



Service Priorities and Programmes Electronic Presentations

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The Effectiveness of Personalized Recovery-oriented Programme (PROP) for Acute Psychiatric In-patients

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Introduction

Many research studies supported that recovery-oriented practice benefited patients in their functioning, symptom remission and community integration. This study has devised an evidence based 6-session recovery programme referencing to Illness Management and Recovery Programme and Wellness Recovery Action Plan for the short stay acute in-patients. The content of the programme included recovery education, goal setting, relapse prevention, stress management, building of social support and introduction of community resources.

Objectives

It aimed at instilling recovery and illness management concept, facilitating early discharge and better community integration of acute in-patients.

Methodology

A single blinded, pre-test or post-test randomized control trial was adopted for the study. A total of 88 in-patients with psychiatric illness, aged 18 or above and of both genders, who had been referred OT services in admission wards of General Adult Psychiatry Team were recruited and randomly assigned to a treatment group (n=44) or a waitlisted control group (n=44). The outcome measures included Illness Management and Recovery Scale (IMR), Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS), Hope Scale, Social and Occupational Functioning Assessment Scale and a self-designed satisfaction survey. All outcome measures except the self-designed satisfaction survey will be conducted at Week 0 (Time 1) prior to training programme for both treatment and control groups. The treatment group started the programme within one week of randomization. All subjects were reassessed after the treatment group had completed the programme (Time 2). Subsequently, patients in the control group were given the opportunity to complete the programme.

Result

Mixed-design ANOVAs comparing change before and after PROP in the treatment group and the waitlist control group revealed significant group effect on the primary outcome, IMRS ($p = 0.002$). Also, there was a Group x Time interaction effect on

IMRS ($p = 0.007$) indicating that changes during PROP were significantly different from changes during waitlist control group. Though there was a significant change over time in WEMWBS scores ($p = 0.01$), there was no significant Group x Time interaction effect for the scores ($p = 0.66$), indicating that changes after treatment did not differ between the two randomized groups. The study demonstrated the feasibility of short-term early recovery programme for people with mental illness in acute in-patient setting. Participants who received PROP showed significant improvement in self-management and recovery.