



Stress reduction group program in surgical wards

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Introduction

When staying under a surrounding full of high pressure like in hospitals, patients and the relatives have to face the many complicated medical treatments and medical checks, and that may trigger the senses of helplessness and insecurity in the patients and the families. In addition, with the factors such as the changing condition of the illness, long hospitalization as well as the conversion of the character and the function with inpatients and the families, usually cause more emotional stress.

Methods

The program is objected to create a space and some time to attenuate the stress that patients and the relatives suffered during the hospitalization, and to aid distracting attentions on the pain from the illness and the treatments. The program is targeted to service the patient and the relatives in surgical wards. The stress reduction group hold 7 times. The program with a mode of group social work binding with the art of company, and using the test of emotion assessment.



Results

There are 35 emotion assessment charts dispatched, among which the effective questionnaire are 32 copies and the ineffective questionnaire are 3 copies. As the results of pre- and post- test of 5 Grades Emotion Assessment indicates that the number of participants experienced the emotional condition changed from low to high is 22 persons (68.75%), and the number of participants experienced smooth emotional condition is 10 persons. As the feedback of participants shows that, (1) patients and the relatives were able to have a space to relieve and take a break through joining in activities of creating artworks; (2) the patients and the families had more opportunities to share feelings with each other by joining in the activities.



Conclusion

The stress reduction group program does really provide a space for patients and the relatives to relax, reduce stress, that makes the patients and the families who stay under a high pressure surrounding for the treatments of illness may transform the bad moods and also access emotional supports interacting with other patients and the relatives.

Comments

While the inpatients and the relatives are facing with the acute phase of disease development, it is the stage that they have the most tense emotional stress. By providing the inpatient and the relatives with a space and some time in this period, they are able to give vent to their stress and learn the technique of emotional self care to strengthen the capability of mental health self care.

