

# Evaluating a healthy lifestyle training course for a group of medical students during their learning visit in Hong Kong

Peter Chuk, Albert Tsai, Alan Siu

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LMC 健康生活促進中心  
HKAH-SR 香港港安醫院-司徒拔道  
WHO-Initiated HPH 世卫健康促进医院

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## Abstract

**Background/Problem:** Education of healthy lifestyle are pivotal to manage chronic diseases which are a global concern for prevention and control. Literature shows that clinical teaching with reflective practice is effective in skills learning for undergraduate nursing students. No such structured health training and development are found from the current literature for healthcare professionals.

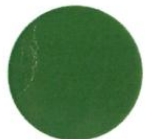
**Objective:** The objective of this study was to evaluate the effectiveness of a healthy lifestyle training course and the measured indicators outcome for a group of medical students.

**Methods:** An 8-hour health training course and workshops titled “Medical Health & NEWSTART” for a group of 48 medical students during their learning visit in Hong Kong in August 2017. Teaching of structured learning contents with a clinical scenario, discussion, demonstration and practice were provided by expert professionals. Twelve questions were posed to elicit their health learning experience at the end of the course. Health indicators measured were body composition, blood pressure, stress level and health habits for learning outcome and evaluation.

**Results:** Findings identified overfat/obese(4.2%(2/48)), overweight/obesity(22.9%(11/48)), inadequate physical activity/underweight(20.9%(10/46)), excessive stress level(12.5/46(29.2%)), and lack of adequate exercise (82.6%(38/46)) and sleep(50.0%(23/46)). A Pearson Correlation of BMI to Metabolic Age gain and Visceral Fat Rating (VFR) is positive with a correlation coefficient of 0.726,  $p < 0.001$  and 0.88 ( $p < 0.001$ ) respectively. The medical students, based on a satisfaction scale, strongly agreed that the teaching method was beneficial for facilitating health learning, enhancement of interest and changing lifestyle habits.

**Conclusions:** The education method using reflective practice serves as an effective means of health learning for the medical students on some key indicators. Some health deviation was also identified with provision of lifestyle intervention guidelines to be followed up by affected students for disease risks reduction. It is recommended to integrate this structured training method into medical students or other undergraduate healthcare professionals teaching curriculum for benefits of individual health learning and gain, and practice of lifestyle medicine in primary health care.

**Key Words:** Health Teaching, Reflective Practice, BMI, Hypertension, Stress, Age



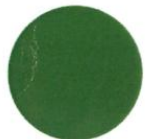
## Background/Problem:

1. Education of healthy lifestyle are pivotal to manage chronic diseases which are a global concern for **prevention and control**.
2. **Clinical teaching** with reflective practice is effective in skills learning for undergraduate nursing students.
3. No such structured health training and development are found from the current literature for **healthcare professionals**.



## Objective:

The objective of this study was to evaluate the **effectiveness** of a healthy lifestyle training course and the **measured indicators** outcome for a group of medical students during their learning experience in Hong Kong, .



# Evaluating a healthy lifestyle training course for a group of medical students during their learning visit in Hong Kong

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## Methods:

1. An **8-hour health training course and workshops** titled “**Medical Health & NEWSTART**” for a group of **48 medical students** during their learning visit in Hong Kong in August 2017.
2. Teaching of structured learning contents with a **clinical scenario**, discussion, demonstration and practice were provided by expert professionals.
3. Health indicators measured were **body composition, blood pressure, stress level and health habits** for learning outcome and evaluation.
4. Twelve questions were posed to elicit their **health learning experience** at the end of the course.





