



Service Priorities and Programmes Electronic Presentations

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Positive Behaviour Support for Patients with Intellectual Disabilities

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Introduction

Positive behaviour support (PBS) is a set of evidence-based strategies to increase quality of life and decrease problem behaviour by teaching new skills and making changes in a person's environment. It is an approach to support behaviour change in people with autism, intellectual disabilities and challenging behaviour, and has recently been developed in the Department of Child and Adolescent Psychiatry (CAP) – Psychiatric Service for Intellectual Disability (PSID) in Castle Peak Hospital. Past PSID service strategies focused on decreasing the challenging behavior using behavioural modification plan or keeping the person and those around them safe from harm and are more reactive in nature. PSID service now adopts PBS strategies which help increase adaptive behaviour, individual success, personal satisfaction, positive social interactions, and no longer have just a narrow focus on decreasing problem behaviour. Future service trend is to promote PBS for caring people with intellectual disabilities in NTWC and then extend to other clusters within the Hospital Authority.

Objectives

- To improve quality of life outcomes and reduce impact of challenging behaviour
- To enhance normalization, person centred practice, and applied behaviour analysis
- To promote partnership with patients and communication with carers and stakeholders

Methodology

3 APNs working in PSID were sponsored to have overseas training in Britain and Australia on positive behaviour support in 12/2014 and 2/2015.

A working group on Positive Behaviour Support Team of Child and Adolescent Psychiatry was formed in 3/2015 to discuss, review, recommend and monitor the positive behaviour support care protocols, procedures and guidelines regarding assessment and management of challenging behaviour for in-patients, and to collaborate with other clinical teams to evaluate the above areas.

Implementation:

Proactive Strategies:

1. My Care Passport
2. Photo-frame on patient bedhead
3. Decoration of dormitory
4. Appreciation cards
5. Notice boards to display patients' artwork and appreciation cards
6. Positive behaviour support case sharing
7. Staff training for positive behaviour support
8. Bus Trip

Challenging Behaviour Management:

1. Positive Behaviour Support Plan

Result

Evaluation:

Traditional approach to managing challenging behaviour is reactive and passive. PBS is a more active, motivating and preventive approach which is more therapeutic and acceptable to clients.

Valuable outcome, positive feedback and inspiration were gained from the implementation of PBS to patients. It is proposed to extend the service from NTWC to HA wide and also to NGOs.