

Project Title

THE NEW ME: Recovery Journey through A Vocational Rehabilitation Programme

Project Lead and Members

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- Malathi Hariharan
- Bong Yioe Ling
- Aprisca Gebriani
- Rainier Olendo
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Organisation(s) Involved

St. Andrew's Nursing Home

Healthcare Family Group(s) Involved in this Project

Allied Health, Nursing

Applicable Specialty or Discipline

Rehabilitation

Aim(s)

- Aim to equip residents of St. Andrew's Nursing Home (Buangkok) with a necessary training and therapy through work within the nursing home or work externally.

Background

See poster appended/ below

Methods

See poster appended/ below

Results

See poster appended/ below

Lessons Learnt

The residents are still able to use their remaining abilities to develop new skills despite their chronic mental health issues. This leads to a more purposeful and meaningful life, which is a significant contributing factor helping to improve their mental well-being. Residents' self-esteem has grown as they have an occupational goal. Occupational engagement needs the right extrinsic or intrinsic motivators.

Conclusion

See poster appended/ below

Additional Information

Community Care Excellence Awards 2022: Client Experience Gold Award

Project Category

Care Continuum

Chronic Care, Self Care, Population Health, Mental Health, Intermediate and Long-Term Care & Community Care, Social Care

Keywords

Patient Activation, Patient Self-Management

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St. Andrew's Nursing Home (Buangkok)

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Introduction/Background

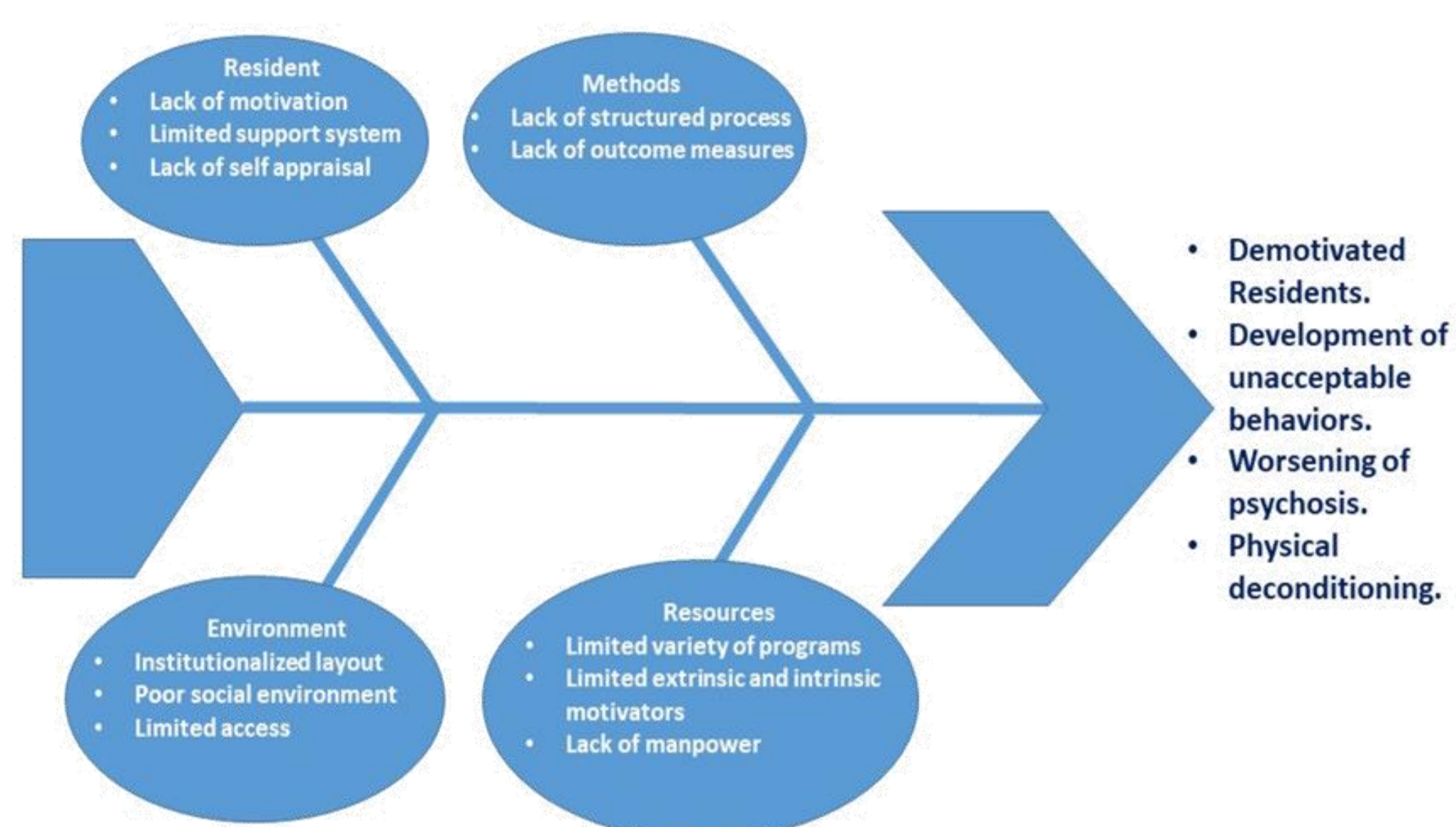
This program aims to equip residents of St. Andrew's Nursing Home (Buangkok) with a necessary training and therapy through work within the nursing home or work externally.

