

# Using empowerment to increase the activity participation rate of patients in chronic psychiatric wards

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## INTRODUCTION

Chronic mental patients have low stress tolerance, poor interpersonal relationships, and difficulty adapting to work. Arranging rehabilitation activities can help patients recover their health, improve their work ability and sense of social participation. The statistics of case participation from January to December 2021 in this ward The average attendance rate of functional activities is only 49% because of "lack of diversity in activities" and "no incentives".

## OBJECTIV

To increase the participation rate of patients in chronic psychiatric wards from 49% to 80.2%..

## METHOD

Firstly, discuss and design activities with patients through the empowerment plan, increase patients' autonomy and decision-making on activity arrangements, and enhance patients' motivation to participate in activities. Work together to build a joyful and diverse platform to jointly plan activities. 3. Design exclusive festival activities every season: Christmas activities, spring tourism, Mid-Autumn Festival barbecue activities, birthday parties, etc. 4. Make "event invitation music" and play it before the event "Recording files of doctors inviting patients to participate in activities" 5. Develop a "token system" to collect points for redemption to encourage patients to participate in activities.

Design diverse activities: there are also happy festivals in the hospital



Christmas activities

BBQ

Halloween activities

Use external resources + high functioning groups



gardening activities

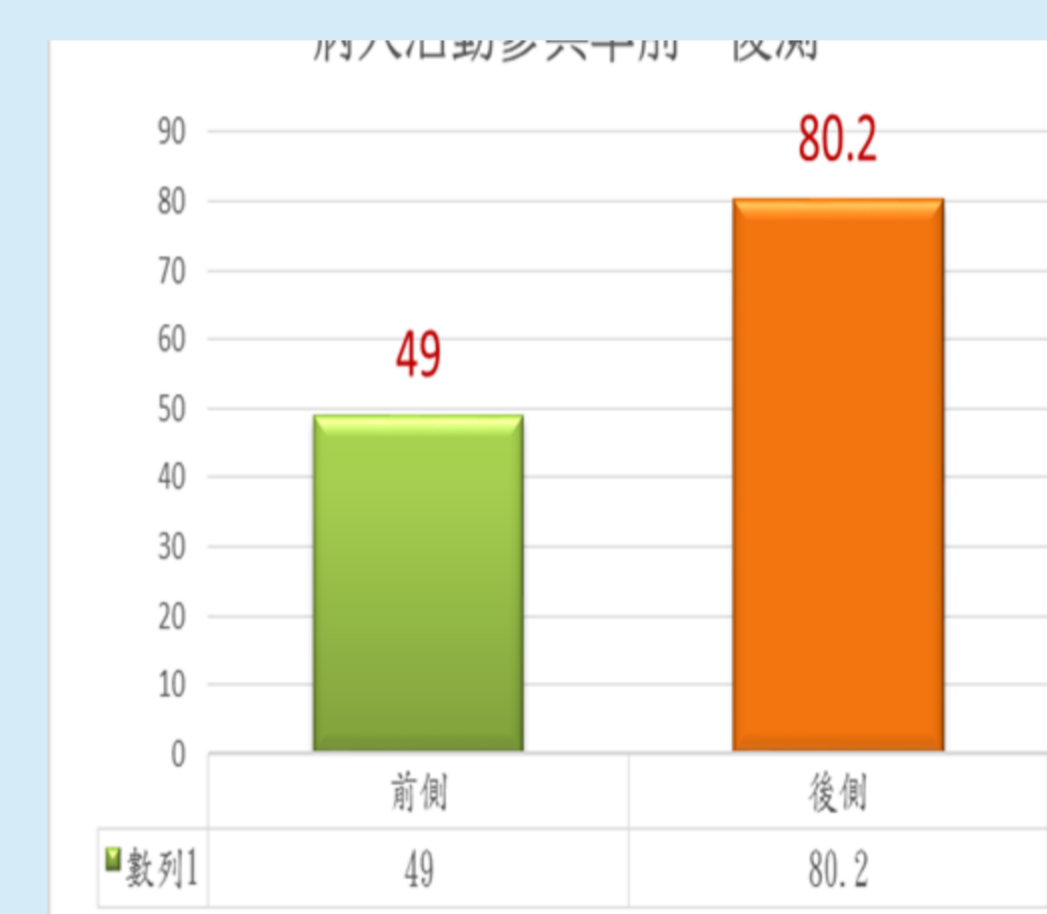
cooking activities

knitting group

clown party

## RESULTS

The activity participation rate increased from 49% to 80.2%, the motivation to participate in the activity increased from 49% to 80.2%, 6 new activities were added to the curriculum, 5 external lecturers were invited, and 25 external resource courses were arranged.



## CONCLUSIONS

Through the empowerment, token system, cross-team external resources to cooperate, increase patients' autonomy and decision-making in activity arrangements. The process of using empowerment is patient-centered, assisting in self-exploration, exploring self-expectations, and promoting patients to affirm themselves, accept their feelings and affirm their self-worth, can indeed improve patients' participation in activities.



birthday party

## CONTACT INFORMATION

