

Health Workers' Health Promotion Program



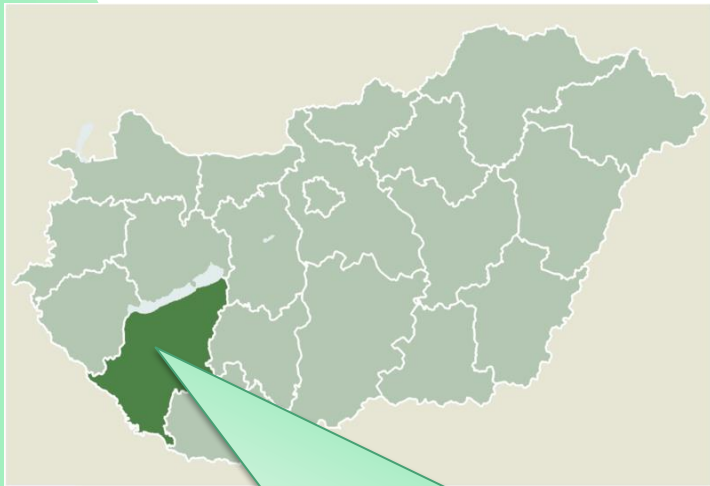
A Hungarian central county hospital example.

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Moritz Kaposi General Hospital

29TH INTERNATIONAL CONFERENCE ON
HEALTH PROMOTING HOSPITALS AND HEALTH SERVICES
SEPTEMBER 20-22, 2023 VIENNA, AUSTRIA



Hungary, Somogy County, Kaposvár



Hungary

Population size: 9.769.526

Somogy County

Population size: 313.793

Kaposvár

Population size: 61.948



Moritz Kaposi General Hospital



- Since 1846
- Territorial coverage ~ 400 thousand inhabitants
- **33 active and 13 chronic inpatient units**
- ~ 60 000 inpatient care per year
- ~ 1.2 million outpatient visits in
- **150 outpatient clinics**
- **Prevention and Health Promotion Office since 2008**
- **Connection to HPH in 2021**
- **More than 2200 health workers**