We believe in a recovery program that focusses on the strengths, abilities and preferences of the person, for developing a care plan working towards a goal in consensus with the resident.

Objective

The objective of this project was to improve the mental well-being, and to enhance work performance of the residents with psychosis / other mental health conditions in the sheltered workshop within the nursing home and sustain job participation and performance in supported employment in the community.

Problem Analysis

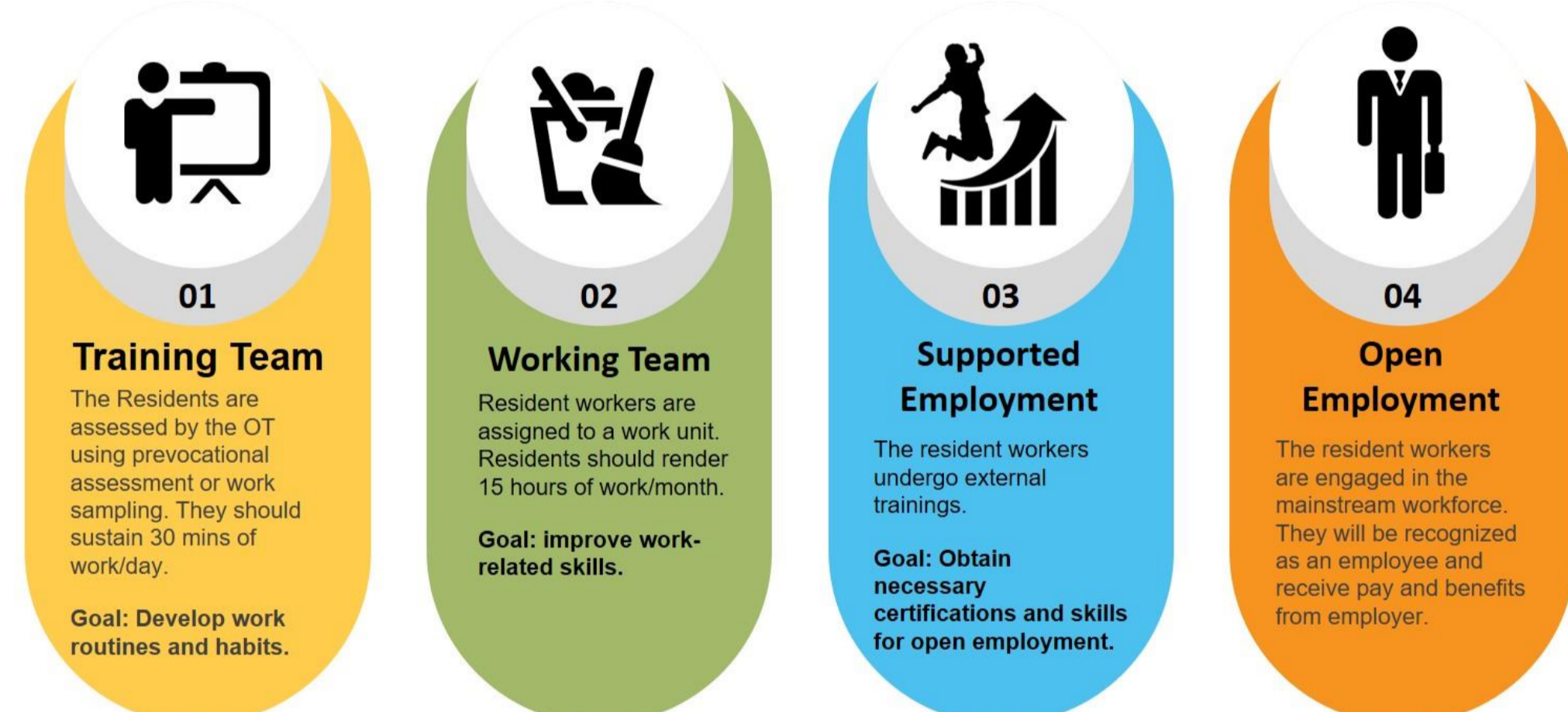


Implementation Plan