## Medical Health & NEWSTART

### 1 Body Composition & Health Risks

#### 2.1 Performance Improvement

#### 2.2 Infection Control

#### 2.3 Occupational Health & Safety

### 3 Prevention & Control of Hypertension/ Stroke Health Risks

### 4 Instant Stress Relievers

#### Workbook Appendices

#### 1 Assignment 1 Body Composition

#### 2 Assignment 2 Healthy Age

#### 3 Assignment 3 Hypertension

#### 4 Assignment 4 Mental Stress

## 医疗健康之新起点

### 1 體組成與健康風險

#### 2.1 绩效改善

#### 2.2 感染控制

#### 2.3 职业健康与安全

### 3 預防及控制高血壓/中風

### 4 正向壓力、負壓舒緩

#### 習作附錄

#### 1 體組成指標

#### 2 健康年齡指標

#### 3 高血壓風險指標

#### 4 精神压力指標

Assignment 2 Healthy Age  
Assignment 3 Hypertension  
Assignment 4 Mental Stress

健康年齡評估  
高血壓風險評估  
精神压力風險評級

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Hong Kong Adventist Hospital • Stubbs Road

香港港安醫院·司徒拔道

# 热烈欢迎

# 内地医护健康学子到访!



LMC 健康生活促进中心  
HKAH-SR 香港港安医院-司徒拔道  
WHO-Initiated HPH 世卫健康促进医院





# Medical Health & NEWSTART Summer Learning Visit 2017-August 医疗健康之新起点 夏季学习之旅



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## Results: :

1. Findings **identified overfat/obese(4.2%(2/48))**, overweight/obesity (22.9%(11/48)), inadequate physical activity/ underweight (20.9%(10/46)), excessive stress level(12.5/46(29.2%)), and lack of adequate exercise(82.6%(38/46)) and sleep(50.0%(23/46)).
2. A Pearson Correlation of BMI to **Metabolic Age gain and Visceral Fat Rating (VFR)** is positive with a correlation coefficient of 0.726,  $p < 0.001$  and 0.88 ( $p < 0.001$ ) respectively.
3. The medical students, based on a **satisfaction scale**, strongly agreed that the **teaching method** was beneficial for facilitating health learning, enhancement of interest and changing lifestyle habits.



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# 1. Body Composition Risks Grading

## 体组成风险评级

# 20170822 China Medical Students Health Screening

## Results 分析結果1

### 1. Body Composition Risks Grading 體組成風險評級

1)	Gender 性别	Male (11/48) Female (37/48)	22.90% 77.10%	Table 1 & Figure 1
2)	Age 年龄	20-23	(46/46) 100%	Table 2 & Figure 2
3)	Body Fat 体脂分级	Overfat/ Obese 过肥/ 肥胖	(2/48) 4.20%	Table 3 & Figure 3
4)	Visceral Fat Index 内脏脂肪指数分级	Marginal/ Excess 边际/过剩	(0/48) 0%	Table 4 & Figure 4
5)	Body Mass Index 体格质量指数分级	Overweight/ Obesity 超重/肥胖	(11/48) 22.90%	Table 5 & Figure 5
6)	Waist Size Obesity Risk 腰臀肥胖风险分级	High 高	(11/48) 22.90%	Table 6 & Figure 6
7)	Physical Rating 体格等级分级	High 高 Inadequate Exercise 运动不足/ 偏瘦	(1/46) 2.10% (9/46) 18.80%	Table 7 & Figure 7
8)	Bone Mass 骨骼质量分级	<Average 少于平均	(35.5/48) 17%	Table 8 & Figure 8

20170822 China Medical Students Health Screening

## 2. Hypertension Risks Grading

# 高血压风险评级



# Hypertension Risks Grading 高血压风险评级

Hypertension Risks	A Low 低	B Moderate 中	C High 高
Age 年龄	47 (100%)	0 (0%)	0 (0%)
Ethnicity 种族	0 (0%)	47 (100%)	0 (0%)
Family History of Hypertension 家族病史患高血压	22 (47%)	22 (47%)	3 (6%)
BMI 体格质量指数	40 (85%)	7 (15%)	0 (0%)
Fruit and vegetable 生果及蔬菜	5 (11%)	25 (53%)	17 (36%)
Saturated Fat 饱和脂肪食物	3 (6%)	31 (66%)	13 (28%)
Salt 盐份食物	6 (13%)	41 (87%)	41 (87%)
Alcohol 酒精饮品	47 (100%)	0 (0%)	0 (0%)
Exercising 体能活动	3 (6%)	17 (36%)	27 (55%)

