

HAC 2016 ABSTRACT for Oral Presentations

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Project title

Healthy Staffs through “Care for the Carer” workshops

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Introduction

Promotion healthy staff wellbeing is one of the strategic directions to meet the caring demand of the growing population of cancer patients. Staffs working in Oncology unit are under stress as they need facing grievance and death in everyday, often results in high workplace stress. Regular “Care for the Carer” workshop was conducted for staff support programme. Likewise, staff’s well-being and workplace psychological safety were enhanced.

Objectives

Objectives: 1. Reduce work stress & enhance staff engagement in the workplace 2. Arouse staff’s awareness on work stress management 3. Create caring climate

Methodology

Methodology: Since 2012 till now, regular “Care-for-Carer” workshops were coordinated by an APN in every six-month. We have invited clinical psychologists, spiritual care workers, and mental health workers to give professional advices in the workshops. 1. A 60-minutes workshop provided with different topics which included identify the stress factors, self-care and stress relief methods. 2. Demonstrated and practiced stress relief exercises in the workshops. 3. After the exercises, staffs reflected and shared experience. 4. Provided some practical and self-healing methods. 5. Post-workshop questionnaires were distributed to all attendants. 6. A small staff- focus group was conduct.

Result

1. From 2012-2015, total six workshops conducted and five workshops by internal professional speakers. One workshop on “Work Stress Management” delivered by Occupational Health promotional campaign 2014-2015 by OSH council. 2. Total 65 staffs were satisfied with the program; all of them agreed the program could meet their needs to reduce stress and felt relaxing. 3. All staffs treasured the experience gained in the workshops. It also provided a channel for difficult case sharing among staffs. 4. All staffs valued to continue “Care-for-Carer” workshop with positive feedback. 5. 95 % of staffs expressed official relief to attendent Conclusion: The “Care for the Carer” workshop is valued to build up a “people-first” and “Care” culture, as to maintain workplace psychological safety and health. Obviously, it strengths staffs’ stress awareness with related self-healing methods or first-aids hints. Recently, we invited new set up NTWC–CIPS to join hands to support our frontlines. It sustains staff to provide quality services as well as nurturing healthy workplace.