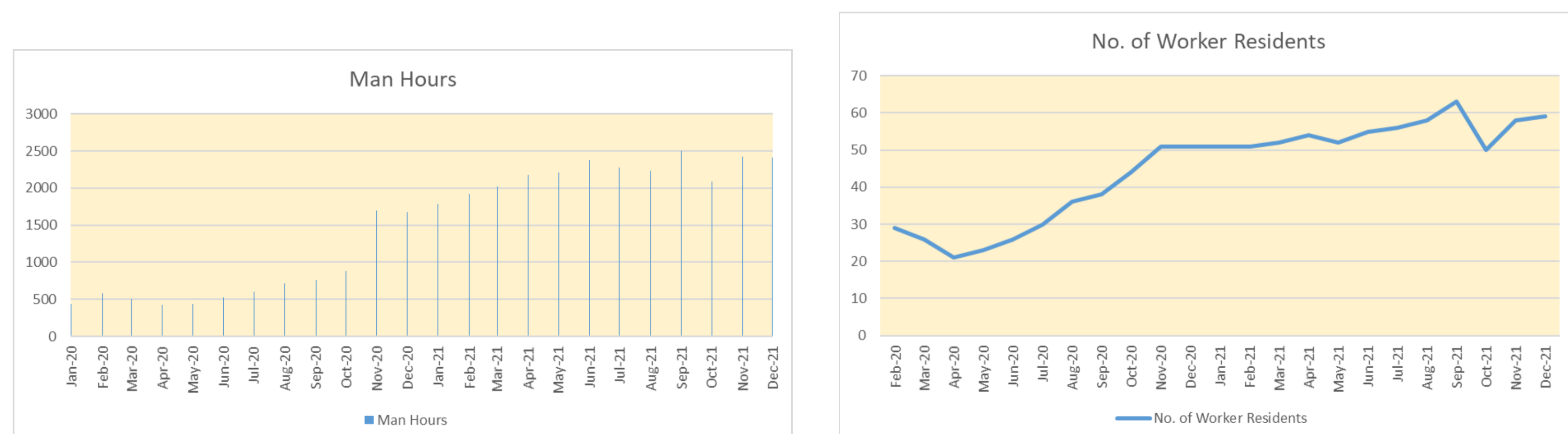
Implementation Plan (con't)

In conjunction to the implementation process, the OT developed four modified progress levels to track progress and provide suitable goals and interventions to the residents in the program:



Compare the results against goal/objective

A goal of 45 internal worker residents and 5 residents working externally were set in 2019. Before the start of COVID, we had 5 residents working externally at F&B outlets such as Aston's and Sushi Express. However, due to the onset of the COVID-19 pandemic, the arrangements have been halted for the time being.

