



# Intercom

duke university medical center

VOLUME 19, NUMBER 12

MARCH 31, 1972

DURHAM, NORTH CAROLINA

## On Psychiatric Wards

# Recreation Service Benefits Patients

Basketball? In the Hospital?

Yup.

For the patients?

Yup. Though it's hard for most of us to picture, it happens all the time.

And basketball is only one of the activities the patients on Duke's psychiatric wards can take part in through the department's Recreation Service.

"For the most part, our patients are ambulatory and interested in doing things," Eileen Schafer, therapeutic recreation director for the Psychiatric Inpatient Service, said. "Unlike patients on some wards who can't physically participate in recreation, our patients need this type of activity."

Because of the diversity of backgrounds and interests of the patients on the psychiatric wards, Mrs. Schafer and her staff plan as wide a variety of activities as they can dream up and carry out.

It wouldn't be unusual for a week's schedule to include a picnic in the Duke Gardens, a card party, a sing-along, a volleyball tournament, and assorted indoor and outdoor games. The Recreation Service averages more than 30 programs each week.

By now you're probably wondering where one stages a basketball game or a volleyball tournament in Duke Hospital.

On the patio, of course. The patio is actually part of the roof of the Main Entrance Building that was planned for recreation activities. It's adjacent to all three psychiatric wards.

Indoor projects are set up wherever the staff can find room. Each ward has what's called a "day room," or commons area, for some activities. Others are held in the department's large group therapy room in the evenings.

The Recreation Service also has access



**FINISHED PRODUCTS**—Jean Crosby, arts and crafts instructor with the Recreation Service, displays some of the handiwork done by Duke patients. (photo by Lewis Parrish)

to one of the physical therapy areas so that patients can participate in exercise sessions if they wish.

Several times each week, the Recreation Service plans special outings like taking in a play on the Duke campus or spending an evening at a local miniature golf course.

"We like to include both social activities and special interest projects each week," Mrs. Schafer said.

In addition to sports, games, and trips, the patients can work on an impressive array of arts and crafts activities.

When Duke's Occupational Therapy Department closed last summer, the OT room near the psychiatric wards and its

equipment and supplies were transferred to the Psychiatry Department.

Under the direction of Jean Crosby, who has a degree in art from St. Andrews College in Laurinburg, the arts and crafts section offers patients instruction in more than 40 different fields ranging from macrame and decoupage to candle making and leather tooling.

The recreation program is planned as part of the patient's therapy and the staff is confident that it is beneficial to the patients. There are circumstances where a physician might not permit a particular patient to take part, but this is rare.

"Sometimes patients feel unproductive  
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