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A people-centered system of managing a horticulture training group for service users with mental illness in occupational therapy department in Kwai Chung Hospital

Chan Man-yin

North District Hospital, Hong Kong

Horticulture therapy is the use of plants as a therapeutic medium by a trained professional to achieve a defined goal clinically. The evidence shows horticulture could promote physical, psychological, cognitive, social and economical well-beings. The techniques of horticulture therapy could assist service users to learn new skills or regain from their premorbid situation. Using of horticulture and horticultural-related activities to instill hope for them are very impressive during growth of the plants or even the chance to foster a love to them similarly or for nature at our rooftop garden. Therefore, a new system of work is introduced to an existing horticulture training group with focused learning strategies so as to enrich service performance and outcomes with adequate safety and supervision. Treatment return of the group was reviewed retrospectively from 2011 to 2012. Data was categorized into attendance, new service users to join in, working days, total service users per month, and compliance rate in using of personal protective equipment (P.P.E.) after incorporating biweekly tool box talk with randomly spot checking in the workplace. Discussion group was held among people in-charge of the workshop, related staff and every service users with interactive management style incorporated new initiatives including hourly session for service users from acute admission and sub-acute wards, tool box talk by asking which types of P.P.E. to protect them during work and quarterly reinforcing activities of barbecue and outing. Individual feedback sessions were also held half yearly to gather some qualitative data for continuous improvement. The most reflective data was increased numbers of daily attendance from 3.1 service users of first two quarters in 2011 to 5.6 service users from last two quarters in 2011 to whole year of 2012. The monthly total number of attendees sharply increased from 57.8 service users to 115.4 service users. The compliance rate of P.P.E. was 100% after implementing of tool box talk. All staffs and service users were satisfied with the new management style. The findings gathered support an interactive management style which could enhance performance statistics and satisfaction of service users. The key element of managing a workgroup was to strike a balance between the potential therapeutic value and risk management under the people-centered system.

Biography

Chan Man-yin has completed Bachelor of Science in Occupational Therapy in Hong Kong. She is an Occupational Therapist in Hospital Authority. She is actively involved in Occupational Health and Safety activities in hospital with more than 20 years of working experience in Psychiatric Rehabilitation. She is able to manage many pioneer projects multi-disciplinary within and outside hospital. She has organized several overseas training and attachment before. She is uniquely positioned within the occupational therapy profession. She has authored various publications with ample experience as a conference presenter.

mychan312@yahoo.com.hk

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