

## **Project Title**

Taking Ownership of Health: Enriching the Lives of Nursing Home Residents

## **Project Lead and Members**

Project leads: Charmaine Choong, Sabrina Phua, Sharmaine Chan

Project members: Cayla Chong, Suryani Binte Samat, Ng Lip Chin, Phyllis Leong, Tan

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## **Organisation(s) Involved**

Ren Ci Hospital

## **Healthcare Family Group(s) Involved in this Project**

Nursing

## **Applicable Specialty or Discipline**

Population Health

## **Aims**

To develop two specialised and complementary programmes to help our nursing home residents regain their strength post-COVID infection and increase their activation levels for better quality living.

## **Background**

See poster appended/ below

## **Methods**

See poster appended/ below

## **Results**

See poster appended/ below

**Conclusion**

See poster appended/ below

**Project Category**

Care Continuum

Social Care, Public Awareness

**Keywords**

Rehabilitation Specialized Programme

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# TAKING OWNERSHIP OF HEALTH: ENRICHING THE LIVES OF NURSING HOME RESIDENTS

## Team Leads:

Charmaine Choong | Sabrina Phua | Sharmaine Chan

## Team Members:

Cayla Chong | Suryani Binte Samat | Ng Lip Chin | Phyllis Leong | Tan Yang Chen |  
Chua Teck Nguan | Vandana Padinjarayil Adikkalathil | Rafie Bin Othman



## The Impetus Behind The Project

We designed two specialised programmes to encourage nursing home residents to take ownership of their health through group exercises and activation in physical, leisure, and social activities.

As a result of the COVID-19 pandemic, our nursing home residents were more functionally declined and socially isolated than before. Also, with a changing care model where Community Care Associates (CCAs) are going beyond their daily care to conduct CCA-led therapy activities to engage residents, our Rehab team decided to develop two specialised and complementary programmes to help our nursing home residents regain their strength post-COVID infection and increase their activation levels for better quality living.

## Project Details

This project consists of two rehab-specialised programmes, one focusing on physical health and the other psychosocial engagement.

## PoCOFIT (Post-Covid Fitness) Programme

### Design:

10-weeks exercise group programme with 2 sessions per week.

### Who:

6 groups of 6 to 8 residents (post-COVID) led by Physiotherapists and Therapy aides.

### What was done:

Warm-up and breathing exercises, endurance exercises, circuit exercises that target balance and strength.

## Outcomes

Outcome measures used: SPPB, 2MWT.

**80%** of residents showed improvement or maintenance of their functions. Overall, those who participated in the programme did better in their physical function than those who did not participate.



## Let's MEET! (Meaningful-Engagement-Empowerment by Tiers) Programme

### Design

8-weeks programme based on the VdTMoCA model. Residents were grouped based on their physical and cognitive abilities (into Tiers) with activities planned around their interests and needs.

### Who

2 groups of 6 to 8 residents led by Occupational Therapists and Therapy aides.

### What was done:

The following interventions were used based on Tiers.

#### Tier 1

Personalised sensory stimulation sessions based on residents' preferences, cultural background, common experiences, and if possible, using information collected from family members about their life story.

#### Tier 2

One-on-one individualised sessions to promote active/passive participation and cognitive stimulation (e.g. reminiscence, sensory stimulation).

#### Tier 3

A variety of pre-planned group activities (e.g. cooking, craft work, gardening) are selected based on residents' top interests identified using a modified interest checklist.

#### Tier 4

Residents discuss as a group, make plans, and execute resident-led group activities (e.g. picnic at the park, board games session), promoting residents to make choices and facilitating social interaction between residents and staff.

## Outcomes

**Tiers 1 & 2:** Through observation and self-rated scales, **70%** of residents showed fair to very good participation in the activities, 30% of residents had an increase in arousal level during the sessions, 20% exhibited positive expressions, and only 23% exhibited negative expressions.

**Tiers 3 & 4:** Through self-rated scales, **91%** of residents had good to excellent participation, 78% showed some social interaction with the other residents, 31% rated an improvement in mood after the session, and **98%** of residents rated that they enjoyed the session.

## An example of Tier 4 activity: Terrarium workshop

Some residents expressed their interest in gardening. Based on their abilities, 16 residents attended a terrarium workshop and they collectively created 40 hand-made terrariums with notes of well-wishes. The residents were proud at their works of creation, and felt accomplished to contribute and see their terrariums being put up for sale as part of fund raising event.

## Conclusion

- With the promising results of improved function in residents, along with residents' enjoyment of the activities planned and improved arousal and engagement levels, the team is constantly modifying the programmes to achieve better outcomes and adapt to the various challenges experienced along the way.
- We look forward to expanding these programmes to our other nursing homes and customising it to cater to the unique profiles of the residents.