# Hypertension Risks Grading 高血压风险评级

Very Low Risk	0 (0%)
Low Risk	26 (55%)
High Risk	21 (44.7%)
Very High Risk	0 (0%)

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## **3. Stress Risks Grading**

# **精神压力风险评级**

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## Stress Level Rating 壓力水平評級

			Stress Level Rating 壓力水平評級					Total
			Very Low 甚低 0-5	Low 較低 6-10	Average 平均 11-15	High 較高 16-27	Very High 很高 28-34	
Report Number	201701	Count	4	16	22	5	1	48
		% within	8.3%	33.3%	45.8%	10.4%	2.1%	100.0%

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## 3. Stress Items Students Count Frequency 压力项目学生计数频率

### Group A

Homework/ job in hand is too much and cannot handle.	Q1 工课工作太多	14/48 (29.2%)
No time to relax, always think about homework/ job	Q2 消遣时间太少	16/48 (33.3%)
Cannot waste a minute for works, same as a drive to rush across red light across the road.	Q3 分秒必争	24/48 (4.2%)

### Group B

Too much homework/ job/ activities for perfect works.	Q4 未能尽善尽美	7/48 (35.4%)
Feel angry when losing games (e.g. playing chess/ sports)	Q5 输了感到愤怒	2/48 (4.2%)
Perceive teacher/ boss/ family do not appreciate what has been performed	Q6 不被欣赏	4/48 (8.3%)
Worry about comments of parents'/ peer's of own performance.	Q7 忧虑工作表现	13/48 (27.1%)
Worry current economic situation.	Q8 忧虑经济状况	11/48 (22.9%)

### Group C

Often with headache/ cervicodynia/ back pain/ stomachache.	Q9 头痛颈痛	8/48 (16.7%)
Control own's unsettled emotion by smoking/ drinking/ eating snacks.	Q10 吸烟饮酒	2/48 (4.2%)
Inadequate sleep/ need to take drugs for insomnia.	Q11 睡眠不足	4/48 (8.3%)

### Group D

Some classmates/ family/ friends/ colleagues always making you to loose temper.	Q12 乱发脾气	4/48 (8.3%)
Always interrupt others during conversation with others.	Q13 打断别人话题	0/48 (0%)
Lots of worry before sleep even in the weekend having break.	Q14 临睡思潮起伏	3/48 (6.3%)

### Group E

Feel guilty of own decision/ action without consideration.	Q15 内疚随意做事	9/48 (18.8%)
Feel guilty even taking leisure time.	Q16 自责闲暇轻松	5/48 (10.4%)
Feel frequently of not good/ uncomfortable to enjoy life or have recreation.	Q17 感不应享乐	8/48 (16.7%)



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## **4. Healthy Age and Lifestyle**

# **健康年龄与生活习惯**

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## Healthy Age and Lifestyle 健康年齡與生活習慣

	Not Achievable 未達標
1. Enough Sleep 充足睡眠	23/46 (50.0%)
2. Everyday Breakfast 每天進食早餐	7/46 (15.2%)
3. No Snack 不吃零食	31/46 (67.4%)
4. Keep Normal Body Weight 維持正常體重	13/46 (28.3%)
5. Frequent Exercise 經常運動	38/46 (82.6%)
6. No Alcohol 沒有喝酒	1/46 (2.2%)
7. No Smoking 沒有吸煙	0/46 (0.0%)

