



# Staff Wellness Program in Caritas Medical Centre

Presented in HA Convention 2014  
By Ms. Vicky LUI, SNO, CND, CMC

# Introduction



## Program objectives

**Demonstrate that the hospital cares about the staff's health and well-being**

**Increase staff's awareness on the importance of physical and psychological health**

**Enhance staff relationship through program activities**

# Program activities



# Result & Outcome

## Health Screening



- Staff Enrolment: 461
- Completion of blood tests and cardiovascular questionnaire: 320 (69.4%)
- Fasting blood sugar level: impaired blood sugar (4.7%); high blood sugar (1.3%)
- Total cholesterol level: >5.2 mmol/l (43%)
- >10% risk of CVS diseases in the coming ten years : 4 cases (0.86%)

## Stress Management Workshop



- The workshop was useful, practical and enhance their learning (90% of the participants).
- Salient learning points included:
  - the importance of relaxing to reduce stress;
  - unfavorable body response induced by stress;
  - relaxation techniques etc.

## Team Building Workshop



- The workshop enhanced team partnership by better communication (about 93% of the participants).
- Optimized the physical and psychological wellness
- The importance of trust and communication within a team, be positive, need of appreciation, be considerate were highlighted

# Conclusion & Acknowledgement

Working Group Members	
Andrew YEUNG, CMC GM(N) - Convenor	H P SO Dr, KWC CC(OSH) & OM Doctor i/c
Vicky LUI, CMC SNO(CND-T&D)	S H PANG, KWC APN(OM) & KWH APN(CND)
Anita NG, CMC APN(CND)	Arthur WONG, CMC SMT(CPth)
Forrest TSOI, CMC APN(CND)	Anna WU, CMC AH Co-ordinator & DM(OcT)
Jessica KONG, CMC APN(CND)	Carrie NG, CMC OTI(OcT)
Maggie CHAN, CMC Staff Care Officer/CIST coordinator	Cindy CHIU, CMC DM(PT)
Liza CHEUNG, CMC DOM(Ambulatory Care)	W S YUNG, CMC PTII(PT)
Candy LAI, CMC NO(SOPD)	

