

Project Title

Impact of Social Leisure Activity Engagement On the Emotions of Nursing Home Residents

Project Lead and Members

Project Leads: Shruthi John, Eunice Lui

Team Members: Sudha Chandran, Haydee Austria, Clement Low, Margaret Lujara Fernando Radhesh Ramirez Ma Aurora Theresa Lima Lima, Bucanog, Mazo Joven Taladua , Lional Prabhakar, Espayos Anabelle Binmangon , Jennifer Seriosa , Sasitra D/O Maradaveeran , Chan Yoke Ping Janet ,Dela Calzada Ronaldo Ray Parilla, Manuel JR Dango, Domingo Sagcob Chappay, Dugui is Gladys Camte, Glomar Padillo , Gunasekaran Balaji, Jezindran Raj Shem Rajanthiran, John Harley Sebastian, Kapawen Mia Cabading, Norberte Conrado Bolleser, Pascua Jesus Carulla, Ponard Charity Borja, Sison Oscar Jr Cabatbat, Soriano Venus Samar, Nagarajan Shanmugalakshmi , Tan Yee chuan

Organisation(s) Involved

All Saints Home

Healthcare Family Group(s) Involved in this Project

Allied Health

Applicable Specialty or Discipline

Medical Social Workers, Occupational Therapy, Rehabilitation Therapy

Project Period

Start date: Jul 2020

Completed date: Jun 2022

Aim(s)

- Improve the quality of life and well being of residents through engaging in meaningful activities using a PCC approach post COVID 19
- Implementing a new structure to maximise social leisure activity engagement through the AIC WSP project post COVID-19
- Improve capabilities of all staff to identify the well being needs of residents and design activities for the different resident groups using a PCC approach
- Examine the emotions of residents while participating in social leisure activity engagement based on their interests

Background

See poster appended/ below

Methods

See poster appended/ below

Results

See poster appended/ below

Lessons Learnt

See poster appended/ below

Conclusion

See poster appended/ below

Additional Information

This project was featured at the Central Health Action & Learning Kampung (CHALK) Poster Showcase 2022.

Project Category

Care Continuum

Rehabilitative Care, Population Health, Mental Health, Intermediate and Long Term
Care & Community Care, Nursing Home Care

Keywords

Rehabilitative Care, Nursing Home, Social Interaction, Emotion Rating, Mood Rating,
Social Leisure Activities, Person-Centered Care (PCC)

Name and Email of Project Contact Person(s)

Name: TTSH Network Development (Partnerships)

Email: partnerships@ttsh.com.sg

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In 2019, All Saints Home (ASH) partnered with the Agency For Integrated Care (AIC) in the Wellness Support Package (WSP) project to improve the frequency, quality, and to introduce a new variety of social leisure activities to the residents. We also aim to build staff capabilities in designing and implementing activities by engaging external trainers. However, the project was delayed and started in 2020 due to COVID-19 and there were many challenges faced when implementing the project due to infection control guidelines and group size restrictions. This greatly affected our residents' well-being and emotions as at times we had to suspend the events and activities. ASH decided to modify the structure and implement new ways of running social leisure activities within our centres that are aligned with the infection control guideline. Firstly, ASH assigned a staff to be stationed at each zone to identify the well-being needs of the residents and match the suitable activities using a person-centered care (PCC) approach through the training provided under the WSP project. Each zone in-charge will select suitable residents based on their interests to facilitate meaningful activities and engagement. We ensured all potential residents were given the chance to engage in these activities. We also started to implement a variety of social leisure activities with our volunteers through a collaboration between the Rehabilitative Services team and the Community Relations

team. To further increase the motivation and excitement of the residents, ASH organised a virtual competition among the four centres. These competitions include the Chinese New Year (CNY) seated dance competition in 2021; CNY Dress up and Sensory art competition in 2022; and the Geriatric Sport Competition in June 2022. Our residents greatly enjoyed working together with the staff and other fellow residents to win the competition for their own centres. Through the virtual session, they still managed to celebrate festivals or events with other residents and staff from other centres. They have gained a lot of satisfaction and fulfillment through this engagement. The observed emotion rating scale was used to examine the emotions of residents during those social leisure engagements post-COVID-19.

Objective

- Improve the quality of life and well-being of residents through engaging in meaningful activities using a PCC approach post-COVID-19
- Implementing a new structure to maximise social leisure activity engagement through the AIC WSP project post-COVID-19
- Improve capabilities of all staff to identify the well-being needs of residents and design activities for the different resident groups using a PCC approach
- Examine the emotions of residents while participating in social leisure activity engagement based on their interests

Project Details

- July 2020 to June 2021: New Activities include Seated Play, Seated Dance, Scrapbooking, Silver Talk
- July 2021 to June 2022: On top of 1st-year activities, new activities include: Taichi, Geriatric Sports, Sensory Art, Dress up with Scrapbooking, movie screenings
- Outcome Measure: AIC data submission, activities tracking, attendance record, and observed emotion rating scale
- Total of more than 40 staff from 4 nursing homes has undergone virtual classroom and activity observation and analysis training

Initiation of Resident Interest Profiling

- With the introduction of WSP activities, the rehab team made efforts to best match the residents for the activities.
- Hence, a short assessment was included in the initial assessment, to determine the resident interest.
- It was carried out across 4 centres for all residents.

