



Service Priorities and Programmes
Electronic Presentations

Convention ID: 63

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sketching before work

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Keywords:

sketching before work

Introduction

The "鬆一鬆,先開工" program aims to establish a routine practice of doing stretching exercise for front-line staff before they work, especially some weight bearing procedure.

Objectives

The "鬆一鬆,先開工" program aims to establish a routine practice of doing stretching exercise for front-line staff before they work, especially some weight bearing procedure.

Methodology

Encourage staff establish a routine practice of doing stretching exercise according to poster and a demo video.

Result

Encourage staff establish a routine practice of doing stretching exercise according to poster and a demo video.