

Don't wish it were easier, wish you were better. Don't wish for fewer problems, wish for more skills.

Don't wish for less challenges, wish for more wisdom. *Earl Shoaf*

ROUTINE PATIENT ACTIVITIES

It is a well known fact that a positive frame of mind is directly correlated to quick recovery of a patient. Patients with terminal illness when confined to hospital settings may find it difficult to cope and the negative cognition of his/her state may have debilitating effects on the prognosis of the illness. Hence it is highly imperative to engage him/her in activities that will result in having positive affects on both physical and psychological condition. This can be done by chalking out certain daily activities for patients with the intention of providing them an environment suitable for his/her recuperation. Daily activities have several benefits- it boosts energy levels, help manage stress, provides opportunities for interaction with other patients and staff, improves self image etc. Schedule followed at Snehadaan:

Timing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 to 7:00 am	Wake up time						
7:00 to 8:00 am	Basic grooming and hygiene(For bed ridden patients grooming is assisted by health workers/nurses)						
8:00 to 9:00 am	Break fast time						
9:00 to 10:00 am	Nursing Department carries out administration of medicines to patients, other nursing needs, Medical Procedure are done, OPD consultation etc						
10:00 to 11:00 am	Patient Education Session conducted by the Counsellors/Health Workers						
11:00 to 12:00 noon	Physiotherapy is carried out for the patients in the physiotherapy area ,for some patients it is conducted at their bed side						
12:00 TO 1:00 pm	Lunch time						
1:00 to 4:00 pm	Relaxation time. Patients can watch television and rest						
4:00 to 4:30 pm	Tea time .Evening tea and snacks are provided						
4:30 to 6:30 pm	Recreation time .Patients can take a stroll in the garden area						

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6:30 to 7:00 pm	Spiritual gathering –discussion on relationship with God, themes of forgiveness, guilt etc
7:00 to 8:00 pm	Dinner time
8:00 to 9:00 pm	TV time
9:00 pm onwards	Sleep