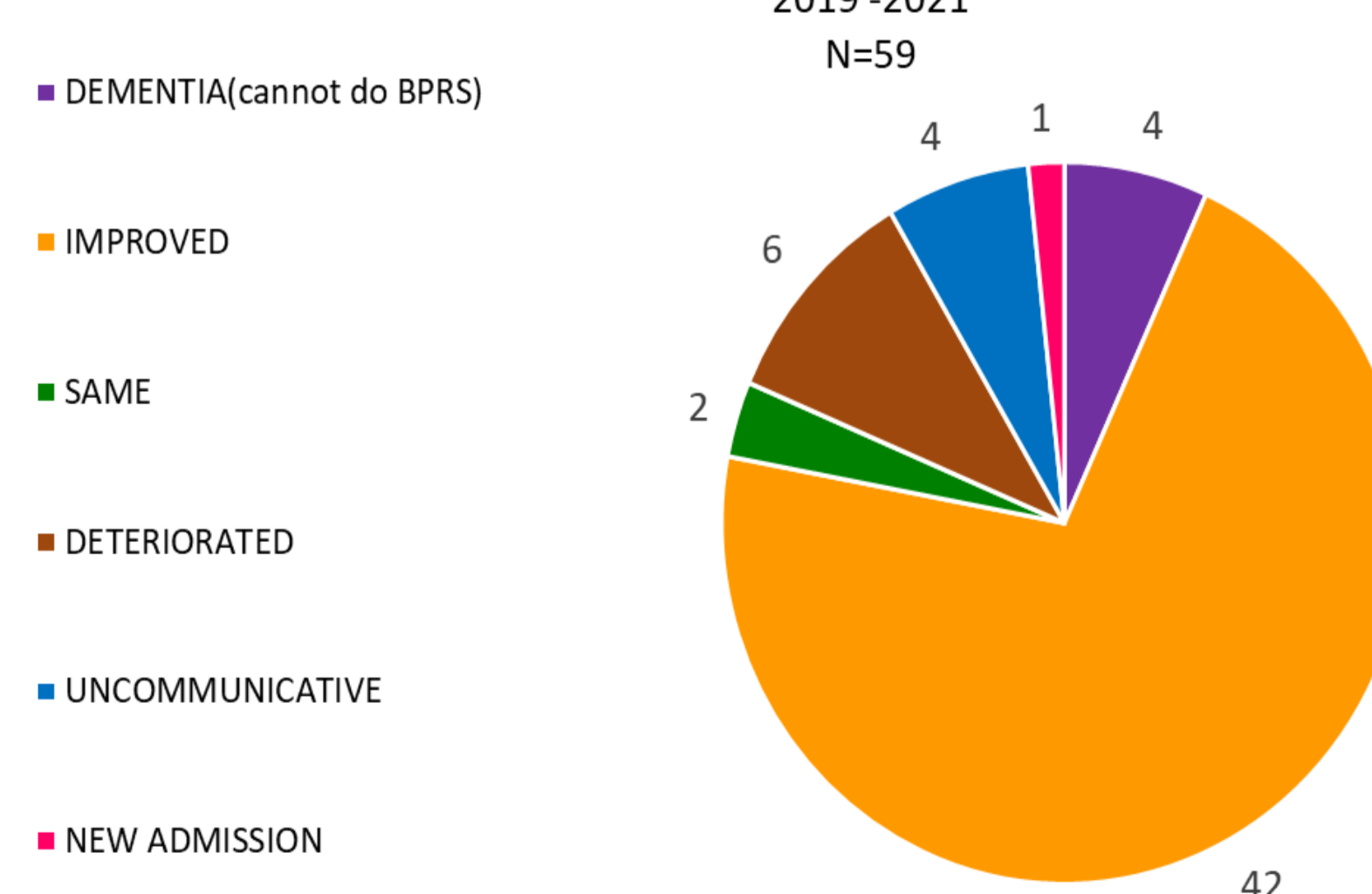


Sustainability

Resident Well-Being Meeting (RWB) held for the MDT to discuss the progress and challenges of the residents working internally. More external employment partners offering diverse work categories are needed.

There is a continuous referral rate of residents going through vocational rehabilitation, which helped engagement and wellbeing with a positive mental health status. The resident workers were able to contribute in the housekeeping assignment which enable nurses or care staff to focus more on doing nursing care.

MENTAL HEALTH STATUS OUTCOME (BRIEF PSYCHIATRIC RATING SCALE) 2019-2021 N=59



Benefits/Results

The number of worker residents increased from 22 to 59 in 2019 – 2021. To date, 64 residents are working internally.

From January 2020, there is an initial man hours of 440 hours per month. In December 2021, there was 2,407 hours per month, and 42 out of 59 residents have improved their mental health status measured by the Brief Psychiatric Rating Scale (BPRS).

Reflections

The residents are still able to use their remaining abilities to develop new skills despite their chronic mental health issues. This leads to a more purposeful and meaningful life, which is a significant contributing factor helping to improve their mental well-being. Residents' self-esteem has grown as they have an occupational goal.

Occupational engagement needs the right extrinsic or intrinsic motivators.