**Team-based Group Activity Engagement in the Geriatric Acute Care Ward**


1. Rehabilitation
2. Geriatric Education and Research Institute
3. Geriatrics Medicine
4. Patient Experience Office
5. Nursing Administration

**Khoo Teck Puat Hospital**

**Background**
Geriatric patients are at a higher risk of functional decline related to acute illness and prolonged bed rest during hospitalisation. The resultant functional decline often persists after discharge and is associated with deterioration in cognition, mood and activities of daily living as well as increases the likelihood of hospital readmission. Hence, more coordinated and interdisciplinary approach care is needed to increase patients' participation in rehabilitative activities.

**Aims**
To improve meaningful engagement and wellbeing of the elderly patients through scheduled group activities by a multi-disciplinary team.

**Methodology**
DMADV: the Design for Six Sigma (DFSS) methodology was adopted

**Results**

**Validate**

**Patients who sat out of bed and engaged in activities**

<table>
<thead>
<tr>
<th></th>
<th>Usual care</th>
<th>Intervention</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patients</td>
<td>10.6%</td>
<td>23.1%</td>
</tr>
</tbody>
</table>

**Engagement**

- **Constructive Engagement**
- **Passive Engagement**
- **Non-Engagement**
- **Self-Engagement**

**Mood**

- **General Alertness**
- **Anxiety/Fear**
- **Sadness**

**Staff satisfaction**

**With professional recognition**

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

**With the co-workers**

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

**Project impact**
- An increase in the number of patients who sat out of bed to engage actively in various cognitive, physical and social activities outside therapy time. This could potentially lower their risk of functional decline as compared to prolonged bed rest.
- An increase in patients’ alertness, pleasurable mood and a decrease in negative moods during activity engagement; thus may improve patients’ well-being and their experience of hospital stay.
- Better collaboration and communication among the multidisciplinary team to enhance patient care through group activity engagement.
- A more person-centred environment for both patients and staff.
- Staff felt more positive towards their work.

**Conclusion**
A multidisciplinary team-based approach in patient group activity engagement enables more patients to be out of bed and engaged in meaningful activities. It enhances patients' activity engagement and improves their physical and mental well-being. This intervention could potentially facilitates patient's recovery.