Psychosocial Rehabilitation

Psy01
A Community Mental Health Programme for Older Adults With Cognitive Impairment or Depressive Symptoms
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Background: This is a community mental health project for older adults launched jointly by the Occupational Therapy Department of Kwai Chung Hospital and the Neighbourhood Advice-Action Council which aims to provide screening and intervention services to community-dwelling, older adults with either cognitive impairment or depressive symptoms in Sham Shui Po, Tung Chung, and Kwai Tsing and Tsuen Wan Districts in Hong Kong. Methods: A total of 1,345 older adults (aged 60+) received the service in several districts. Among them, 163 were identified with either cognitive impairment or depressive symptoms. They received a nine-session either cognitive training or depression intervention group training programme conducted in 2 months. Running of cognitive training group was based on both neuroplasticity theories and cognitive rehabilitation principles while depression group was based on cognitive-behavioural approach. Cognitive group’s outcomes were assessed by The Chinese Abbreviated Mental Test (CAMT), Chinese Mini-Mental State Examination (CMMSE) and Chinese Mattis Dementia Rating Scale (CDRS). For the depression group, the outcome measures were namely Chinese Geriatric Depression Scale-Short Form (CGDS-SF) and WHOQOL-BREF (HK). Pre- and post-group evaluations were done to evaluate the treatment effectiveness. Results: The participants had improvement in cognitive or psychological functioning and outcome measures were found to be statistically significant (using Wilcoxon signed rank test) in cognitive training group (n=48 persons) as shown by CAMT (p=0.038), CMMSE (p=0.001), CDRS (p=0.001); and depression group (n=92 persons) through CGDS-15 (p=0.009) and WHOQOL-BREF (HK) (p=0.011). Conclusion: Early screening and cost-effective intervention programmes could improve cognitive and psychological functions of the elderly.

Psy03
Early Diversion, Intensive Treatment and Rehabilitation Stepping-Stone (EXITERS) Project for Patients With Chronic Psychiatric Illness
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Background: As more and more patients with chronic psychiatric illness had extended length of stay in hospital, a pioneer hospital-based project was designed by Hospital Authority to facilitate 50 difficult-to-be discharged patients (more than half year of hospitalization) to return to community per year. The project has been implementing by multi-disciplinary staffs in Kwai Chung Hospital since 2002. Methods: It adopted two models, included Program of Assertive Community Treatment Model (PACT) and Individual Placement and Support Model (IPS). A physical layout was designed to train the patient through assessment and psychosocial education programme. There was a 3-month follow-up period after discharge that was focused on skill generalization and retention. Some demographic data and key community survival data (length of stay in Exits Home and in the community) were captured. Results: There were positive outcomes resulted in the overall success rate at 70%. Therefore, the project was extended (till now). Around 2,500 visits by case occupational therapist deduced many practical techniques (counseling and family therapy) for development of community and family programme in Occupational Therapy Service. Conclusion: EXITERS could widen the scope of Occupational Therapy Service in coaching different patients.

Psy05
Comparison of Lifestyle Redesign Programme and Conventional Occupational Therapy Programme for Psychiatric In-patients
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Background: This study aimed at comparing the effectiveness of a lifestyle redesign programme and conventional programme on improving psychiatric patients’ readiness to develop healthy lifestyle during in-patient rehabilitation. Methods: A randomized controlled trial study was carried out in Tai Po Hospital on 38 female psychiatric in-patients during their admission period in 2009. The lifestyle redesign programme consisted of four lectures and 2 weeks of goal-directed activities included major themes on healthy lifestyle, positive psychology, coping skills and use of community resources. The Satisfaction With Life Scale (SWLS), Stages of Change and Satisfaction Survey were used to evaluate the patients’ progress. The patients who completed lifestyle redesign programme showed statistically significant difference on improvement of readiness to change their lifestyle (t=3.068, p<0.012). There was no significant difference in the Satisfaction With Life Scale between baseline assessment and post-test assessment for both groups on completion of 2-week programme. However, patients had significant higher level of satisfaction with lifestyle redesign programme than conventional programme, in the area of training content, usefulness on enhancing self-esteem, and overall quality of programme service. Conclusion: The study results showed that lifestyle redesign programme was more effective than conventional programme in preparing psychiatric patients to change behaviour in lifestyles. Since follow-up data was not collected, it could not be determined if the patients’ motivation for change can be maintained after discharge.

Psy06
Delirium Screening in Elderly Chinese Patients Undergoing Hip Surgery
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Background: Elderly patients undergoing hip surgery are at higher risk for developing delirium. The Confusion Assessment Scale (CAM), Memorial Delirium Assessment Scale (MDAS) and Mini-Mental State Examination (MMSE) are commonly used for screening delirium. However, the Chinese version of these scales has not been clinically compared in terms of their sensitivity to detect clients with delirium. Methods: The objective of this study was to compare the sensitivity and specificity of the CAM, the Chinese MDAS and the Chinese MMSE in elderly Chinese patients. A prospective design was employed. The subjects were over 65 years old female patients who were admitted for hip surgery as a result of fall. During the course of hospitalization, subjects were evaluated with three validated scales by occupational therapists and independently consulted by geriatricians using established criteria to diagnose delirium. Results: Between January 2009 and Nov 2009, 131 subjects (mean age, 83.5 years; SD=7.1) were involved in the study. The CAM showed superior sensitivity (75%), specificity (100%), positive predictive value (100%) and negative predictive value (98.4%) when compared with other tools. The MDAS showed higher specificity (96.7% vs. 48.4%) and positive predictive value (50.0% vs. 6.6%); but lower sensitivity (50% vs. 100%) and negative predictive value (96.7% vs. 100%) when compared with the Chinese MMSE. Conclusion: The CAM showed higher sensitivity, specificity, positive predictive value and negative predictive value than other screening tools in detecting early delirium in elderly Chinese population who have undergone hip surgery.