Lessons of Trauma Informed Practices in Psychiatric Rehab Ward; Recovery Ambassador

TSANG HW (1)(2), LEUNG CN (1)(2), SUN KW (1)(2) NG SY (1)(2), LAU TC (1)(2), TUNG CW (1)(2), HUI TP (1)(2), YEUNG WS (1) (2)

Institution
(1) Department of Psychiatry; (2) Pamela Youde Nethersole Eastern Hospital

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Introduction

Objectives
☐ To promote esteem and communication skill of target in-patient
☐ Promote adaptation of newly transfer-in inpatient
☐ Promote harmonious peer support environment

Methodology
Design and Method
☐ In-patients of rehab ward with stable mental state; Brief Psychiatric Rating Scale (BPRS)< 12, (Specific Level of Functioning (SLOF) >50, were recruited on voluntary based in 4Q16 (Oct to Dec 2016).
☐ Subjects, who had completed a structured Recovery Ambassador Training and passed the required assessment, would become Recovery Ambassador and serve for 28 days.
☐ Recovery Ambassador would provide (1) structured orientations to newly transfer-in inpatient according to “Orientation Guide”, (2) co-organize recovery activities with staff.
☐ They would complete a self-esteem test of Rosenberg self-esteem and communication skills test before and after trial.
☐ Collateral assessment by ward staff, carers and in-patients would be collated.
Result

- To promote esteem and communication skill of target participants
- Promote adaptation of newly transfer-in inpatient
- Promote harmonious ward environment

Results and Discussion

- Recruit 9 male subjects on voluntary base over trial period.
- Based on psychometric measurement, all subjects had no significant psychotic symptoms. The range of BPRS was 24~30 with Mean BPRS= 25. The range of SLOF was 184~218, Mean SLOF=176.
- Pair-test of Rosenberg Self-esteem scale to pre and post training score was done and significant difference was found( p≤ 0.05).
- Collateral assessment by ward staff, subjects and the carers indicated noticeable positive improvement.
- Collected 13 survey among 17 nursing staff (76%).
- Collected surveys from all subjects (100%).