Advanced Psychiatric Nursing Practice of Horticulture in Hospital

Luk KH(1), Ng K(1), Chau LS(1), Cheang SK(1), Lui LS (1), Wong SF(1), Wong SC(1), Lai KL(1), Lo KF(1), Tsui YW (1).

(1)Department of Psychiatry, Shatin Hospital.

Keywords:
Horticulture
Quality of life

Introduction
Green living is a global main theme nowadays. Horticulture activities provide positive benefits to psychiatric in-patients for improving cognitive abilities and social skills; reducing stress; reducing self-harming/violence behavior.

Objectives

Methodology
- Conducted horticulture activities in SH/ 3 Floor rehabilitation garden for Ward 3CD adult psychiatric in-patients.
- Started sessions on every Saturday & Sunday from 1/9/2016 to 31/12/2016.
- Facilitated each session (4-5 patients) by at least 1 nurse.

Result
- 67 patients from Ward 3CD attending this program. Age groups distribution: 20 or below (5%), 21-30 (33%), 31-40 (13%), 41-50 (13%), 51-60 (33%), and 60 or above (3%).
- Average BPRS were 29.6 and 23 in pre- and post-test respectively. All 18 items BPRS.