



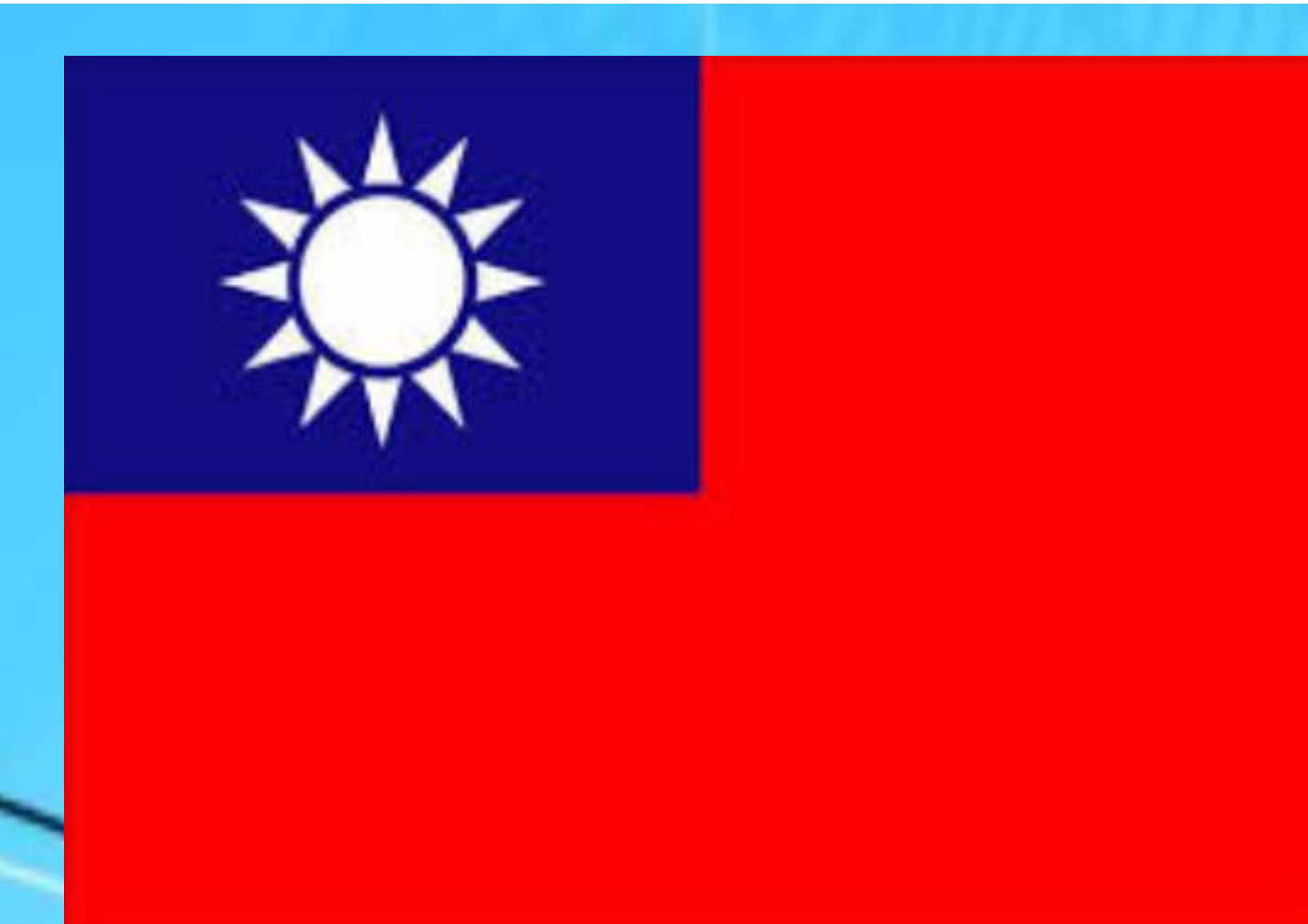
澄清綜合醫院

CHENG-CHING GENERAL HOSPITAL

Medical workplace improves physical fitness and softness improves lower back pain correlation

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purpose

The results of the study showed that the abdominal muscle endurance of hospital staff was related to lower back pain, while the upper body pain of women was related to long-term sitting posture. However, the physical fitness of nursing staff was significantly correlating with the quality of life. All Physical Fitness contained body mass. Index, body fat, balance, softness, low extremity muscle strength, muscular endurance, and cardio endurance are significantly related to the quality of life of caregivers. Appropriate health promotion programs in the workplace can provide employees with health and safety. Environment, for employees, can reduce stress, improve morale, increase job satisfaction, improve health protection skills, and improve personal life quality, thus improving the lower back pain of employees by improving physical fitness and softness.

method

In 2018/3, 110 employees participated in the physical fitness test of the sit and reach, and the poor softness accounted for 60.71%. The quality management method finds out the reasons for the poor softness of the employees' physical fitness. There are five reasons: They do not know what kind of sports to do, do not have time to exercise, do not have the same sports, they do not have a self-training checklist, and we planned for these five reasons to improve.