# 20170822 China Medical Students Health Screening Report

## Body Composition & Metabolic Age Gain

### 體格質量指數 及 代謝年齡得益

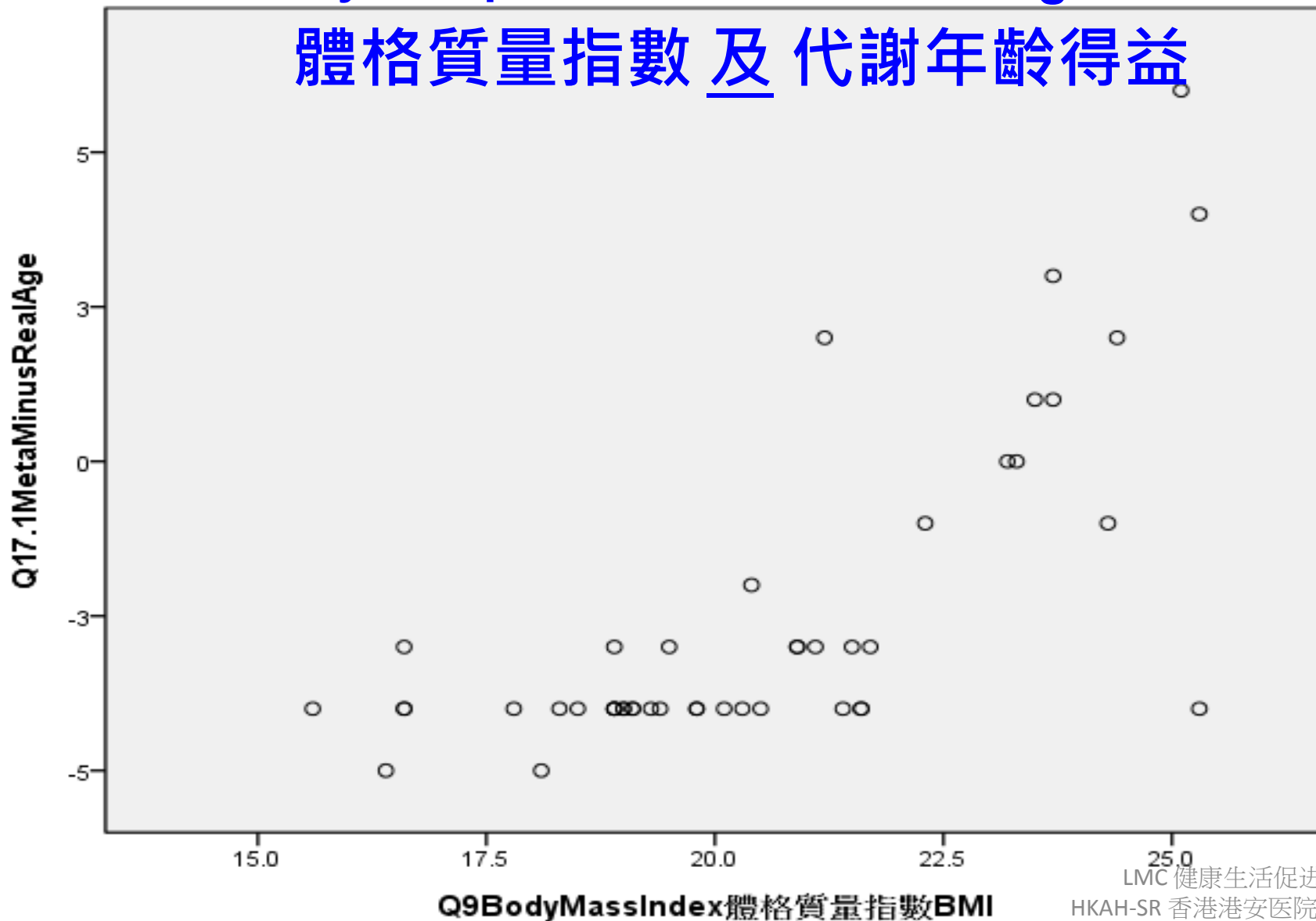
		Q9 Body Mass Index(BMI) 體格質量指數	Q17.1 Metabolic Age – Real Age 代謝年齡 – 真實年齡
Q9 Body Mass Index(BMI) 體格質量指數	Pearson Correlation	1	.726**
	Sig. (2-tailed)		.000
	N	48	46
Q17.1 Metabolic Age – Real Age 代謝年齡 – 真實年齡	Pearson Correlation	.726**	1
	Sig. (2-tailed)	.000	
	N	46	46

