



Service Priorities and Programmes Electronic Presentations

Convention ID: 1103

Submitting author: Mr Norman LO

Post title: Advanced Practice Nurse, Tuen Mun Hospital

An evaluation study of the application of "Quiet Room" in the management of patients with emotional problems in Hong Kong

Lo KYN (1), Li KLM (1), Wu SHE (1)

(1) Department of General Adult Psychiatry, Castle Peak Hospital

Keywords:

quiet room
sensory based intervention
physical health
psychosocial health
anxiety level
stress level

Introduction

The quiet room project has been introduced to Castle Peak Hospital in late 2015 as a proactive approach in violence management for inmates. The quiet room serves as a quiet, safe, and respectful place that offering proactive sensory-based intervention to help user calm down and avert crisis, in order to prevent worsening of situation. Various concepts of recovery model were incorporated in the project. The locus of control shifts from staff intervention to personal responsibility of participants for self-regulation in violence management. The quiet room offers an alternate option for participants to develop and to practice their autonomy.

Objectives

The study attempts to:

1. assess participants' stress level when being treated with the quiet room;
2. assess participants' anxiety level when being treated with the quiet room;
3. explore participants' perception when applying the quiet room.

Methodology

We collaborated with the Open University of Hong Kong to perform an evaluation study of the effectiveness of the Quiet Room Intervention. A mixed method, a quasi-experimental study and interviews with stakeholders, was used in the study. The study consists of two phases. In Phase I, the State and Trait Anxiety Intervention (STAI) and the Perceived Stress Scale (PSS) were applied in the study for checking the participants' anxiety and stress level before and after the intervention of Quiet Room. In Phase II, unstructured interviews were used to explore participants' perception when applying the Quiet Rooms.

Result

The study found out that the Quiet Room is useful in reducing participants' anxiety and stress level. It also identified that the Quiet Room Intervention is useful in promoting both physical health and psychosocial health.