



## Service Priorities and Programmes Electronic Presentations

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### **One-day mindfulness workshop for HA primary health care workers with a high level of satisfaction**

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#### **Keywords:**

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#### **Introduction**

Burnout is an important issue of healthcare workforce globally. A number of HA staff members were burdened with long working hours, stressful work environment and multiple administrative duties. “Mind-fulness” and “mindfulness” is only of a one-letter difference yet a contradictory meaning. Mindfulness is the practice of being aware of your body, mind, and feelings at the present moment, with a feeling of calmness. Mindfulness courses designed for health care workers have been shown in studies to effectively reduce job-related stress and burnout, through the commitment of learning skills such as staying in the moment and non-judgmental awareness of thoughts and feelings. Conventional mindfulness practice requires considerable time resources in terms of weeks, which may not be affordable to busy HA staff. In December 2017, the Staff Welfare and Recreation Team (SWRT) of the Department of Family Medicine & Primary Health Care, Kowloon West Cluster (KWCFM) organized a one-day mindfulness workshop to allow interested staff taking part in a trimmed version of mindfulness experience in order to improve self-wellness. The workshop was free-of-charge as a SWRT activity for KWCFM staff.

#### **Objectives**

To improve staff wellness through a time-efficient design of a one-day mindfulness workshop.

#### **Methodology**

The one-day mindfulness course materials were tailor made by two instructors consisting of a Family Medicine Specialist and a Registered Social Worker in order to meet the need of participants within an 8-hour time limit. The one-day mindfulness workshop was held on a Sunday from 9am to 5pm at the Centre of Health Protection (CHP) Oasis. A Sunday whole-day was chosen so as to fit the KWCFM staff schedule that most clinics were not in operation on Sundays. All nine participants were new to mindfulness and the workshop started with an introduction to mindfulness, followed by

breathing exercises, relaxation techniques, body-scanning practice, mindfulness walking, mindfulness eating and so on. Evaluation was performed at the end of the workshop and responses were analyzed.

### **Result**

A questionnaire with ten-point scale was distributed to all nine participants, a response ranged from zero (negative) to ten (positive) was graded for each question item. Participants were satisfied with the venue and arrangement (score 9.56 out of 10, SD 0.881). They were satisfied with the course being arranged as a one-day Sunday workshop (score 9.44 out of 10, SD 0.726). Participants viewed mindfulness important to their own personal development (score 8.78 out of 10, SD 0.972), and of high relevance to self-care (score 9.33 out of 10, SD 0.866). The overall satisfaction of the one-day workshop was high (score 9.67 out of 10, SD 0.50), and participants were interested to have a full 8-week mindfulness course after taking our one-day workshop (score 9.11 out of 10, SD 0.928). A high level of satisfaction was demonstrated from the participants of a one-day version of mindfulness workshop. An unexpectedly high demand for a full 8-week mindfulness course was noted from our evaluation. From our experience, the KWCFM SWRT would continue explore possibilities of organizing more similar activities in the future, or as an inter-cluster collaboration with other HA Departments in order to benefit more colleagues and improve HA staff well-being.