

Empowering Improvement in Patient's Participation Collectively



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Background and Methodology

Prior to intervention, patients had limited participation at the wards due to various barriers. Activities were mostly held in activity rooms at pre-arranged time with fixed number of attendees and help from a facilitator (e.g. weekly mahjong on Wed afternoon). While patients appreciated and benefitted from these activities, they expressed desire for improvements. This project aims to empower patients at Sengkang Community Hospital (SCH) to engage in more activities independently by the end of 2020. We aim to do so by discussing and co-creating solutions with our community partner (i.e. Sunlove), patients (i.e. Esthers) and ward staff. We collected primary data from patients' attendance list, measured their well-being with a modified scale (adapted from the Health Promotion Board) and conducted interviews with 31 patients during the Plan-Do-Study-Act phases.

Results and Suggested Solutions

Three themes emerged prior to our intervention: Autonomy, Independence and Inclusion. Based on these themes, we found that a variety of *interactive, flexible and accessible activities* that were mobile, were most helpful for patients to achieve autonomy (choices available), independence (did not need help to facilitate) and Inclusion (should be interactive in nature). A box of games and activity materials was (e.g. snake and ladder) placed in the ward based on the preferences and practice wisdom of patients, practitioners and partners



Outcomes and Learning Points

We saw 50% increase in attendance of ward activities and an improvement in patients' social well-being. More patients were able to make friends (18% increase) and ask for help (25% increase). The intervention certainly met our intended goals. The ward staff were creative to suggest that these activities could be conducted in tandem with OT interventions and would be particularly helpful on weekends when activities were limited. We also found that the ward staff organically improvised our intervention by adding games into the activity box.

Future Plans

Given the positive results of this intervention, the activity box has been adopted by wards in Outram Community Hospital.