Psyll
Field Trial of Using Remotivation Therapy in Adult Psychiatry

BFL Ng, PMT Lo, ASB Chan
Occupational Therapy Department, Castle Peak Hospital, Hong Kong SAR, China.

Background: Remotivation Therapy is one kind of psychotherapy for people with mental illness or with chronic medical conditions. It emphasizes respect of each human individual in a stress-free environment and helps to induce fulfillment of their fundamental emotional needs as well as relating them to reality. This study aimed to evaluate its' applicability in the Hong Kong context for people with mental illness. Methods: Two Remotivation Therapy programmes were conducted by 2 certified remotivation therapists for in-patients and out-patients of a psychiatric hospital with 12 sessions of each respectively according to the five steps as stipulated in the remotivation training manual. Convenience sampling for field trial was adopted. Pre/post-test comparison using non-parametric Marginal Homogeneity Test for testing the statistical significant changes were performed. Results: Participants (n=10) demonstrated significant improvement in memory recall (p=0.034), speech (p=0.046), comprehension (p=0.025), group relationships (p=0.020), interest (p=0.034) and participation (p=0.025) as measured by the standardized Remotivation Therapy Program Evaluation Form. 90% of participants showed to have some improvement of their psychosocial functioning. Besides, positive feedbacks from the participants were received and they were more willing to participate in subsequent rehabilitation programmes designed for them, which aimed for community re-integration. Conclusion: The field trial of Remotivation Therapy for people with mental illness was shown to be effective in raising their motivation in treatment participation. Further vigorous design will be adopted in our future study so as to investigate more in-depth about its' clinical applicability to different diagnostic groups. Details of the programme content and our clinical experience about its applicability in the local Chinese culture will be shared.

Psyl4
A Pilot Study on Enhanced Discharge Occupational Therapy Service (Home Leave Programme) for High-risk Psychiatric Patients

ECM Ho, ELC Tsao, SKM Wong
Occupational Therapy Department, Tai Po Hospital, Hong Kong SAR, China.

Background: The trend in reduced length of hospitalization had major impacts on psychiatric rehabilitation, especially on high-risk patients who had poor coping skills, poor social support and a history of self-harm. This study evaluated a pilot enhanced discharge programme which provided continuity of care for high-risk psychiatric patients during their home leave trial period in Tai Po Hospital. Methods: A total of 24 high-risk patients were referred for occupational therapy home leave programme during 2007. The home leave programme emphasized on reconstruction of daily routine, preparation for vocational training and enhancement of community living skills. The evaluation outcome included time use pattern, coping and response inventory, WHO-5 and Satisfactory Survey. Results: There was a significant change in the time use pattern, patients spent less time on personal care and sleep, and more time in paid work and social activity after the service. Those patients who idled at home before were willing to receive community rehabilitation services. Furthermore, there was a reduction of avoidance coping behaviours. The satisfaction survey showed over 50% of them was highly satisfied with the service and was helpful in facilitating community reintegration. Conclusion: The home leave programme was valuable for high risks psychiatric patients during the early phase of rehabilitation in community. Nevertheless, the service was labour intensive and needed extract resources to extend the service to all high risk psychiatric patients.

Psyl5
Relationship Changes Between People With Dementia and Their Family Members Concerning Caregiving

Y Ozawa, H Nakamura-Thomas
Saitama Prefectural University, Koshigaya City, Saitama Prefecture, Japan.

Background: Studies reporting rehabilitation towards people with dementia are available in Japan; however, studies addressing the viewpoints from families as caregivers are limited when considering psychosocial supports. Thus, this study aims at clarifying the relationship changes between families and those caregivers caring for people with dementia. Methods: Participants who take care of people with dementia at home were recruited. Focus group interviews were used and participants were encouraged to talk freely. Interviews were held at two houses and taped. Data was extracted concerning the relationship changes between family members and people with dementia. Five major categories were extracted from the relationship data: alternative caregivers, providing information, emotional support, ADL support, and support for specific circumstances. Five major categories were extracted from the changes of the relationship data: finding new familiar ties, reconstruction of life, changes of life style, and life design. Conclusion: It was clarified that changes of relationships due to caring for people with dementia at home had positive and negative aspects: Positive aspects included finding new familiar ties, reconstruction of life and meeting new people while negative aspects were changes which families were forced to do that differed from their life style and life design.