**\*\*Correlation is significant at the 0.001 level (2-tailed).**

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## Body Composition & Metabolic Age Gain

體格質量指數 及 代謝年齡得益



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## Body Composition & Visceral Fat Rating

### 體格質量指數 及 內臟脂肪指數

		Q9 Body Mass Index(BMI) 體格質量指數	Q21 Visceral Fat Rating(VFR) 內臟脂肪指數
Q9 Body Mass Index(BMI) 體格質量指數	Pearson Correlation	1	.880**
	Sig. (2-tailed)		.000
	N	48	48
Q21 Visceral Fat Rating(VFR) 內臟脂肪指數	Pearson Correlation	.880**	1
	Sig. (2-tailed)	.000	
	N	48	48

**\*\*Correlation is significant at the 0.001 level (2-tailed).**

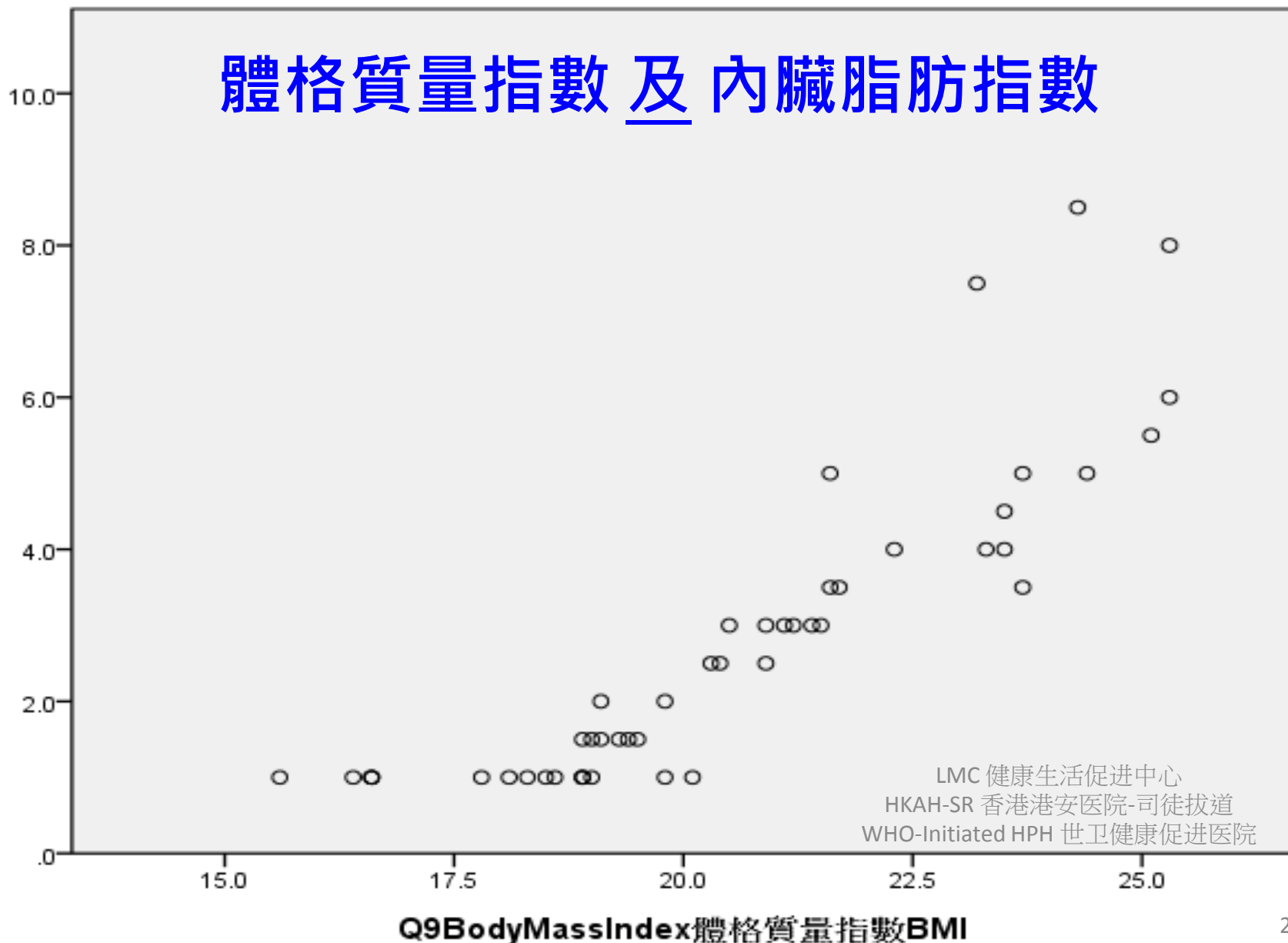


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## Body Composition & Visceral Fat Rating

### 體格質量指數 及 內臟脂肪指數

Q21VisceralFatRating 內臟脂肪指數VFR



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## 5. Self-Evaluation and Recommendation

# 自我評核和建議

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## Self-Evaluation and Recommendation 自我評核和建議