Benefits

- An increase in the variety of activities to engage residents
- Enhancement of staff capability to run activities for the elderly at nursing homes
- Enhancement of staff capability to design activities for meaningful engagement
- Facilitation of PCC approach through resident interest profiling

Outcome of Observed Emotion Rating Scale

- Majority of residents displayed signs of positive emotion in more than 80 percent of the session for the 5 WSP activities at four nursing homes
- Some residents displayed signs of negative emotion in less than 20% of the total sessions conducted
- There are no significant differences between positive emotions displayed during the 5 activities at all 4 nursing homes
- There are no significant differences between negative emotions displayed during the 5 activities at all 4 nursing homes

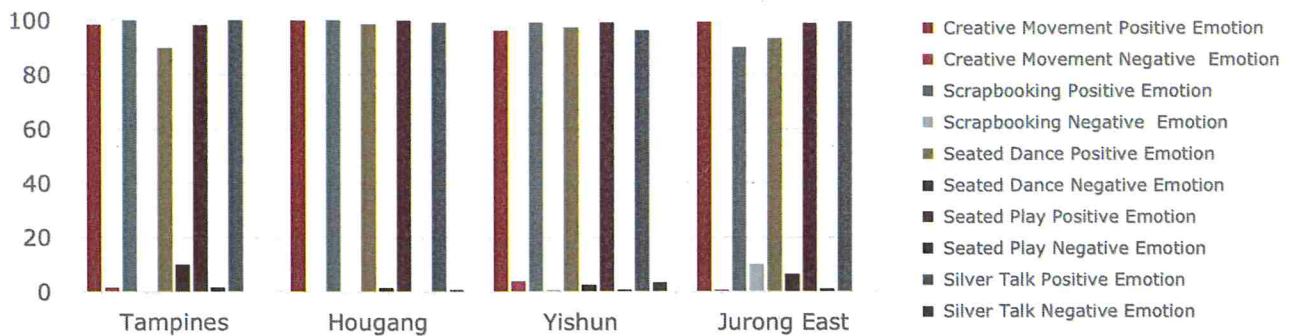
July 2020 to June 2021

	Creative Movement		Scrapbooking		Seated Dance		Seated Play		Silver Talk	
	Positive Emotion	Negative Emotion	Positive Emotion	Negative Emotion	Positive Emotion	Negative Emotion	Positive Emotion	Negative Emotion	Positive Emotion	Negative Emotion
Tampines	98.4	1.6	100	0	89.9	10.1	98.3	1.7	100	0
Hougang	99.8	0.2	100	0	98.5	1.5	99.8	0.2	99.2	0.8
Yishun	96.1	3.9	99.3	0.7	97.5	2.5	99.2	0.8	96.4	3.6
Jurong East	99.4	0.6	90	10	93.4	6.6	98.9	1.1	99.6	0.4

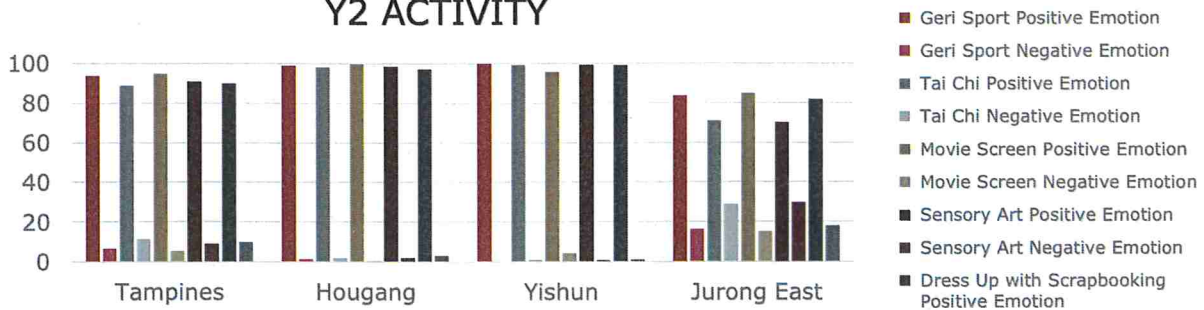
July 2021 to June 2022

	Geri Sport		Tai Chi		Movie Screen		Sensory Art		Dress Up with Scrapbooking	
	Positive Emotion	Negative Emotion	Positive Emotion	Negative Emotion	Positive Emotion	Negative Emotion	Positive Emotion	Negative Emotion	Positive Emotion	Negative Emotion
Tampines	93.5	6.5	88.7	11.3	94.6	5.4	90.8	9.2	90	10
Hougang	98.7	1.3	97.9	2.1	99.6	0.4	98.1	1.9	96.9	3.1
Yishun	99.8	0.2	99.1	0.9	95.7	4.3	99.2	0.8	98.9	1.1
Jurong East	83.6	16.4	71	29	84.8	15.2	70.1	29.9	81.8	18.2

Y1 ACTIVITY



Y2 ACTIVITY



Future Plans to Extend

- Resident interest profiling which was started to best match the residents' interest in specific WSP activity is embarked as a new ASH project to extend to greater parameters involving great collaboration between various departments directed at PCC.
- We are looking forward to starting the Year 3 WSP in July 2022.

We are deeply heartened to encounter such vibrancy that the activities brought in every ASH Nursing Home centre and not just engagement but a meaningful smile in every Participating resident.