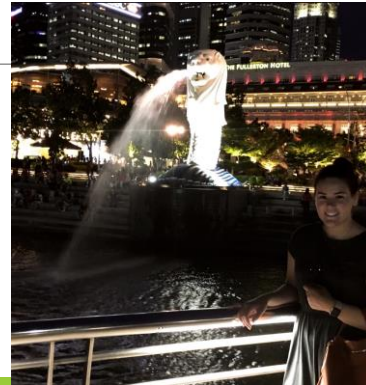


Leisure Exploration at St Luke's Hospital

OPERATIONS INTERNS
KYRA FAIRLEY & WILL LI



Agenda

- Leisure exploration overview
- Current affairs of leisure program in the hospital
- Pilot Program
- Future prescription

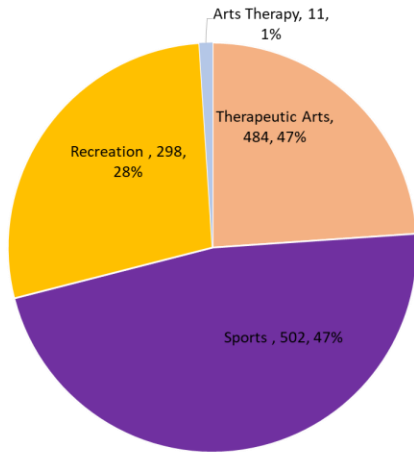
Leisure Exploration Overview

Domain	Category	Description
Arts & Health	Therapeutic Arts	Led by non-therapeutic professionals
	Arts Therapy	Led by therapeutic professionals
Recreation and Adaptive Sports	Sports	Adaptive competitive sports
	Recreation	Activity done for enjoyment

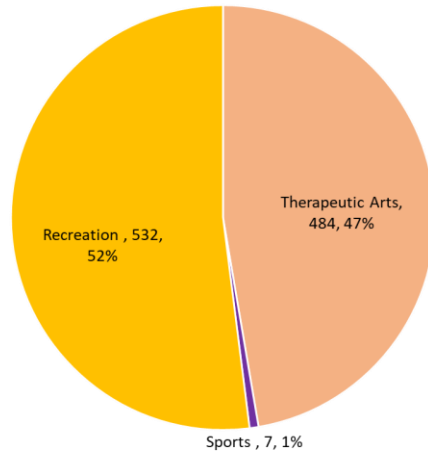
- **Prescribe patients with consistent, balanced, and meaningful leisure programs to restore loss of dignity, build community, and personal fulfilment.**

What is Leisure like at SLH?

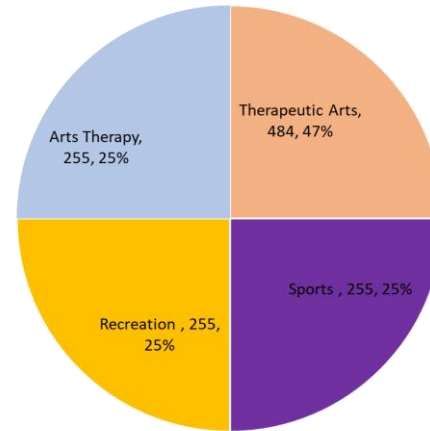
A)



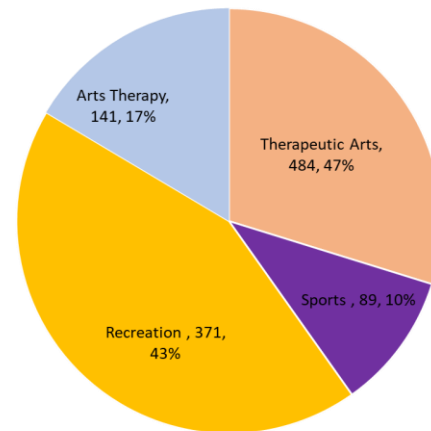
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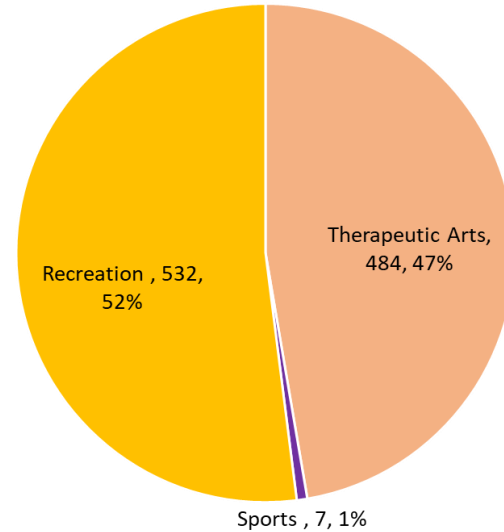


D)



