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Project title

Exercise Consultation and Prescription Service in Kowloon West Cluster Hospitals

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Introduction

Adopting an active lifestyle is one of the best ways in keeping people healthy. Indeed, many large scale epidemiologic researches have demonstrated physical activities got various degree of protection against some common chronic diseases which included coronary heart disease (1,2), hypertension (3,4), non-insulin dependent diabetes mellitus (5-7), osteoporosis (8,9), colon cancer (10), anxiety and depression (11). Under the guidance and support of Occupational Medicine Care Service and all Physiotherapy Department of Kowloon West Cluster Hospital, a new initiative - Exercise Consultation & Prescription Service (ECPS) was launched in January 2010.

Objectives

This service aims at boosting up the physical fitness and health status of our colleagues to cope with the physical demand of their daily work.

Methodology

ECPS provide scientific and individual tailor-made exercise plan according to individual's interest and physical capacity. All participants will have a baseline assessment including body mass index (BMI) and the four domain of physical fitness namely: Muscular Strength, Endurance, Flexibility and Aerobic Fitness. They will be assessed with a standardized protocol within our cluster. Each subject will receive an individualized tailored home exercise training program and will be reassessed after four months to review their progress. The total activity in recent seven days will also be assessed through a self administered tool - International Physical Activity Questionnaire (IPAQ).

Result

As at 31 December 2015, 502 staffs have joined this program. Upon review, significant improvement was shown in aerobic fitness (p=0.023), flexibility (p=0.03), strength (p=0.42) and endurance (p=0.045). The total activity level per week also showed significant improvement (p=0.012) while the change in BMI is insignificant. ECPS definitely helps to promote physical health and is believed to be effective for preventing musculoskeletal injuries at work. We are confident to cultivate an exercise habit to optimize staffs' well being which exactly matches the mission of Hospital Authority "helping people stay healthy" and four core values: people-centred care, professional service, committed staff and teamwork.