

## ***Effectiveness of emotional regulation programme for children and adolescent in hospital setting – An integrative review***

*Vivian S.W. Wong, M. S. Law*  
*Chinese University of Hong Kong, Hong Kong*

### ***Abstract***

Background: Autism Spectrum Disorder (ASD) is considered with intensified emotional reactions and emotional dysregulation. It has been documented rising trend with ASD in worldwide and Hong Kong. ASD children and adolescents have been shown a significantly increased risk for psychiatric hospitalization. That will interrupt their social and school life. Hence, explore an effective self-emotion regulation programme in hospital setting to decrease admission and readmission rate for these vulnerable group. Aim To explore an effective self-emotion regulation programme in hospital from existing evidence to reduce admission and readmission rate for children and adolescent. Methods: Search strategies were divided into 3 parts, include preliminary search, extensive search using MEDLINE, EMBASE, CINAHL Plus, Pubmed, PsyINFO and references list from the identified literatures from inception to 2019. Inclusion criteria were aged 5-17, both boys and girls, randomized controlled trails and English literatures. Those articles were not in English and abstract only were excluded. Result: Culturally-tailored self-emotional regulation programme act as a pivotal role to regulate children and adolescent emotions in schools and outpatient settings in reducing the admission rate in hospital settings. Conclusion: Culturally-tailored self-emotion regulation programme may be effective on reducing admission rate among children and adolescent clients in Western countries. As all studies identified were conducted in Western countries, generalizability in Hong Kong is questionable. It is important to develop an evidence-based protocol and evaluate the effectiveness of a culturally-tailored self-emotion regulation programme on reducing the admission rate among ASD children and adolescents in Hong Kong.

### ***Biography:***

Ms. Vivian Wong is a Registered Nurse and Registered Midwife in Hong Kong. She has completed Master of Public Health and Master of Science in Stroke and Clinical Neurosciences from the Chinese University of Hong Kong. She is the Assistant Professor of Hong Kong Nang Yan College of Higher Education.

Mr. Law Man Shun is a general and psychiatric Registered Nurse in Hong Kong. He has completed Master of Science in Stroke and Clinical Neurosciences from the Chinese University of Hong Kong. He is currently working in child

and adolescent psychiatric unit in a public hospital in Hong Kong.

[56th World Advanced Nursing and Nursing Practice Congress](#); September 21-22, 2020.

### **Abstract Citation:**

Effectiveness of emotional regulation programme for children and adolescent in hospital setting – An integrative review, *Advanced Nursing 2020, 56th World Advanced Nursing and Nursing Practice Congress*; September 21-22, 2020.