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Introduction

The development of a new psychiatric and psychological ambulatory service dedicated to the care of women and children at KK Women's and Children's Hospital (KKH) has been impactful, through creating an effective setting addressing holistic needs of patients, in a quiet and calming ambience.

Methodology

Setting up of Clinic G in September 2012 to provide dedicated mental health outpatient care services for women and children. This enables departments of Psychological Medicine and Psychology Service to deliver integrated treatment plans for patients in Clinic G.

Clinic G synergistically brings psychiatric and psychological services together under one roof. This enabled a steadily increasing caseload that sustains and enhances mental healthcare delivery.

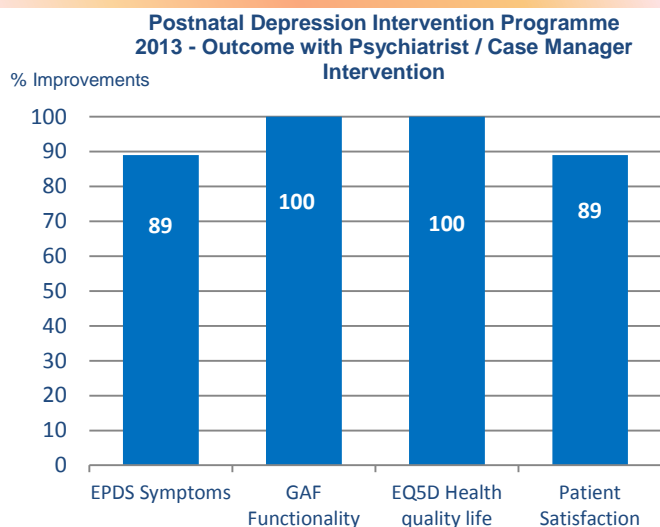
The 11 consultation rooms help greatly in managing the increasing caseloads. Counselling sessions are conducted in the counselling rooms in a comfortable and private setting. The Play room painted with bright and big pictures connects well with young children and helps to engage the children during the therapy session. Clinic G also has a Art Therapy room to run weekly Arts programme for KKH cancer patients.

Results

Clinic G attended to a caseload of 1,125 psychiatric new cases (an increase of 77% from 2012), and 476 psychology cases in 2013 (an increase of 9% from 2012).

The psychiatric women's service receives referrals from antenatal, gynaecological and breast unit clinics, as well as the children's hospitals (via mothers of paediatric patients). The child psychiatric service has gradually grown with internal referrals and additional specialists are recruited. Psychology Services receives internal referrals from all areas of the hospital for both women and children to provide psychological therapy, cognitive and neuropsychological assessments.

Patients' feedback has been encouraging and we are glad that our children patients are happy to come to Clinic G to see doctors and psychologists.

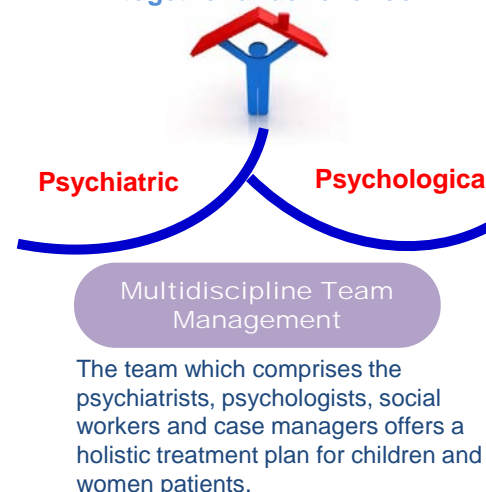


Conclusion

A dedicated mental health clinic has proven to be a beneficial service, providing an efficient and well received resource, thus facilitating integrated holistic care within the hospital. The dedicated clinic space provides a quiet environment which is conducive for assessments, family therapy and interventions.



Clinic G synergistically brings psychiatric and psychological services together under one roof.



Postnatal Depression Intervention Programme (PNDIP)

- 1) MOH funded programme to screen postpartum women for probable postnatal depression.
- 2) Since 2008, about 10,000 postpartum women screened.
- 3) About 6-8% have been identified with probable postnatal depression, and referred for clinical intervention
- 4) In 2013, 11.6% more patients (2,054) were screened on the PNDIP.

Eating Disorder Service

- 1) In 2007 only seven children and adolescents with eating disorders were managed at KKH. This number has grown to 55 in 2013.
- 2) Adolescent Medicine, Psychology Service and Psychological Medicine have collaborated to develop an outpatient Family Based Treatment (FBT) program at KKH.
- 3) The FBT adopts a multidisciplinary approach that focuses on getting the family to reduce factors which are believed to maintain the Eating Disorder.

Monthly Perinatal Depression Support Groups

- 1) Many mothers with perinatal depression feel alone in their struggles to cope.
- 2) The support group provides mothers with an opportunity to share experiences and practical information about how they handle their own situation.
- 3) It encourages women to seek treatment if they haven't and offers hope to those who found the going difficult.

Referral from REACH EAST



- 1) REACH - MOH funded programme providing community-based mental health service to students through the school.
- 2) Students who need psychiatric intervention are referred to Clinic G.
- 3) REACH psychologists provide psychological therapy in multidisciplinary approach at clinic G.

KKheART Programme



Provide a supportive and non-threatening environment for KKH cancer patients to enjoy and benefit from the therapeutic process of art-making.

Feedback on Clinic G

"I feel welcomed by the nice and warm ambience of Clinic G and the warm treatment from the clinic staff."

Mdm Chua

"I like the quietness of Clinic G. I feel calm and relaxed."

Ms Yuong

"It's the magic of this room (playroom)"

Mother in Watch Wait & Wonder Therapy

"The doctor with toys"
5 years old patient

Compliments
Received in
2013

