



## Service Priorities and Programmes Electronic Presentations

**Convention ID:** 55

**Submitting author:** Ms Jessie Sze Man LEE

**Post title:** Advanced Practice Nurse, North District Hospital

### **Community Engagement Project in Enhancing Carer Support for Severe Mental illness Clients**

*Mak CH(1), Mak CWP(1), Wong MOC(1), Yeung TF(1), Lee SMJ(1)*

*(1)Community Psychiatric Service, North District Hospital*

#### **Keywords:**

Carer support

Severe mental illness

#### **Introduction**

In the recovery journey of severe mental illness clients, carers play a crucial role in supporting them to integrate into community. However, carers face high level of stress which caused mood disturbance and even suffered from depression in the caring process. Evidence showed that psychoeducation combined with social and cognitive components could reduce carer's stress.

A carer support program was launched with collaboration of Caritas Wellness Link to transfer practical knowledge to carers. It included mental health service, communication skill, stress and crisis management. It aimed to enhance physical and psychological wellness of carers.

#### **Objectives**

- To promote carers understanding on mental disorder and related treatment
- To assist carers to recognize and utilize social and medical resources
- To promote client's recovery through effective education and health promotion strategies to carers
- To stren

#### **Methodology**

- The carer support program was launched from 1-8-2016 to 30-12-2016.
- Two educational talks on stress management and treatments in mental illness were organized in the first two sessions.
- Six weeks support group sessions were delivered to carers. It pr

#### **Result**

Result:

Nine carers participated in the carer support program.

The outcomes showed that the score of questionnaire of stress level was decreased from 9.75 to 9.25. And the average score of Chinese Beck Hopelessness Scale was decreased from 4.75 to 4.25.

The survey illustrated that 100% of clients satisfied with the educational contents and they could enhance mutual support among carers.

Conclusion:

The carer support program demonstrated that systemic education training to carers with tailor-made contents could reduce carers stress in the caring process. Besides, the support group program could induce hope to carers which in certain extent enhancing their confidence to take care of severe mental illness clients in community.