



Service Priorities and Programmes Electronic Presentations

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Submitting author: Ms YUEN LING, Ann LAU

Post title: Advanced Practice Nurse, Yan Chai Hospital, KWC

Workplace Healthy Staff: A Small Pace Forward

Wong KL(1), Lau YLA (1), Tam YYV (1)

(1)Medicine Department, Yan Chai Hospital

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Introduction

Human work force is one of the precious resources in a company. Keeping staff healthy in the work field will maintain and improve staff performance, increase the productivity, attract and retain staff, promote team spirit, and, save time and money.

Objectives

To build up a healthy workplace, few areas are paid attention to: - maintain a safe and comfortable working environment - an open-minded approach to any concerns or suggestions in workplace - to promote stretching exercise by rolling out a pilot scheme of Workplace Physical Activity Program before duty in selected ward / unit

Methodology

A Workplace Physical Activity Program before duty was set up with reference to stretching exercises recommended by OSH, HAHO. The program was then promulgated for 6 weeks to staff of an acute medical ward and Geri-Day Centre, involving the outreaching team. Staff involved were asked to answer a pre and post questionnaires to shared their view on healthy workplace and stretching exercise. Staff board for health information and suggestion box for a dream working environment was set up in designated ward / unit as well.

Result

Out of 45 participants, total 40 questionnaires were received. Workplace Physical Activity Program was found successful in encouraging staff to perform stretching exercise before duty. Over 70% of participants claimed they would continue the exercise after the program. Few advantages were mentioned, e.g. stress reduction, promote staff bonding. However, staff also expressed the intricacy to maintain the program in acute setting due to space limitation and ward emergency situation.