



澄清綜合醫院

CHENG-CHING GENERAL HOSPITAL

Correlation between creating a physical and mental health care workplace and improving the stress of employees' lives

Chin-Lien LAI, Hui-Ying Lin

Division of psychosomatics and Section of Health Education for Cheng Ching Hospital



purpose:

"Employees" are the most important assets in the workplace. Only happy and healthy employees can create a high-quality, sustainable business. The purpose of creating a healthy medical workplace is to create a supportive environment, develop personal skills, and adjust health services in accordance with the five major action plans of Ottawa.

Arrange the employees' body and heart to support the health promotion activities. Through the planning management, the employees have the pressure to relax and develop their interest outside the work pressure, to achieve the balance of body and mind, reduce the pressure and improve the employee's job satisfaction.

method:

In December 2017, the assessment of the mental health life events and stress levels of 450 people in the hospital was conducted using questionnaires. An eight-month period from April 2018 to November 2018, to create a health promotion program for the physical and mental health care workplace, and to provide employees with interpersonal relationships and family relationships in accordance with the Ottawa Five Action Plan to create a supportive environment setting. , love relationship, career development, emotional distress adjustment, etc. Through the information system, take the initiative to make appointments with psychologists and psychologists, and accept 20 counselors.

In the development of personal skills, the organization of the whole body sex walking activities, once a month hiking trails, employees walked together, 407 employees

Organized four sessions of staff stress and music lectures. Through a series of pressure courses by psychologists and fitness teachers, they guided the psychological adjustment of employees, learned the exercise method and suppressed 350 employees.

Employees are diversified and practiced. The staff likes to study four practical courses, and arranges cooking, aromatherapy, and travel photography courses to help employees reduce their work pressure by learning interested courses, and participate in 266 employees.

Adjusting the direction of health services, the employee's mental health promotion section sets out the "Staff Support and Counseling Standards Workbook" to provide employees with psychological and emotional support for the operation process, measures and channels.

In December 2018, the assessment of mental health life events and stress levels was conducted using informationization to conduct a questionnaire survey.



learned the exercise method



arranges cooking



walking activities employees walked together



Employees are diversified and practiced



result

In December 2017, the mental health life events and stress level assessment information questionnaire surveyed before, the number of employees was 394, the statistical results of the stress event scale risk high risk (300 points or more) 5.8% medium risk (150~299 points) 20.1% general risk level (less than 149 points) 74.1%

In December 2018, mental health life events and stress level assessment information questionnaire surveyed after the number of employees 358 statistical results pressure event scale risk level high risk (300 points or more) 5.5% medium risk (150 ~ 299 points) 18.1% General risk level (less than 149 points) 76.2%

Pre- and post-test results are reduced by 0.3% for high risk (300 points or more) and 2.0% for medium risk (150~299 points)

discuss

The Mental Health Life Events and Stress Rating Scale used in this survey is a measure of life events and stress levels. It contains 43 events that occur frequently in life. Different events have different stress levels, such as: spouse death. The stress degree score is 100; the divorce, the stress degree score is 73, etc., and the total score is the sum of the stress degree scores of the events occurring

According to Holmes and Rahe (1967), a total score of 300 or more is a high risk group, about 80% of the chances of suffering from physical and mental illness; 150 to 299 points are moderate risk, about 50% of the chance to suffer from physical and mental illness Disease; below 149, the risk is average, only about 30% chance of suffering from physical and mental illness. Use information-based anonymous method to do pre- and post-question surveys, and create a healthy workplace for psychological adjustment, pressure, and exercise behavior in eight months. High risk in employees' mental health life events and stress (300 points or more)) a 0.3% reduction, a medium risk (150 to 299 points) reduction of 2.0%, a reduction in the risk of physical and mental illness, and a correlation between the physical and mental health care workplace and the improvement of employee life stress. mental illness, and a correlation between the physical and mental health care workplace and the improvement of employee life stress.