



**Service Priorities and Programmes**  
**Electronic Presentations**

**Convention ID:** 844

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**A Pilot Interventional Study of Recovery-oriented Care Program on Client's Recovery Experience of Acute Psychiatric Care Setting**

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**Keywords:**

Intervention

Recovery Oriented Care

Recovery Experience

Acute Psychiatric Care

**Introduction**

Evolved from lived experience of people with serious mental illness, recovery refers to “development of new meaning and purpose in life as one grows beyond the catastrophic effects of psychiatric disability” (Davidson, Rowe, Tondora, O'Connell, & Lawless, 2009). In order to address this growing consumer driven need, which is beyond merely symptom in remission, a Pilot Recovery Oriented Care Program, Healthy Walker Project (HWP) was implemented in Department of Psychiatry, PYNEH.

**Objectives**

To evaluate impact of HWP on patients' outcome on own perception of recovery; hope; and user's satisfaction level.

**Methodology**

1)HWP, a multimodal rehabilitation program, was conducted as standard care since April, 2014 in inpatient acute-admission setting.

2)One-group pretest-posttest design and purposeful sampling was adopted.

3)Self-report assessment of Recovery Assessment Scale (RAS), Herth Hope Index (HHI) and Satisfaction Survey were employed to measure patients' outcome at pre-post intervention from period of 4/2015 to 1/2016.

4)Strength-based assessment was performed within first week of admission, and an individualized plan and recovery goal were set up together with patients.

5)After needs identified, two weeks training which comprised of four categories: Engagement and support; Goal attainment and client led; Life enrichment; Self-management and community orientation, were delivered through curriculum-based psycho-education, support and sharing group, group activities, client-led and individual training session.

## **Result**

n67 Subjects were recruited and n35 dropped out, thus data analysis was based on n28 Case. The result showed significant Pre-to-post intervention improvement on patients' perceived recovery RAS ( $t = 3.689$ ,  $p 0.002$ ) and orientation toward goal and success ( $t = 3.394$ ,  $p 0.001$ ), in addition Cohen's  $d$  detected patients showed medium to large improvement in perceived recovery ( $d = 0.537$ ) and goal and succession ( $d = 0.565$ ).

N67 copies of Satisfaction Survey were received. The 5 points Liker-scale tool ranging from "very bad" to "very good". Patients rated good or above on the category of "program content", 79%; "Staff professional attitude and willing to help", 88.7% and "impact of program on their recovery and illness management", 67.4%. The total mean score of Satisfaction Survey was 4.02/5.

### **Conclusion:**

The result of recovery oriented care program, HWP, demonstrated positive patient outcomes and beneficial impact in enhancing patients' awareness of the need for change, engagement and involvement in treatment during the early phase of acute care. And most of the patients agreed the program targeted to their needs and was effective in facilitating their recovery process.