

To Advance the Power of the Contest Program of Community Volunteers to Participate in Health Promotion Activities

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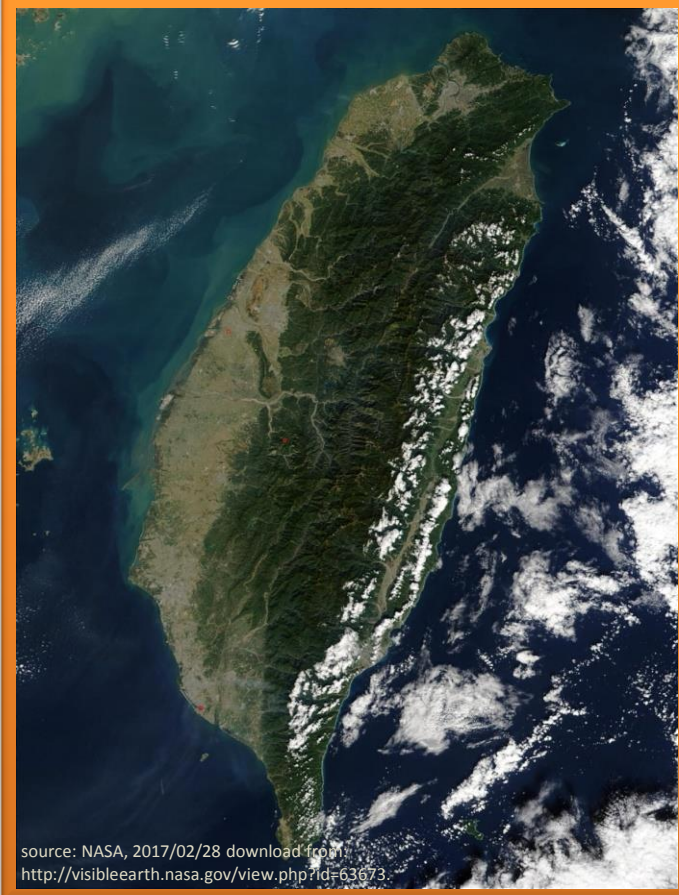




TAIWAN



- Capital: Taipei 25°02'N 121°38'E
- Population: 2016 estimate 23,519,518
- Area Total 36,193 km² (13,974 sq mi) (136th)
- The highest building is "Taipei 101" located in Taipei.



source: NASA, 2017/02/28 download from <http://visibleearth.nasa.gov/view.php?id=63673>.