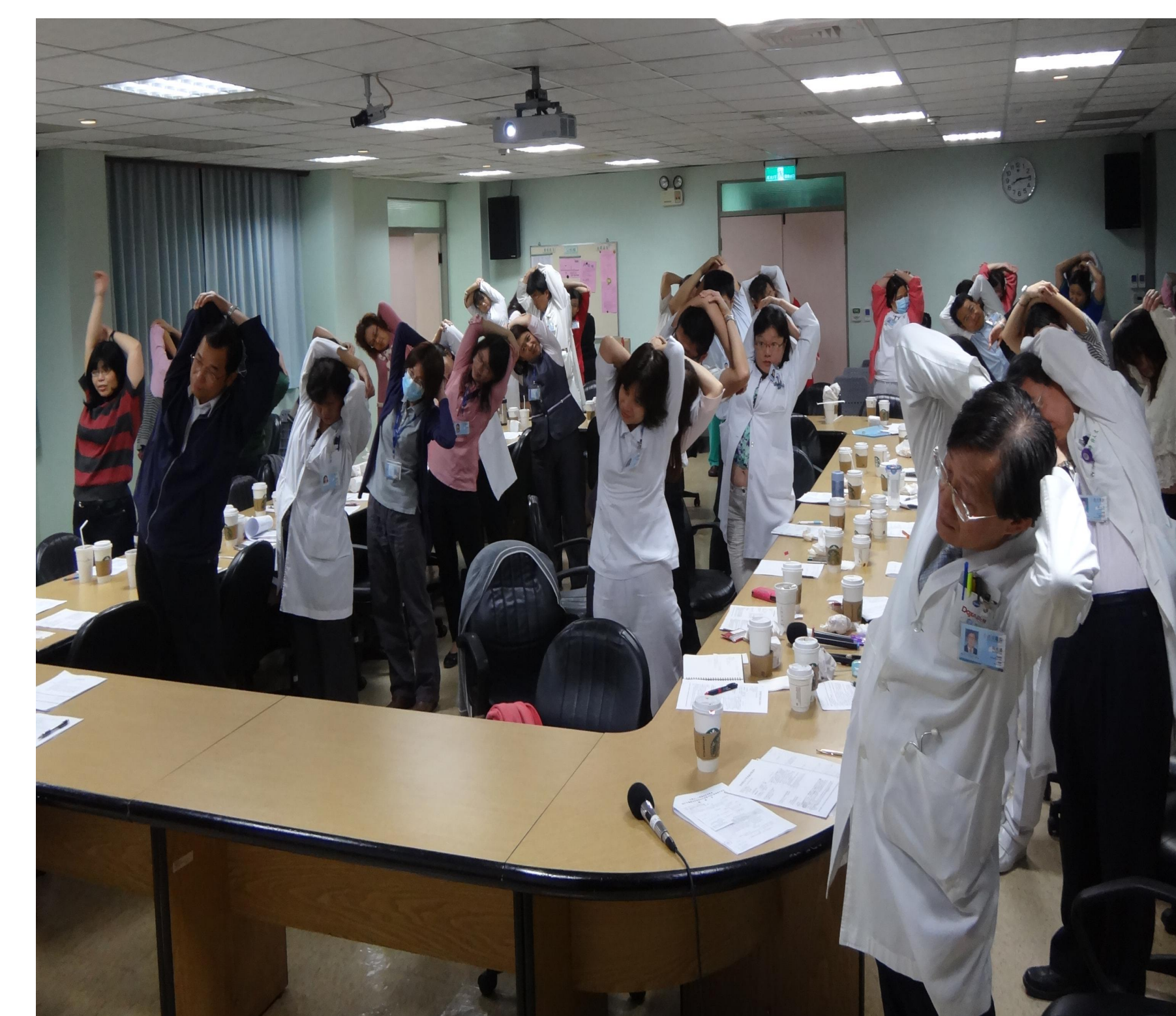
1. For employees who don't know what kind of sports to do: Shoot sports video and upload it to the cloud to provide for download. Provide incentives to encourage to a sport.
2. In order to solve the problem of lack of exercise with peers: a sports group therapy course is organized to help employees develop exercise habits. The unit is designed to improve physical fitness and use a step-by-step approach to increase participants' confidence and safety. Group classes are held on Thursday, the third week of each month.
3. Do not know how to get equipment: Create a piece of a poster to introduce equipment cushion (yoga mat), towel, chair and stair (step) that can be obtained in life, reminding employees to use equipment that can be obtained in life, and to fit in physical fitness.
4. Design a sports passport to record the frequency of home sports. Encourage employees to develop the habit of doing sports at home. The sports passport includes five steps of the static lunge, upward stretching, forward flexion, lateral pressing and sitting forward bending. Each movement is pulled for 10 seconds and repeated five times. Do it once a day. Use a sports passport to perform self-monitoring and Tick to indicate the completion of the day's action.



Yoga movement



Walk together



Stretching exercise every day



result

The results of the 2018/10 physical fitness test were lower than those of the middle-grade (poor fitness) improvement before and after the improvement. The sitting body anterior bending improved by 60.71% before the improvement of 47.27%.

Physical fitness progressed from medium to low to the very good ratio: sitting posture forward bend progress 52.73%

Percentage of average fitness improvement: sitting posture forward bend progress 22.14%

After 38 people with lower back pain improved the softness of the body, 31 of them had a reduction in lower back pain, a total of 6.4% reduction.

discuss

Use quality management methods, collect objective data, identify problems, improve countermeasures, and improve employee physical fitness.

In the results of this implementation, the softness of employees' physical fitness increased by 22.14%. In the future, we will continue to apply physical fitness testing videos, exercise group therapy courses, and sports passports to health promotion programs, to influence more employees to improve their fitness.

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