



Service Priorities and Programmes
Electronic Presentations

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Health issues among Radiology Nursing: Staff Wellness Program

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Introduction

In healthcare setting, long working hours and demanding workstyle is associated with potential health hazards to healthcare professionals resulting in long run affects the productivity of the team. Prolong wearing lead aprons during IR procedures will induce related fatigue and back problem for nurses working in Radiology Department. Provide a positive working environment can enhance staff wellness and staff retention.

Objectives

Reduce the physical demands of prolong wearing lead aprons

Enhance skill mix and flexibility working opportunities for all nursing staff Nurturing the staff wellness culture that is conducive to staff retention

Methodology

The Plan-Do-Study-Act (PDSA) cycle help us to identify the situation and plan the possible intervention to address the issue. Data and comment were collected from staff through a bottom up approach. Possible strategies were formulated and implemented by phases. Physiotherapy input on back health and muscle strengthening exercise to all nurses. Evaluation questionnaires were collected after the project.

Result

The duration of wearing lead apron was shortened with short break in between. The caseload is evenly distributed amongst the nursing team after reviewed and re-designed the job assignment and roster planning. A "Ready to go" package was designed for emergency procedure during the call duty. It helps to minimize the work stress and address the ergonomics issues during the procedure time. Staff awareness on the importance of muscle strengthening exercise and back health increased. Loss of man days due to back problem was minimized.