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Life Growth Camp ~ the Program of Promoting the Life Force of Nurses Tsyr-Fen Wang, Ya-Li Wu, Chih-Ju Liu, Jung-En Peng Pastoral Care Dept., Mackay Memorial Hospital, Taiwan

### Introduction/Background

Nursing staff often feel tension in the body and mind and get lost of strength and power in the work caused by high stress. The Nursing Fellowship provides nursing staff an off duty day to attend the one-day life growth camp. Through the program, nurses can get rest both physical and spiritual, and their life force can be inspected and improved.



# Methods

The purpose of this program is to expect the nurse staff being able to get rest and refreshment.



The Nursing Fellowship (supported by Dept. of Pastoral Care and Dept. of Nursing) provides the program of 'life growth camp'. We choose a comfortable resort for nurses to participate the program. By methods of relaxed body rhythm, inspirational life witness sharing, easy small group discussion, a relaxing spa, and taking a walk on the prairie, we hope those caregivers can relax themselves.

## Conclusions

Through the camp activities, nurses can withdraw from their high tension works, and that greatly helps them improving their life force. It is expected to be held regularly, so that the nursing staff can temporarily withdraw from their high pressure works and can regain their strength.

### Results

After participating in the activity, the degree of body and soul satisfaction increased, and it was statistically significant (P<0.001). Comparing pretest and posttest, relaxation of mood is from scores 6.39 to 8.97. Power to change the current predicament is increased from scores 6.61 to 8.75. New direction and hope for life is increased from scores 6.68 up to 8.76. The overall satisfaction after participating was 9.32 points. Participants highly agree that they recommend colleagues to participate.







**Table of Paired Correlation of Samples (Correlation of Comparing Pretest and Posttest)** 

Item	Average of Pretest	Average of Posttest	S.D.	P value
Degree of Physical Relaxation	6.24	8.93	2.69	<.001
Degree of Relaxation of Mood	6.39	8.97	2.58	<.001
Degree of feeling Concerned	6.95	8.85	1.90	<.001
Degree of Belonging	7.05	8.86	1.81	<.001
Degree of Power to Change the Current Predicament	6.61	8.75	2.14	<.001
Degree of New Direction and Hope to Living	6.68	8.76	2.08	<.001

### **Relevance to HPH**

To become a "health promotion hospital", let's start with a healthy employee. In particular, taking care of the nursing staff, the largest proportion of the employees in the medical system is important and should be a primary task.



