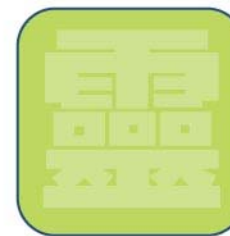


# Staff Wellness Program in Kowloon East Cluster



Derek Chan  
Manager(OSH)



# What ?

## Staff Wellness Program is.....

Rules **X**, Inspection **X**, Audit **X**, Compliance **X**.....

身心靈

Soft & Positive Tool

Enhance staff wellbeing



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# What ?

# Staff Wellness Program is.....

## To address

Psychological

Physical

Social

Nutritional

NEEDS

身心靈



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# Why?

身心靈  
社

**M**ake a healthy  
work force who enjoy  
the work to serve and  
care the public

→ We care your health,

without which we can't  
deliver a quality care  
to our patients

# Our Vision

- Healthy People
- Happy Staff
- Trusted by the community

# Our Mission

- Helping people stay healthy

# Our Values

- People-Centred Care
- Professional Services
- Committed Staff
- Teamwork



# How ?

How HA staff become happy?

&

Committed to make people healthy?

&

Are trusted by the Community?



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# The Answer is: Staff Wellness Program



Holistic Care For Staff Wellness

**身心社靈 全面做到**

**員工健康計劃啟動儀式**

Staff Wellness Program Kickoff Ceremony

2009年3月16日



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# The Team

**Collaboration → a key to success**

**Doctors in psychiatric specialty,**  
**physiotherapists, occupational therapists,**  
**dietitians and Cluster OSH Team**



# The Sculpture Fortune Bags & Pins



- Fortune to EVERY Staff
- Tips to address
  - Psychological
  - Physical
  - Social
  - Nutritional

NEEDS

# The Program Kick-off

- Work – Life balance sculpture
- Signed by management & colleagues for commitment
- Program introduction – by live shows & demonstration simultaneously at 3 hospitals (Max colleagues' participation)
- Signature Pins



# The Program (II)

# Psychological

- **Emotional caring week (性情教育推廣週)**
  - Encountering Adversity (逆境的轉機之從心出發)
  - Parenting tips (使子女快樂成長的三大錦囊)
  - Emotional peacefulness (逆境中的平安)
- **Dressing styles as expression of character & emotion**  
(余若薇小姐分享會 - 「時裝：自我表達的藝術」)



# The Program (II)

## Psychological

- Peaceful Mind (心靈講座: 覺醒人生之何處覓心安)
- Relaxation through Hypnosis with practices (催眠減壓講座之催催眠、鬆一鬆)
- Financial Preparedness for Investment in 2010 & Retirement (2010年投資展望及如何部署退休)



# The Program (III)

# Physical

- **Exercise & YOU**
- **Exercise Demonstration using Elastic band**
- **Tailored-made stretching exercise**
- **Brisk walking exercise program**



# The Program (IV)

## Social

- Music Concert  
(懷舊金曲演唱會)
- Chi-Quo (八段錦)
- Happy Magic Show





# The Program (V)

## Nutritional

- **Weight Control Seminars**
- **Weight Control Program**  
by physiotherapist & Dietitian
- **Food Labeling Workshop**
- **Healthy Food Tasting**



# The Result

- Satisfied with the program
- Useful information and practicable such as investment, food labeling, relaxation etc
- Happy lunch time/break
- Lovely incentives



# The Result

- Formulate wellness in addressing OSH
- Depts. initiation for tailor-making exercise
- On-going activities..... physical checks, fit-ball classes, music appreciation, tea tasting classes



# The Conclusion

- The staff wellness program

A soft & positive tool

→ enabled colleagues to achieve a healthier life style

→ peaceful, relaxed, and safe feeling at work

→ achieve job satisfaction and commitment

→ in return contribute to their positive

attitudes at work

→ We care for our health,

**Caring culture to staff and to**

**ALL!**

**Professional Services**

without which we can't deliver a quality care to our patients



# THANK YOU