Current Leisure Affairs: Hospital Overview

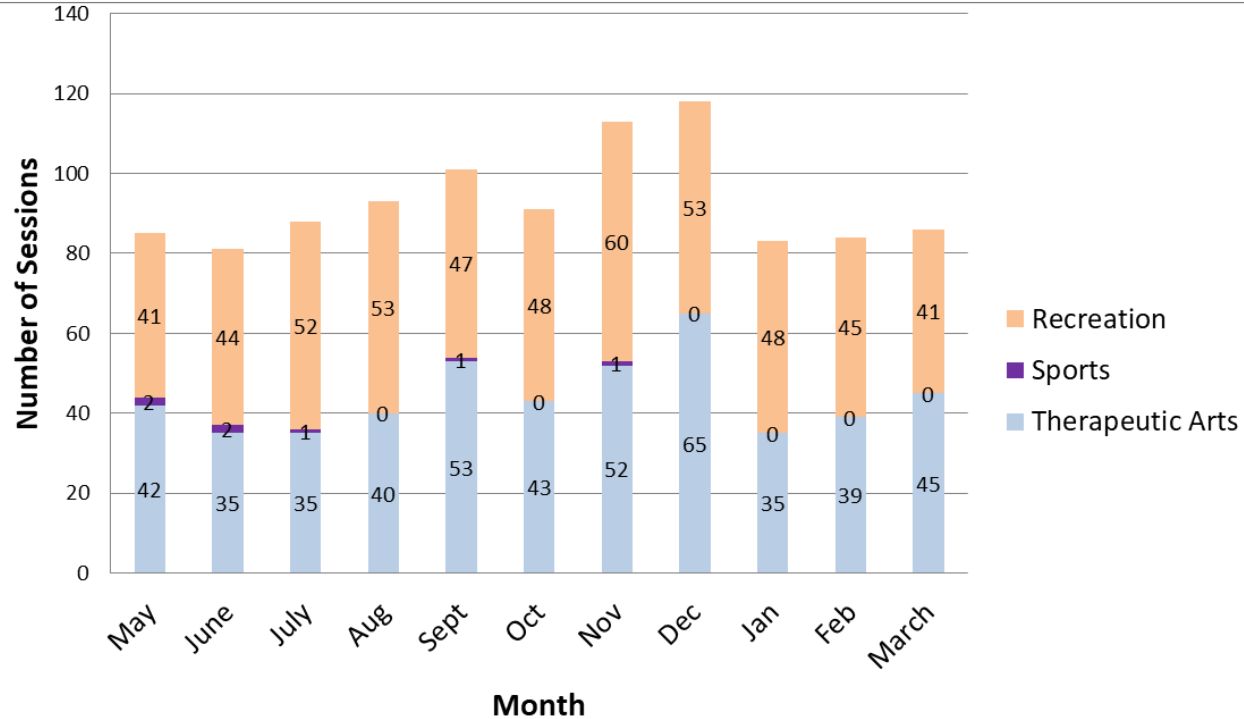
May 2017-March 2018 DT Program Overview



- **1023** total DT sessions from May 2017- March 2018

Current Leisure Affairs: Frequency

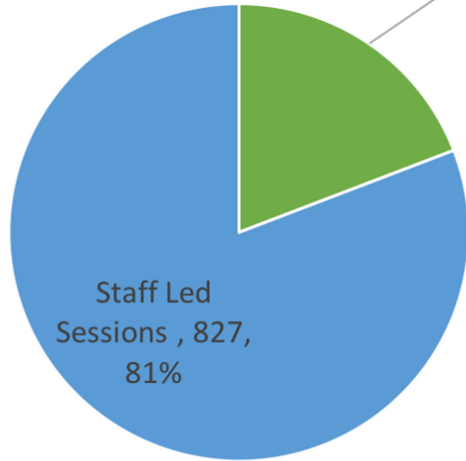
Total DT Programs Per Month



Current Leisure Affairs: Who's Leading the Sessions?

Staff vs. Volunteer Involvement

Volunteer Led
Sessions , 196,
19%



	Total No. of Sessions	Total No. of Participants	Avg. No. of participants per session
Staff Led	827	2299	2.78
Volunteer Led	196	1660	8.67



Current Leisure Affairs:

Negatives

- 4 categories are unbalanced. Therapeutic Arts and Recreation are provided regularly
- Not all programs are engaging based on patient feedback.
- Lack of accessibility to all beneficiaries

Positives

- Weekends have more leisure programs.
- Holiday months have more programs.
- Volunteer led activities have more beneficiaries per session.

Pilot Program: Why?

- Gain a deeper understanding of how leisure programs are conducted from the development stage to the end result.
- Evaluate the results of a program that is meaningful, enriching and provides healing to the patients.



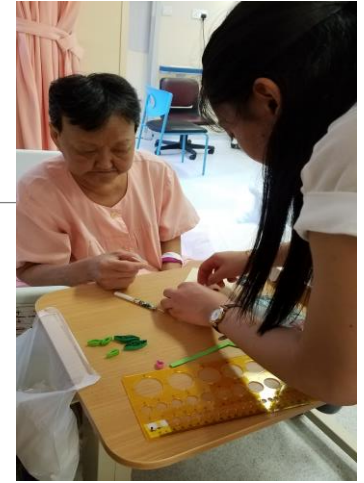
Pilot Program: Paper Quilling

- Originally PQ was done fortnightly on Saturdays
- Volunteer run
- Problems:
 - Patient usually do only one project
 - Only on weekends
 - Volunteers change



Pilot Program: Logistics

- Started 9 July – 2 Aug (5 weeks)
- At least 2 times a week after lunch
- 8 patients total in wards 2B & 2D
- 5 kinds of projects
- One-on-one
- Patient Reports



Pilot Program: Conclusion

- Personalized cards & beds
- Prescribed patients with **consistent, balanced, and meaningful** leisure activities to **restore loss of dignity, build community, and personal fulfillment.**
- Trained two new volunteers to continue paper quilling on the weekdays
- Implemented a Saturday sign in sheet



Future Prescription: Proposal

- Equal access
 - Program board in the gym
- More volunteers
 - Recruit volunteers from organizations/schools to conduct sports programs
 - Recruit volunteers to assist nurse led programs
- Category balance
 - More sports and art therapy programs
- More variety within each program

End Goals

- Something for everyone, everyday.
- Goal is to be a leading hospital through DT programs in Singapore.
- Provide holistic, compassionate, and quality care



Yishun Community Hospital

Questions?

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