



# Applying the art for company to the group of emotional self-care of liver transplantation patients

Li-min Yang<sup>1</sup>, Chia-Ju Chung, Hsu-Ching Chih, Li-Li Tsai<sup>1</sup>  
<sup>1</sup>MacKay Memorial Hospital, Taiwan, Department of Social Service

## Introduction

When a liver transplant person has a good understanding of the caring cognition, attitudes and techniques of the self determination of health, they will access the better conditions of psychological and social adaptation. This program focuses mainly on the emotional care and is believed that at the time of the liver transplant patient accepts the positive emotional care, the patient's capability of self-determination of health care in other aspects will be promoted consequently.



## Methods

The purpose of the program aims to lead the group members to know and to be aware of the emotions and also learn how to identify the emotions and transform the negative feelings and consequently to strengthen the capability of caring mental health. The program with a mode of group social work binding with the art of company, and using the test of emotion assessment and the seven observation records made within group works for the assessment tools.

## Results

1. As the results of pre- and post- test of 5 Grades Emotion Assessment indicate that the scores in emotions were shown a trend of stabilization or slight increase in the members joined in each activity, and it was calculated that there were 42-60% members had a higher scoring.
2. According to the research result which is demonstrated: (1) Make the expression of emotional feelings concretely and skilled; (2) By the artworks created by the members, they are more willing to challenge new opportunities and to strengthen the capability of self-appreciation; (3) The joined member's emotional experience and the feelings are initiated and connected, the capabilities of speaking and expressiveness are improved that helps the members produce greater in-depth conversations and interactions with each other.
3. In the feedback from the focus group interview: (1) The members accessed the opportunities to earn positive recognition and social participation by joining in the Creativity Exhibition and Organ Donation Promotional Activity; (2) The members have chances to experience the importance of physical health and to approve the life value and meanings.

## Conclusion

The realization of artworks enables the member to directly notice the whole content want to express and also provides a function to repeatedly review and check on one's self which kept the procedures of self-dialogue and awareness occurring. Therefore, it is suggested to hold the liver transplant support group with art for company continually in the future, which is owed to help the self-growing and the emotional connection for the group members.

