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A Staff Health Promotion Week to Promote Happiness Among Staff

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Introduction

“Healthy people, happy staff and trusted by community” is the vision of Hospital Authority. In order to align with the vision and promote health education to staff, the Hong Kong West Cluster has organized the “Staff Health Week” since 2008. Physiotherapy department is one of the members participating in the health week. This year, the theme from our department is to promote mental health and staff happiness “Move your body, Remove your worries”. We would like to assess the profile of the level of happiness among participants in the week.

Objectives

To investigate the level of happiness among staff participating in the health week 2016.

To introduce the importance of exercise in promoting mental health.

Methodology

Each participant was required to fill in a questionnaire. A survey was conducted to the staff joining the health day. The Subjective Happiness Scale (SHS) was used to investigate the level of happiness in staff. The SHS consists of 4-item of 7 scale measuring global subjective happiness. The average score runs from 4.5 to 5.5, depending on the group. An overall average of score higher than 5 means they are happier than the average people among the working adults. Those with score lower than 4 were advised with educational information given. The overall result was feedback to the staff and advice was given.

Result

There were 317 participants, 89% were female and 11 % were male. The job nature included professional staff (doctors, nurses and allied health professionals), supporting staff (patient care assistants, operation assistants), clerical staff and others (management staff). Overall 87% of the participants scored higher than 5. General information on the importance of exercise in promoting mental health was conveyed to the participants via poster presentation and verbal advice. The feedbacks were positive.