



**Service Priorities and Programmes**  
**Electronic Presentations**

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**Healthy Life Choices in My Hand**

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**Introduction**

Shift work is considered necessary to ensure continuity of care in hospitals. However, with the 24/7 nature of a nurse's life, some nurses place their own health needs behind due to hectic schedules and time constraints at home and work. Therefore, a 'Healthy Corner' was created to provide evidence based information focusing on personal health and wellness to help maintain positive energy.

**Objectives**

1. Create a culture of communicating value and positive attitudes toward healthy life style.
2. Facilitate and empower nurses to build capacity in controlling their own health and in making healthy life choices.

**Methodology**

This 'Healthy Corner' is created and managed by the author and four nursing staff on a voluntary basis. We searched and appraised evidence-based strategies focused on improving personal health status. Topic selected for the bi-monthly exhibition in the 'Healthy Corner' was discussed and confirmed with our senior management. To enhance interest and understanding, we simplified the crucial concept and necessary information into two pages by using graphic presentation and flow chart. A self-developed questionnaire was distributed to all nursing staff in our ward after completion of each exhibition to explore staff's perception and the effectiveness on the presented materials.

**Result**

The first exhibition in this 'Healthy Corner' was in June 2017. The theme of this year is 'eat healthier and be more active'. Therefore, three related topics including 'Therapeutic effect of Avocado on Osteoarthritis', 'Healthy diet of vitamin B12 deficiency' and 'Benefits of aerobic exercise' were presented. A total of 18 nursing staff was invited to participate in the evaluation process after each cycle of exhibition. Totally 47 questionnaires were received and the response rate was 87%. Overall the presented materials were very well received and valued. The subject matter of the exhibition was being absolutely agreed to agreed that it was closely related to personal health issues (n=15, 31.9% and n=26, 55.3% respectively).

The content of each topic was being absolute agreed to agreed that it was enough and clearly expressed (n=18, 38.2% and n=29, 61.7% respectively). All participants felt they increased their knowledge regarding healthy food and aerobic exercise. In addition, 14 participants (77.7%) found the information was very useful and planned to incorporate it in their everyday life.

In conclusion, nurses's well-being is essential to the development of our hospital organization. The adoption of the 'Healthy Corner' is an initiation to benefit the health of the nursing team.