



Service Priorities and Programmes Electronic Presentations

Convention ID: 645

Submitting author: Ms HAU CHU CHONG

Post title: Occupational Therapist I, North Lantau Hospital, KWC

Pilot Program on Horticultural Therapy (HT) Group in Occupational Therapy Department of North Lantau Hospital

CHONG HC(1), SO TW(1)

(1)Occupational Therapy Department, North Lantau Hospital

Keywords:

Occupational Therapy

Horticultural Therapy

Dementia

Cognitive dysfunction

well-being

Introduction

Horticultural Therapy (HT) is a therapeutic intervention using gardening activities to supplement conventional rehabilitation. Literatures shown to increase mental and physical functions, social interaction, and self-directed action and hence, an appropriate activity for Dementia clients. (Relf & Dorn, 1995). HT Group could be modified to enhance a wide range of cognitive and functional abilities. (Jarrott, Kwack & Relf, 2002)

Objectives

To explore the effect of HT in the enhancement of cognitive, emotional and functional abilities on Dementia clients.

Methodology

Two HT groups were piloted from May to December 2015. Gardening activities were practiced by participants with thorough task analysis done in prior by case Occupational Therapist. Every participant was engaging at own functional level with progressive challenges offered in physical, cognitive and social aspects for enhancement of functions. Moreover, participants who used to be home-bounded were guided to walk through different pathways for structured sensory stimulation of a specially designed tour made inside the Rehabilitation Garden. Other therapeutic activities like handicrafts also incorporated to improve client's self- efficacy and instilling happiness to both themselves and their caregivers with products made. A total of thirteen participants attended the HT Groups with age ranging from 72-89. All participants were noted with different degree of cognitive impairment (MMSE score ranged from 4-26, HKMoCA score 18-21). The Chinese version of Short Warwick-Edinburgh Mental Well-being scale (C-SWEMWBS) was used to assess participant's mental and social well-being. And a specially designed questionnaire was employed to obtain feedback from both participants and care-givers.

Result

Four out of five participants showed improvement in C-SWEMWBS, with score increased from 1 to 12 points. 80% expressed an increase of feeling of usefulness, intimacy with peers and optimistic. 60% responded with increased of 'feeling relaxed' and 'dealing with problem well'. Ten questionnaires with feedbacks from participants and care-givers were successfully collected. 60% respondents agreed HT could improve participant's ability to tackle problem. 70% reported a boost of sensory stimulation. 80% stated their attention/ memory/ physical ability were improved. 90% agreed HT enhanced their social skills. All participants were satisfied with the program attended. Dementia clients gave positive feedbacks to HT Group with improvements shown in self-perceived well-being status. HT is hence beneficial to clients with cognitive dysfunction and its application on other clientele shall be further explored in order to reveal the full therapeutic potential.