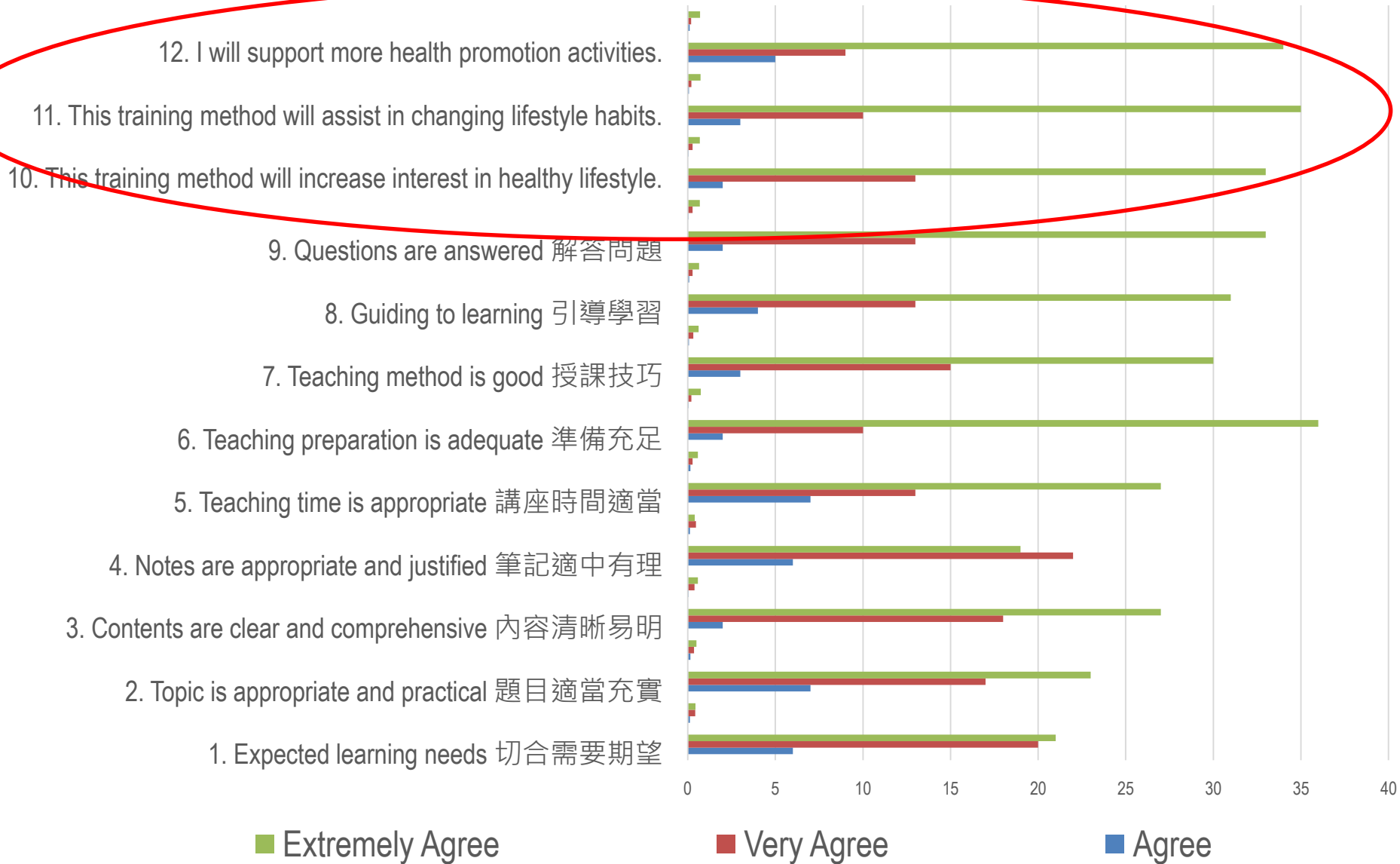
### Self-Evaluation Contents 自我評核內容

		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
1.	Expected learning needs 切合需要期望	47	97.9%	1	2.1%	48	100.0%
2.	Topic is appropriate and practical 題目適當充實	47	97.9%	1	2.1%	48	100.0%
3.	Contents are clear and comprehensive 內容清晰易明	47	97.9%	1	2.1%	48	100.0%
4.	Notes are appropriate and justified 筆記適中有理	47	97.9%	1	2.1%	48	100.0%
5.	Teaching time is appropriate 講座時間適當	47	97.9%	1	2.1%	48	100.0%
6.	Teaching preparation is adequate 準備充足	48	100.0%	0	0.0%	48	100.0%
7.	Teaching method is good 授課技巧	48	100.0%	0	0.0%	48	100.0%
8.	Guiding to learning 引導學習	48	100.0%	0	0.0%	48	100.0%
9.	Questions are answered 解答問題	48	100.0%	0	0.0%	48	100.0%
10.	This training method will increase interest in healthy lifestyle. 這項培訓學習增加健康生活興趣	48	100.0%	0	0.0%	48	100.0%
11.	This training method will assist in changing lifestyle habits. 這項培訓學習協助改變生活習慣	48	100.0%	0	0.0%	48	100.0%
12.	I will support more health promotion activities. 支持計劃更多學習促進健康活動	48	100.0%	0	0.0%	48	100.0%

