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A Recovery Oriented Program in Psychiatric Day Hospital, Shatin Hospital

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Introduction

In recent decade, the concept of 'Recovery-Orientated Care (ROC)' are emerged and becoming a guiding principle in Western Countries. To promote the concept of ROC to our service users, a pilot recovery oriented program was developed in the Psychiatric Day Hospital (PDH) of Shatin Hospital (SH).

Objectives

(1) To develop a recovery oriented pilot program in PDH of SH (2) To identify strengths and foster hope by using a self-directed and individualized program booklet to the Persons-in-recovery (PIR). (3) To facilitate the PIRs regaining control of their life. (4) To maximizing level of empowerment through a peer-led activity to healthcare providers. (5) To carry out a preliminary practice of peer support.

Methodology

The program consists of 3 parts:

1. Individual sessions: A consumer-centered, strengths-based and goal oriented booklet is designed and the PIRs were gone through the booklet individually with the nursing staff
2. Group sessions: Introducing the concept of ROC to the PIRs, which paralleled with the individual session; and facilitating them to form a workgroup.
3. Peer-led activity: Facilitating the PIRs to organize a peer-led activity in PDH/SH. Recovery Assessment Scale (RAS), General Self-Efficacy Scale (GSES), and Quality of Life Index (QLI), were used as Pre- and Post- measurement. A self-designed satisfactory evaluation form was used to collect the subjective comments from the participants, the audience of the peer-led activity and the staff.

Result

14 PIRs were recruited, and 70% - 80% of them showed increase in the average scores (3%-69% in RAS; 4%-56% in GESE and 1%-33% in QLI). Additional comments from participants and professional staff in satisfactory evaluation form revealed their understanding of recovery concept and self-confidence of the

participants were enhanced as well.

Self-confidence, self-direction, and sense of empowerment of the PIRs were enhanced, which they can regain control of their life and their illness, leading to a better quality of life. Also, it provided a platform for the nurses and other professionals to experience the growth of the service user by implementing a new concept of recovery. The continuity of such program is worthwhile to improve rehabilitation and quality of life of the PIRs.