Healthy workplace program in our Hospital

01

Health plan
Health
communication

02

Sport programs
Recreation

03

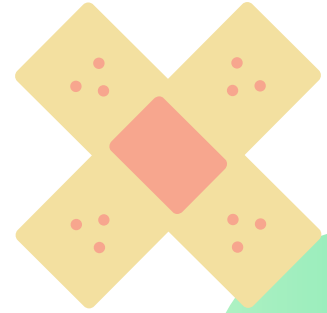
Healthy lifestyle
program

04

Mental health
programs

05

Community
programs
Running team
Family day



Campaign-like



Few participants



Much work with
few results

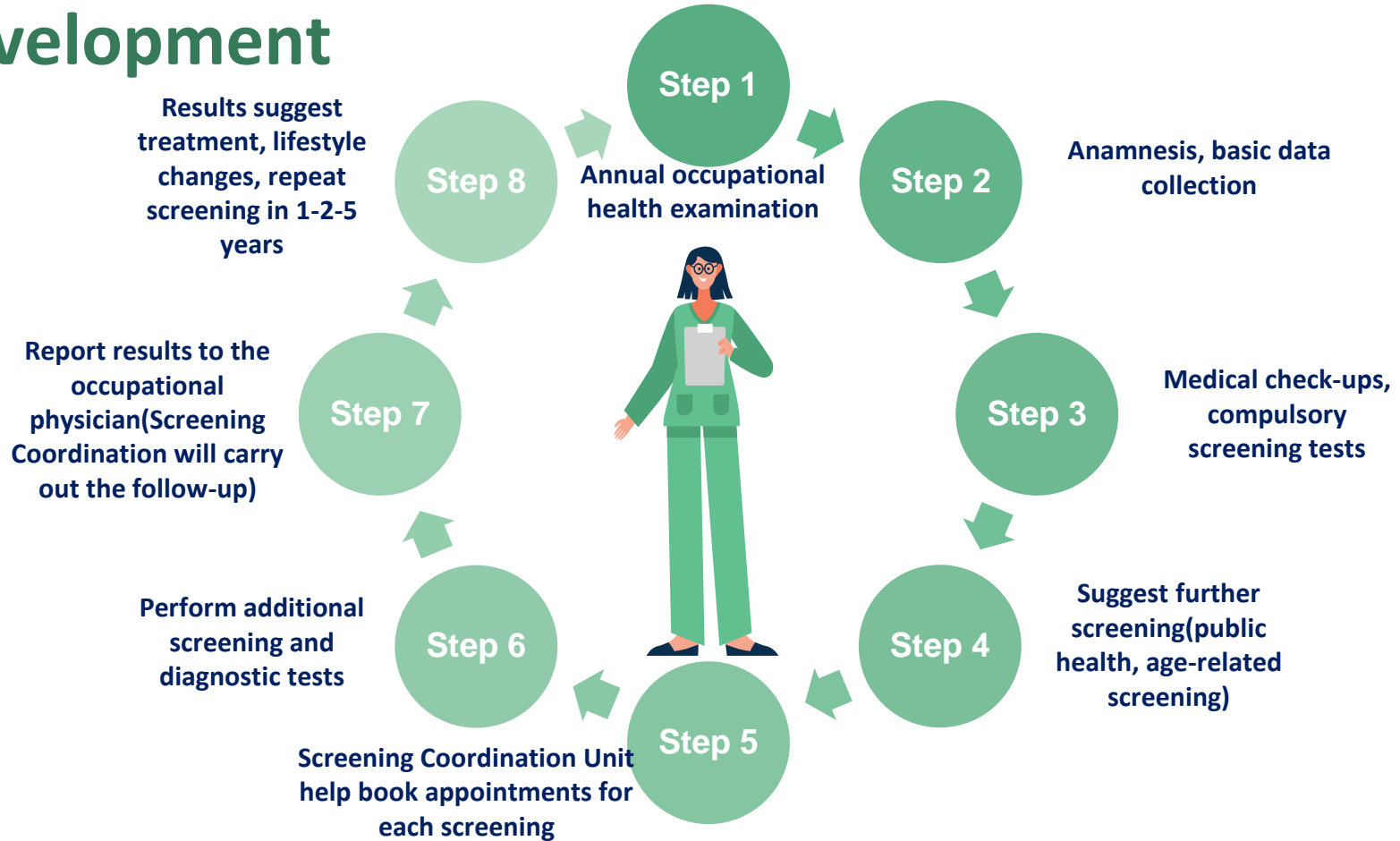
After the HPH connection

- Health assessment of workers
- Hospital Workplace Health Promotion Program from September, 2022
- Based on compulsory occupational health
- Involving all hospital employees
- Promoting public health screening
- Age- and risk-related screening
- Well-scheduled and traceable
- Roles and responsibilities of all participants are defined
- Individual responsibility
- Individualised health promotion at work

