

## **Project Title**

Sunlove NHELP Life Story Book

## **Project Lead and Members**

Project Lead(s): Mrs Guna D, Deputy Chief of Nursing

Project Members:

- Dr SARAVANNAN, Medical Chief of services
- AMBALAVANAN, Assistant Director of Nursing
- Dr AUNG WIN, Medical Officer
- HANCHATE GANESH C, Senior Occupational Therapist
- OYENA CHINNU JOY, Medical Social Worker
- PREETHI NAIR VIJAYAKUMAR ijayakumar, Psychology Assistant
- LEO XIN YI, Psychology Assistant
- KHOR WAN SZE, Psychology Assistant
- GERLYN L. GALENO, Staff Nurse
- MANIVANNAN SELVI, Enrolled Nurse

## **Organisation(s) Involved**

Sunlove Home

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

Nursing, Allied Health

## **Applicable Specialty or Discipline**

Occupational Health, Medical Social Worker, Psychology

## **Project Period**

Start date: Jun 2021

Completed date: Ongoing

## **Aim(s)**

To explore memorable experiences and childhood memories via reminiscence in an individual's life to improve the overall emotional well-being of our nursing home residents.

## **Background**

See poster appended/ below

## **Methods**

See poster appended/ below

## **Results**

See poster appended/ below

## **Lessons Learnt**

Depression is common, but it's not normal.

## **Conclusion**

See poster appended/ below

## **Additional Information**

Life story programme is scaled up to Surya Nursing Home (our sister nursing home) and successfully ongoing.

## **Project Category**

Care Continuum,

Intermediate and Long-Term Care & Community Care, Nursing Home

## **Keywords**

Nursing Home IT Enablement Programme, Wellbeing, Life Story Book, Quality of Life

**Name and Email of Project Contact Person(s)**

Name: Mrs Guna D

Email: [guna@sunlove.org.sg](mailto:guna@sunlove.org.sg)



# Sunlove NHELP Life Story Book

Dr.Sarvanan,Dr Aung, Guna D, Vanan, Ganesh H, Oyena, Preethi, Xin Yi, Wan Sze, Gerlyn, Selvi

### Introduction:

The use of a life story provides a wealth of information on residents' past and present lives. Sharing stories from their past can lead to laughter, recollection of fond memories, and shared moments between residents, family members and staff. In the process, ties can be strengthened between the residents and their families. Memories can create happiness, laughter and fondness among elderly people and caregivers; reminiscing may help improve physical health as well as psychological well-being!

### Aim:

To explore memorable experiences and childhood memories via reminiscence in an individual's life to improve the overall emotional well-being of our nursing home residents.

### Background:

Life story book is one of the design and development activities supported by Nursing Home IT Enablement Program(NHELP) life story project. Prior to the implementation of NHELP Life Story project, there was a lack of innovative programmes that focused on reminiscence and exploring of a resident's past. This would be especially beneficial in view that; a majority of our residents are elderly and are placed in an institutionalized setting.

### Assessment of Problem and Analysis of Its Causes:

Pre and post assessment of the residents on the effectiveness of the programme was done. Selection Criteria was based on the Mini Mental State Examination (MMSE) as the optimal cut off point is 18 and the pre assessment tools used are :

Geriatric Depression Scales – 15 Questions

Life Satisfaction Index- A(LSIA) – 20 Questions

Self Esteem Scale – 10 Questions

We have started the project in January 2022 with 6 residents as pilot study, and all allied health staff were actively involved in the data collection and interviewing.

### Methodology:

The book titled 'My life story' would provide insight into their family, culture, and religion as well as their childhood, teenage, and adult lives, and their likes, dislikes, and why they behave the way they do. This book provides insight into their family, culture, and religion as well as their childhood, teenage and adult lives. By playing their favourite songs from the past, they were able to recall their special memories associated with it. The life story book will provide insight into their family, culture, and religion as well as their childhood, teenage, and adult lives. It would serve as a reference for what music they liked throughout the years, allowing them to recall special memories associated with it. The Life Story Book allows the participant to tell their story by talking about life events, their family, culture and religion as well as their likes, dislikes and the reasons they behave the way they do. A life story book is a unique way of capturing a person's life experiences and turning them into a personalized gift. Whether it's a wedding album, a memorial scrapbook or an anniversary keepsake, these books can be filled with your favourite memories and photos to create an extremely special gift. Our team OT, Psychologists and MSW work together and brainstorm on project, initial idea was tossed by \*DCON and \*\*ADON.

Team selected was well trained in application of assessment tools and intervention of program.

The team needs to go extra miles apart from our daily routine with following work distribution :

1. OT : responsible for inclusion criteria
2. MSW : Contacting family members
3. Psychologists : Selection of pre and post data tools

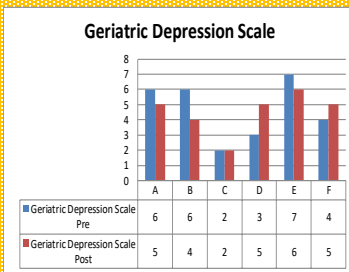
### Daily time expenditure was as follow up:

1. Contacting families : Most of the times after work around 30-45 mins each time
2. Interview : 1-2 hours each resident
3. Assessment of inclusion criteria : 6 hours
4. Pre and post data collection : 6 months (2Hours for each of these sessions)

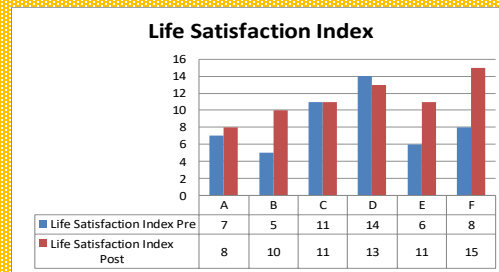


### Results:

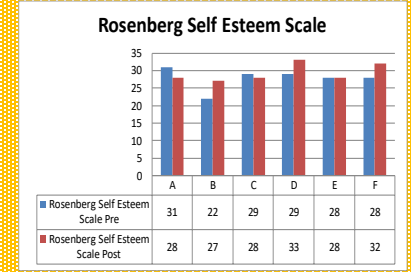
#### Improvement in GDS scores



#### Improvement in LSI scores



#### Improvement in RSEC scores



\* X Axis represent Residents names; Y Axis represents total score.

As stated by resident "I'm really proud to show you my life story book. It is important for me to share this book with you because it contains all the important aspects of my life – including a list of my educational achievements, family history, personal interests and hobbies."

### Conclusion:

To conclude the NHELP life story intervention had provided an effective method to reduce depression, improve life satisfaction and quality of life in depressed among the residents staying in nursing home.