



Service Priorities and Programmes Electronic Presentations

Convention ID: 510

Submitting author: Miss Wing Yan CHAN

Post title: Registered Nurse, Queen Mary Hospital, HKWC

Carer Empowerment: Carer Support Group in Eating Disorder Clinic, Child and Adolescent Psychiatric Team, Queen Mary Hospital. – A Multidisciplinary Team Approach.

Chan WY, Chung YM, Tung SW, Cheng HMF, Lam MM, Chan SK, Chow CKV, Lau SYJ, Lin HYC, Chan KLP

Department of Psychiatry, Queen Mary Hospital

Keywords:

Eating Disorder

Carer Empowerment

Multidisciplinary Team Approach

Introduction

Eating disorder (ED) is a chronic illness with an onset in adolescent and early adulthood. Carer support is the key of patient's recovery. However, carers may encounter extreme difficulties in refeeding their children. Timely support to the family is important to reduce carer's burden. Without effective meal supervision at home, hospital admissions become a revolving door. An eating disorder carer support group is established in our child and adolescent Eating Disorder Clinic. This group is based on Maudsley approach to provide support to these families.

Objectives

To empower carers to help their children's recovery from eating disorder in home setting.

Methodology

Each group recruits 10-12 carers of eating disorder patients. The group training consists of 9 2-hour sessions. The group is designed to empower the family work closely in the recovery process. Each session consists of lectures, video demonstration, discussion, role-play and homework assignments. The contents includes general introduction of ED, stress coping skill, animal model on carers' behaviors and emotions, meal supervision skills, communication skills, handling difficult behavior and enhancing carers' empathy. Homework assignments help carers to externalize the illness and facilitate emotional ventilation. Post-group questionnaires were completed by carers to measure the effectiveness of the group. The group process is evaluated with consultant and colleagues with each patient's formulation after each session.

Result

Twenty-five carers of Eating Disorder patients were recruited. Carer expressed that the group was informative with practical skill demonstrated as well as emotionally supportive through mutual sharing. 93% of carers satisfied with the group. 87% of

carers gained knowledge of taking care of eating disorder children. 81% of carers agreed that their skill in refeeding process improved. 83% of carers were confident to help their children's recovery. Conclusion Carers of eating disorder children encountered difficulties in meal supervision. This care support group appears to be cost-effective intervention in empowering carers to help in their children's recovery as evidenced by the high ratings in knowledge acquirement and satisfaction of the group by the participants.