.
- ◆ A mini exhibition with their HT Group products was shown in the Open day of Cheshire Home, Shatin on 18th June, 2016 after the patient was graduated from the HT group
- ◆ A pretest and posttest design was adapted.

Outcome Measures



- ◆ The Efficacy of Horticultural Therapy Evaluation Form as pre-test and post-test were carried out. It is a self-rating form with total 5 scores in each aspect: (1=completely disagree, 2=disagree, 3=fair, 4=agree, 5=completely agree).
- ◆ The content of this assessment form included 7 aspects of patients:
 1. Physical ability (I have been exercised enough),
 2. Interest development (I have been interested in other things beside work),
 3. Psychosocial (I have been feeling relaxed),
 4. Sense of well-being (I have been feeling good about myself),
 5. Cognitive (I have (I have critical thinking to make good decision),
 6. Social skill(I have good social skills to close to other people),
 7. Horticulture skills (I am good at gardening).



Results

- ◆ From Feb-Jun, 2016, total 4 patients were recruited and completed the HT program.
- ◆ Treatment result was analyzed by Wilcoxon Sign-Rank Test, there was no significant result obtained:
 - ◆ Physical ability (3.00 ± 0.00 to 3.75 ± 0.50 , $p=0.083$)
 - ◆ Interest development (2.50 ± 0.57 to 4.25 ± 0.50 , $p=0.066$),
 - ◆ Psychosocial (4.00 ± 0.00 to 4.25 ± 0.50 , $p=0.317$),
 - ◆ Sense of well-being (2.25 ± 0.50 to 4.50 ± 0.57 , $p=0.059$),
 - ◆ Cognitive (1.75 ± 0.28 to 3.50 ± 0.57 , $p=0.063$),
 - ◆ Social skill (2.00 ± 0.00 to 2.00 ± 0.00 , $p=1.000$),
 - ◆ Horticulture skills (1.50 ± 0.00 to 3.25 ± 0.50 , $p=0.059$).
- ◆ Overall, the mean scores in ALL aspects were improved and there was great increased in score of Interest development (70%) and Sense of well-being (100%).

Conclusion

- ◆ In concluded, HT group is beneficial and effective to improve a wide range of aspects for Long stay patients, one of our participant developed a leisure in flower arrangement. Throughout the HT program, long stay patient could experience a more meaningful life with improvement in sense of control, achievement and well-being.
- ◆ In the future, we do hope that more long stay patients could experience a fruitful life in utilizing the skill learnt from HT. Also, a larger sample size may improve the clinical utilization of HT program.



HT group content

