



Service Priorities and Programmes
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Stretching Exercise Program for Patient Care Assistants in an Acute Medical Ward

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Introduction

Patient Care Assistants (PCAs) is vital in providing patient care such as turning and patient mobilization. There is an increasing trend of the Injury On Duty (IOD) cases in PCAs from 2015 to 2016, of which the manual handling operations (MHO) were the major matter. Therefore, a stretching exercise program for PCAs was introduced to prevent the injury on duty caused by poor MHO as well as to enhance staff wellness and a healthy working environment.

Objectives

1. To decrease the trend of IOD cases related to MHO issue
2. To promote a healthy work style by promoting stretching exercise
3. To increase staff's motivation and job satisfaction, and enhance team work

Methodology

The stretching exercise program served to relax muscles and decrease muscle soreness was performed between January and April 2017. A training material provided by the United Christian Hospital Occupational Safety & Health (OSH team) was used with iPad assistive for the training. It targeted PCAs and was carried out during P shifts (1415-1421), with each session lasted for 6 minutes. A record form was used to record the attendance of the PCAs. A questionnaire applying a five-point Likert Scale was used to evaluate the effectiveness of stretch exercise program at the beginning, 1-month and 3-month after the program longitudinally.

Result

Total 10 pre-program questionnaires were collected. Results showed that 20% of PCAs had habit of regular exercise once per day whilst the rest did it once per week. All of them agreed that stretching exercise should be done before work. 30% of them claimed they had done pre-work stretching exercise themselves. 20% of PCAs claimed that they haven't done the pre-work exercise because the time might not enough.

For post-program evaluation, 5-point Likert Scales will be distributed for evaluating the effectiveness of stretch exercise program at 1-month (Feb) and 3-month (Apr) after the program. The level of job stress, injuries rate, and the motivation level of

PCAs were be evaluated. All participants agreed the stretching exercise was helpful to them and the exercise was easy to perform and all of them totally agreed that the exercise could relieve the stress of work. They agreed that the exercise could help them to prevent injuries, muscle soreness and increase the efficiencies on duties. 40% of PCAs agreed that the program could enhance the good relationship between colleagues and maintains a harmony working environment. All of them agreed the stretching exercise should be continued as a regular routine. There was no IOD case related to MHO since the program had been started.

As per positive result throughout the program, the stretching exercise program is continued as supported by the committee. It may be promoted to other time sessions (A or N shift) and even other ranks of staff.