

## Preliminary study on the effectiveness of rehabilitation activities in chronic wards in Taiwanese psychiatric centers

LI-EN LIN

Bali Psychiatric Center, Ministry of Health and Welfare

### Abstract

#### Background

Chronic wards are a type of group care aimed at active treatment and provide a wide range of rehabilitation activities. Chronic psychiatric patients have psychiatric symptoms, are not independent, and lack social skills. The Taiwanese government is actively promoting community-based psychiatric care and thereby enhancing inpatient rehabilitation training effectiveness of the re-entry of psychiatric patients into the community is a big challenge.

#### Methods

Through literature review, the following intervention measures were concluded: 1. Re-plan rehabilitation activities in chronic psychiatric wards, including initiating diverse rehabilitation activities per patient needs and 8-week illness adaptation groups. The Rehabilitation Certification Card, and overall rehabilitation progress billboards were used, thus enhancing patient rehabilitation motivation. 2. Involve families in rehabilitation activities to strengthen the family's understanding of the patient's rehabilitation treatment and organize forums for families and Telephone follow to understand the difficulties and needs and improve care skills.

#### Results

Fifty hospitalized patients participated in this activity spanning 9 months. Based on the inpatient rehabilitation evaluation scale, patient rehabilitation capability improved by 32.2%. Family involvement in care increased by 15 instances. Two persons were discharged, and one participated in vocational training.

#### Conclusions

Through this activity, patient understanding of and motivation for rehabilitation activities and their likelihood of hospital discharge improved. However, many families still worry about patient discharge. Hence, services to prepare families for patient discharge need to be improved to enhance the success of patient re-entry into the community through the transfer of care from the hospital to the family.

Keywords: Psychiatric Chronic wards, patient discharge, rehabilitation.

Author : LI-EN LIN

E-mail:7240@balipc.gov.tw

Address: No.33, Huafushan, Bali Dist., New Taipei City 24936, Taiwan, R.O.C.

TEL: 886- 2- 2610 1660 FAX: 886 2 2610 5916