**20170822 China Medical Students Health Screening**  
**Self-Evaluation and Recommendation**  
**自我評核和建議**

<b>Self-Evaluation Contents</b> <b>自我評核內容</b>	Agree 滿意	Very Agree 十分滿意	Extremely Agree 极度滿意	Total 总计
1. Expected learning needs 切合需要期望	6 12.8%	20 42.6%	21 44.7%	47 100.0%
2. Topic is appropriate and practical 題目適當充實	7 14.9%	17 36.2%	23 48.9%	47 100.0%
3. Contents are clear and comprehensive 內容清晰易明	2 4.3%	18 38.3%	27 57.4%	47 100.0%
4. Notes are appropriate and justified 筆記適中有理	6 12.8%	22 46.8%	19 40.4%	47 100.0%
5. Teaching time is appropriate 講座時間適當	7 14.9%	13 27.7%	27 57.4%	47 100.0%
6. Teaching preparation is adequate 準備充足	2 4.2%	10 20.8%	36 75.0%	48 100.0%
7. Teaching method is good 授課技巧	3 6.3%	15 31.3%	30 62.5%	48 100.0%
8. Guiding to learning 引導學習	4 8.3%	13 27.1%	31 64.6%	48 100.0%
9. Questions are answered 解答問題	2 4.2%	13 27.1%	33 68.8%	48 100.0%
10. This training method will increase interest in healthy lifestyle. 這項培訓學習增加健康生活興趣	2 4.2%	13 27.1%	33 68.8%	48 100.0%
11. This training method will assist in changing lifestyle habits. 這項培訓學習協助改變生活習慣	3 6.3%	10 20.8%	35 72.9%	48 100.0%
12. I will support more health promotion activities. 支持計劃更多學習促進健康活動	5 10.4%	9 18.8%	34 70.8%	48 100.0%

