



# Monthly Local Delights For Patients: Elevating The Patient Experience

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## Introduction

For patients with dementia, ongoing medical issues, prolonged hospital stay and menu fatigue may reduce their quality of life in food enjoyment. This may contribute to lower mood and motivation to participate in rehabilitation exercises, further leading to an increased length of stay in the hospital.

## Aim

To enhance the well-being and engagement of patients with dementia by incorporating diverse local delights beyond hospital menu and encouraging participation in festive activities during their hospital stay.

## Methodology

Planning and Scheduling:

- Collaboration among Multidisciplinary Team (nursing, dietitian, speech therapist) and Outreach and Volunteers Team
- Every third Thursday of the month
- Selection of a theme for each month

Food and Activities:

- Theme-based food, beverages, and dementia-friendly activities
- Energy and protein-rich food and beverages modified in texture and consistency as appropriate

Patient selection:

- Patients with dementia with good sitting tolerance, not on tube feeding, and well controlled chronic conditions

Facilitation and Support:

- Volunteers and multidisciplinary team work together to facilitate activities

## Results

Month	No. of Patients Benefited	Positive Feedback Received	Formal Compliments Received
Aug 23	14	Yes	2
Sep 23	14	Yes	3
Oct 23	11	Yes	3
Nov 23	10	Yes	2
Dec 23*	NA	NA	NA
Jan 24	12	Yes	2
Feb 24	14	Yes	3
Mar 24	8	Yes	2
Apr 24	8	Yes	1
May 24	8	Yes	1

\*Dec session was cancelled due to increase in no. of COVID-19 cases in hospital

Thank you all for the hard work and making the world a happier and healthier place! Special thanks to the staff for organising ...  
- Mdm Wong & Family

... Your care for patients can also be seen in the organising of events and celebrations do uplift the mood of the patients ...  
- Family of Patient of Bed 6

## Conclusion

The “Monthly Local Delights” initiative significantly benefited more than 90 patients to date. It enhanced patient well-being and participation, boosted staff morale and engaged families meaningfully. This is aligned with SCH’s mission of delivering person-centered care and achieving health goals collaboratively.