



**Service Priorities and Programmes
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Can Primary Care Team acts as a role model in terms of Physical Activity for their Patients

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Introduction

Primary Care Team is advocating exercise to the general population. Their health behaviours could serve as a good example for the general population. However, not much study on physical activity of clinical staff in Hong Kong was published.

Objectives

This study is to assess the physical activity and sport engagement among staff of Department of Family Medicine & Primary Healthcare (FM&PHC) in Hong Kong West Cluster. The favorite sport among staff, the potential motivation factors and barrier to exercise are all to be identified.

Methodology

All doctors, nurses, supporting staff, and other medical personnel working in the department (total 162) were invited in September 2013 to fill a questionnaire including epidemiological data, chinese version of International Physical Activity Questionnaire (IPAQ), favorite sports, sport engagement in last one year and the reason behind. 95 filled questionnaires were returned. The response rate was 58.6%. Physical activity was categorized into High, Medium and Low based on the IPAQ scoring. Competitive sport participation was defined as having sport competition during the past year while noncompetitive sport leisure activity was defined as participation in any sport at least once a week, five months a year.

Result

In the whole sample, 14.7% (14) of the staff had high level of physical activity in the last one week, 48.4% (46) of the staff had medium level while 36.8% (35) had low level. 46.3% (44) of the staff engaged in non-competitive leisure sport activities while only 9.5% (9) engaged in competitive sport activities in the last one year. The most favorite sport is running, followed by swimming and hiking. The sport which staff most prefer to learn is Yoga followed by swimming and Tai Chi. The major reason for staff to engage in sport is for health, followed by weigh control and own hobbit. The major reason for staff not to engage in sport is lack of time, followed by lazy and lack of accompany. From the sample studied, more than 60% could achieve high or moderate physical activities. It is known that the personal physical activity of

physicians influences to some degree their exercise counseling. We are expecting more clinical staff engaging in sport. Hints to promote sport for staff were identified.