# Self-Evaluation and Recommendation 自我評核和建議





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This training method will increase interest in healthy lifestyle.

这项培训学习增加健康生活兴趣

		This training method will increase interest in healthy lifestyle. 这项培训学习增加健康生活兴趣			Total
		Agree 满意	Very Agree 十分满意	Extremely Agree 极度满意	
Report Number	Count	2	13	33	48
	% within	4.2%	27.1%	68.8%	100.0%

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This training method will assist in changing lifestyle habits

这项培训学习协助改变生活习惯

		This training method will assist in changing lifestyle habits. 这项培训学习协助改变生活习惯			Total
		Agree 满意	Very Agree 十分满意	Extremely Agree 极度满意	
Report Number	Count	3	10	35	48
	2017-01 % within	6.3%	20.8%	72.9%	100.0%

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I will support more health promotion activities.  
支持计划更多学习促进健康活动

		I will support more health promotion activities. 支持计划更多学习促进健康活动			Total	
		Agree 满意	Very Agree 十分满意	Extremely Agree 极度满意		
Report Number	2017-01	Count	5	9	34	48
		% within	10.4%	18.8%	70.8%	100.0%

# Medical Health & NEWSTART Summer Learning Visit at HKAH 2017 August 医疗健康夏季学习之旅



LMC 健康生活促进中心  
HKAH-SR 香港港安医院-司徒拔道  
WHO-Initiated HPH 世卫健康促进医院



# Medical Health & NEWSTART Summer Learning Visit 2017-August 医疗健康之新起点 夏季 学习之旅



LMC 健康生活促进中心  
HKAH-SR 香港港安医院-司徒拔道  
WHO-Initiated HPH 世卫健康促进医院

Sample



# NANGCHANG UNIVERSITY 南昌大学医学院學生

CHAN Tai Keung (陈大强)

satisfactorily completed

**2017 Medical Health & NEWSTART**

**10-hour Medical Health Training**

**21 August 2017 - 25 August 2017**

**Lifestyle Management Center**

**Hong Kong Adventist Hospital**

**Stubbs Road & Tsuen Wan**

**First Two Hospitals in Hong Kong as Members of the  
WHO "Health Promoting Hospitals" International Network  
(2012 - present)**

**Program Planner**

**Mr Peter CHUK**

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Lifestyle Medicine Clinic Registered Nurse (Sydney,UK,HK), HKAH-SR  
WHO-HPH Network Training & Development Officer, HKSAR & China Regions



International Network of  
**H**Health  
**P**Promoting  
**H**Hospitals & Health Services



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# Evaluating a healthy lifestyle training course for a group of medical students during their learning visit in Hong Kong

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## Conclusions:

1. The education method using **reflective practice** serves as an effective means of health learning for the medical students on some key indicators.
2. Some health deviation was also identified with provision of **lifestyle intervention guidelines** to be followed up by affected students for disease risks reduction.
3. It is recommended to integrate this structured training method into medical students or other undergraduate healthcare professionals **teaching curriculum** for benefits of individual health learning and gain, and practice of lifestyle medicine in primary health care.

## Key Words:

Health Teaching, Reflective Practice, BMI, Hypertension, Stress, Age





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