

# Implementation of Physical Activity for Patients and Employees in Hospitals



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## Background

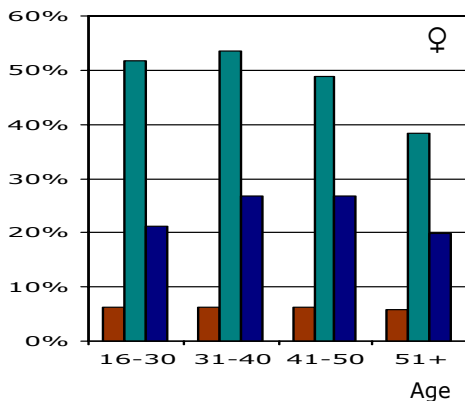
- According to Danish legislation on patient rights, it is every patient's right to receive information on relevant preventive measures that will have an effect on their disease outcome by large
- The National Board of Health (NBH), has a recommendation on the minimal level of physical activity necessary to prevent sedentary lifestyle induced diseases: at least 30 min. pulse-raising activity per day
- For 27 specific diseases, NBH has recommendations for inclusion of physical activity in the treatment plans. Many of these diseases are chronic diseases with a high prevalence among inpatients in general hospitals. Hence, physical activity needs to be introduced in the secondary and tertiary health care system

## Results from an earlier population based survey in the referral area of Bispebjerg Hospital:

- Between 10% and 40%, depending on age and gender, had a sedentary life style
- >60% wanted to be more active

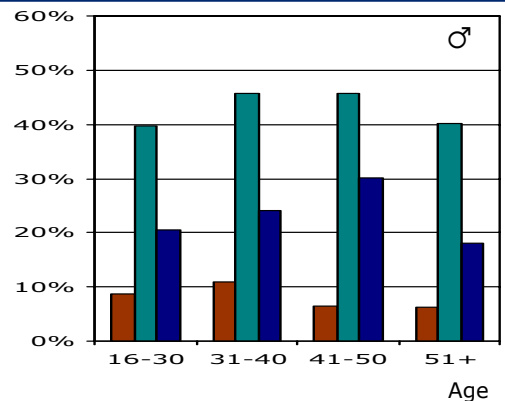
## Results from a job satisfaction survey among employees in Bispebjerg Hospital in 2003:

- ~50% wants to be more physically active
- ~60% wants to be more physically active in working hours
- ~70% wants to work out or do more vigorous training. (Detailed information in figure 1 and 2)



Legend for charts:

- Sedentary life style
- Wishes to be more physically active
- Would appreciate help to be more active



## Intervention

These results led to the development of targeted interventions, aimed at patients and employees in order to increase the level of physical activity. They were developed by a project group and guided by a steering committee. Stakeholders and representatives from workers unions were involved as well as the hospital administration

### Targeted interventions for patients

- Relevant physical activity and exercise should be a part of patient care
- Patients with particular needs are advised in accordance to these during the hospital stay and after discharge
- Some patients will need physical activity and/or training under precautions (e.g. patients suffering from asthma or diabetes mellitus); advice and training will be given taking any increased risk into account
- Patients will be given either a specific training plan or a referral to a local training centre
- Implementation of physical activity will be introduced in the wards in a stepwise manner

### Targeted interventions for employees

- Establishment of a fitness centre at the hospital premises
- Targeted/specific training programmes for employees at risk of acquiring work related musculo-skeletal diseases (~100 participants in a 8 week long, two times a week, individually adjusted training programme)
- Fitness tests will be used in order to document individual improvement as an outcome measure of the targeted training
- Organised training activities e.g. jogging (starting May 2004, two times a week)
- Encouragement of organisation of ward based teams to participate in major public sports events as e.g. the national "Use your bike to get to work"- campaign (this year 750 participants (~20%) of employees)

## Conclusion

Most patients and employees are motivated to increase their physical activity. Physical activity has not yet been incorporated in the standard treatment guidelines or care procedures. In order to implement physical activity in concordance with national recommendations, we recommend involvement of all stakeholders e.g. in a steering committee. Commitment of the hospital administration and policy makers is of great importance. Money and time must be allocated

