

Using group power and an mobile application to help inactive hospital workers start exercising

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Introduction

The hospital is a high-pressure workplace environment. In addition to dealing with various acute and chronic diseases, the work also needs to deal with the emotions and demands of patients and their families. The mental and physical health of hospital staff is even more important. This study will assist inactive employees to develop an exercise habit to improve their physical health.

Materials and Methods

needs assessment

In this study, employees of a teaching hospital in a regional area in southern Taiwan were selected as subjects. Through the hospital's internal network system, online questionnaires were used to assess the needs of employees on issues related to health promotion. The acceptance period was November-December 2021.

Activity Design

1. App intervention: Through a sports app that can record and share sports conditions in real time, and the APP can form students into a group, interact with each other and understand the sports conditions of partners
2. Publicity channels: Announce the event through the intranet system and social media, and invite the target group (non-exercise or overweight) by mail.

Effectiveness evaluation

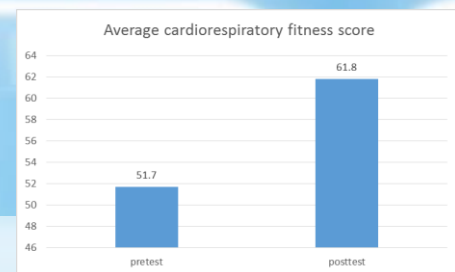
In this study, the cardiorespiratory fitness item in the physical fitness test was used as the activity effectiveness evaluation item.

Result

A total of 1,015 employees filled out the questionnaire, and 43% had no exercise habits. A total of 26 employees participated in the 2-month running course.

The class is a group class once a week, including basic running knowledge, warm-up, running practice, recovery and sharing with students. In the rest of the time, I use apps and social media to encourage colleagues to conduct running training near their homes and share with everyone in time.

After the course, a post-test for cardiorespiratory fitness items was conducted, and the average cardiorespiratory fitness score increased by 10.1 points



Conclusion

Running is not an easy way to start exercise, and through the group energy and exercise application, it can stimulate the non-exercise employees to be willing to start exercising and continue exercising, so as to improve the health of hospital employees.