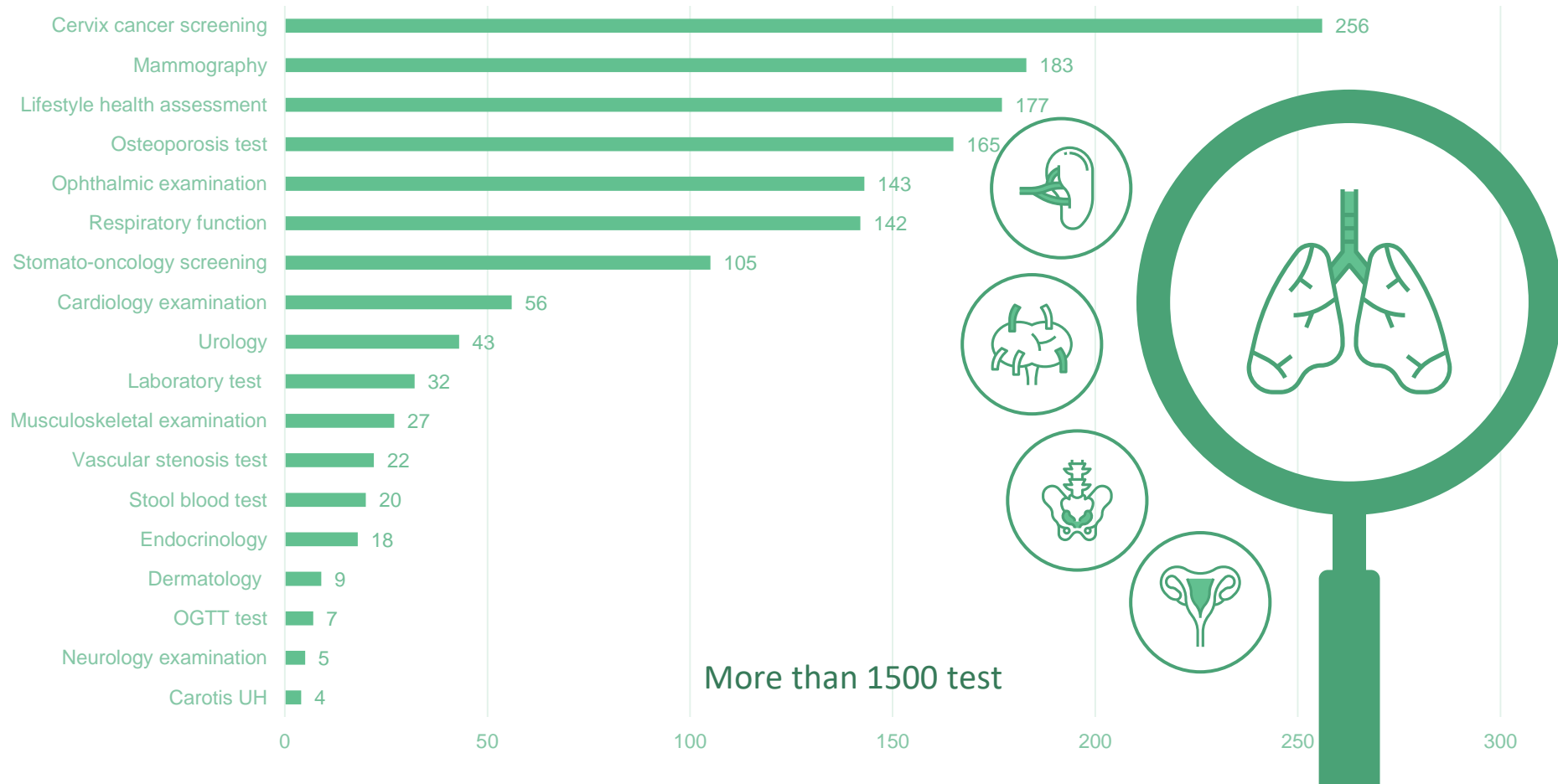
STANDARD 4.: Creating a healthy workplace and healthy setting



The process of individualised workplace health development

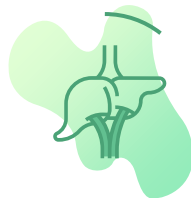


Additional tests, screening tests



Cancer screening programs

- ~ **550** workers in **skin cancer screening** program: **2 melanoma**, 5 carcinoma basocellulare, 13 dysplastic naevus
- ~ **600** workers enrolled in **colorectal cancer screening** program (CBC), 247 returned samples, 16 non-negative, 7 colonoscopies:
3 colorectal cancer, 4 polyposis
- **1 renal cancer, 1 breast cancer, 1 cervical cancer**



Workplace health promotion and health development programs

Primary prevention interventions

- Smoking cessation support program
- Complex lifestyle programme
- Promotion of sports and recreational activities for employees, regular physical activity
- Individual and group psychological support
- Self-testing education

Secunder prevention interventions

- Cancer screening programs
- Early screening and early treatment of screening highlights

Tercier prevention interventions

- Health promotion program for chronically ill workers
- Supporting active aging at work



Successes of the program

All workers are
involved

Personalised
health promotion
is implemented

Find 8 early cancer

More than 800
examination have
been carried out



What we need to improve

Motivating employees

Reward workers, ward
communities

Providing more
opportunities for a
healthy lifestyle

Building the Community

Our plans for the near future



1. Involve more hospitals in Hungary in the HPH Network
2. Establish a task force on workplace health promotion in the HPH International Network
3. Collect and share international good practice in workplace health promotion for health workers

Thank you for your kind attention



Do you have any questions?

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