

Project Title

Round the world- let's go! 起动—环游世界!

Project Lead and Members

Project lead: Karen Low

Project members: Sandy Yeo, Camee Chia

Organisation(s) Involved

Kwong Wai Shiu Hospital (KWSH)

Aims

The World Heritage Ward project started in July 2019 and is currently ongoing. The team decorated one of the day spaces and brainstormed innovative activities for the nursing home residents. The objectives are to spruce up the living space, improve residents' emotional well-being by offering a plethora of cultural activities and to engage the administrative staff in caring for the nursing home residents.

Background

See attachment

Methods

See attachment

Results

See attachment

Lessons Learnt

| | |
|------------------|--|
| Equipment | <ul style="list-style-type: none">Ensuring that VR content and equipment is updated |
| Manpower | <ul style="list-style-type: none">Since there is no dedicated staff managing these activities, there is a need to rely on staff volunteers. Thus, the frequency of activities conducted needs to be manageable |

| | |
|--|---|
| | <p>by staff volunteers.</p> <ul style="list-style-type: none">Internally, there may be a lack of knowledge of the various world cultures. Hence, there is a need to engage skilled volunteers to facilitate the various sessions. |
|--|---|

Traditionally, the duty for caring of patients has been left to the healthcare and allied health professionals. However, in KWSH, effort is taken to involve all the staff. The belief is that KWSH functions like a big family in which all should care for one another.

Conclusion

See attachment

Project Category

Care Redesign

Keywords

Volunteer, Informal Workforce, Volunteer Recruitment, Kwong Wai Shiu Hospital, Virtual Reality, Heritage Sites, Cultural Activities, Flight Simulation, Care Redesign

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Round the world- let's go! 启动 - 环游世界!

1 Problem analysis

In KWSH, a huge number of residents stay confined to the nursing homes due to immobility or health issues. In 2019, less than 15% of the residents have managed to go on home leave. Even as residents are outside the home, most, if not all, would not have the opportunity to travel abroad. As most of the residents spend the bulk of their time in the nursing home. This has resulted in boredom and monotony in some residents. Through oral interviews, one resident shared that, "eating meal to meal" and "every day is just too boring." Few other residents expressed longingness to travel or do sightseeing of places that they have never been to.

2 Intervention

My World Heritage project brings the world's beauty to the nursing home residents who may not have the chance to travel. This is done via the following:

| Sprucing up the living space | Offering new programmes | Engaging administrative staff |
|---|--|--|
| <ul style="list-style-type: none"> Revamping the day space of ward 7 Serangoon. All residents and staff can make use of the day space for activities. Drawing reference from world heritage sites | <ul style="list-style-type: none"> Touring of world heritage sites via the use of Virtual Reality (VR) Flight stimulation Cultural activities | <ul style="list-style-type: none"> Staff serve as volunteers and plan activities for residents Reduce reliance on healthcare professionals Instill a sense of belonging within the nursing home |

The World Heritage project started in July 2019 and is currently on-going till June 2020. These activities and interaction with staff have brought much joy to the residents in the nursing home.



Fig 4 (above): In a flight stimulation exercise, residents get an "air ticket" and a "passport".

Fig 5 (right): There are photo spots featuring places around the world. Residents can take photos using props and recycled traditional costumes.

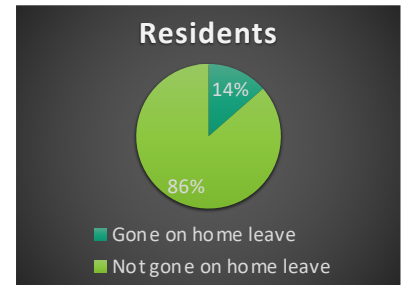


Fig 1: Percentage of residents who have gone on home leave during the period of 2019.



Fig 2: Residents get to explore world heritage sites such as the Great Wall of China using VR.



Fig 3: The revamped day space featuring world heritage sites such as Moscow's Red Square and the London Bridge.

3 Intervention Timeline

| Date | Activity |
|------------|---|
| Feb 2019 | VR- Great Wall |
| Dec 2020 | "Flight stimulation" |
| Jan 2020 | Chinese New Year activities- Lo Hei and movie screening (Chinese culture) |
| Feb 2020 | Group exercise |
| Mar 2020 | Group exercise |
| April 2020 | Outdoor cultural film |
| May 2020 | Horticulture |
| June 2020 | Pizza making party (Italian culinary culture) |

4 Evaluation of plan

Pre-programme and post-programme evaluation with residents would be done via oral interviews and observations.

Section 1: Demographics

1. What is your name and age? _____
2. What is your gender?
 Male Female
3. What is your race?
 Chinese Indian Malay Others (please indicate) _____

Section 2: Existing perception and situation

4. Which countries have you been to? _____
5. What cultures are you familiar with? _____
6. If you could learn about one culture or visit a foreign country, where/ what would it be? _____

7. How do you rate your current satisfaction with the social activities in KWSH?
 (unsatisfied) 1=2=3=4=5=6=7=8=9=10= (extremely satisfied)

Section 3: User Experience

8. How do you feel about participating in the round the world activities? _____
9. What do you enjoy the most? Why? _____
10. What did you enjoy the least? Why? _____
11. What other types of activities would you like to participate in? _____

Section 4: Staff observation

Fig 6: Pre-programme and post-programme evaluation form. Section 1 and 2 are to be completed prior to the commencement of the programme. Section 3 and 4 are to be completed by July 2020.