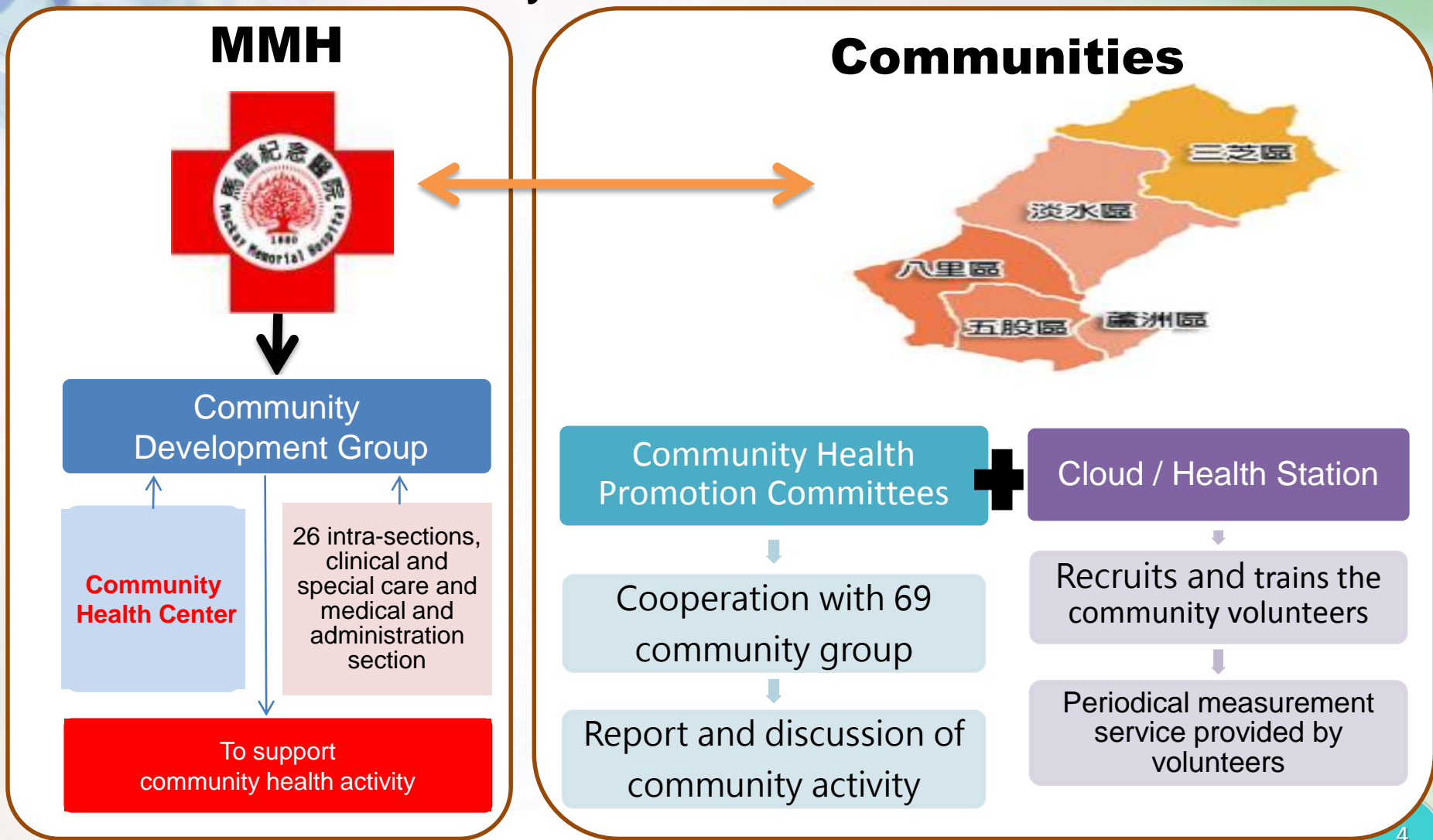


MMH In Brief

- Taipei and Tamsui together qualify as a Medical Center with the longest medical practice history in Taiwan
- MMH branches form a health network throughout northern, western and eastern Taiwan.
- Intradepartmental cooperation provides integrated, comprehensive health care.
- Dedicates to innovative research for practical clinical application
- Upholds a mission to train future medical professionals.



Operation Network of Community Health Service in MMH



Content

Health Stations and Volunteers

Purpose of Contest Activity

Contest Program

Results

Conclusion

Distribution Map of Health stations

- **Five District Offices** includes Danshui, Sanzhi, Bali, Wuku, and Lucho .
- A total of **59 Health Stations**.
- Types of Health Stations , based on their locations, include: In Offices, Churches /Temples, the Senior Groups, and the Community Buildings, etc.
- A total of **370 community volunteers**. Dated Jan. 2016



Volunteer Service Content

- Provide measurement services on BMI, blood pressure and abdominal waist
- Convey healthy messages
- Care for the community people
- Provide referral services for individuals with abnormalities as found.



Purpose of Contest Activity

- Implement sustainable health promotion services by volunteers
- Strengthen volunteers cohesion
- Select and honor one excellent Health Station as benchmark for other Health Stations



Contest Program

Activities Planning and Contest Scheduling

Contest to be Participated by each Health Station

Design Rewarding Point Passbook

Accumulate points earned in each Activity

Results Presentation, and Award Ceremony





Major Activities

Preventive Health Care

Health Exam.

Cancer Screening of Breast / Colorectal / Oral / Cervical Cancer.

Chronic Disease Control

Blood pressure control

Health consultation

Obesity Prevention

Body weight management

Active Aging

Senior health and vitality show

Physical Health

Hiking Class

Dance class

Mackay Health Day

Contest Activity Schedules

Content	Date (2016)										
	Feb.	Mar.	Apr.	May	June	July	Aug.	Sep.	Oct.	Nov.	Dec.
Activity Plan and advocacy											
Activity Period											
Collect rewarding point passbook											
Award Ceremony and share experience											

Design Rewarding Point Passbook



Front Cover



Contest Activity Rule



Stamp Collection Page

Activity Advocacy

- Advocacy of the contest program to Volunteer in the **health station leader meeting** and **volunteer health education training course**
- Total participants: **288**



Health station leader
meeting



Health education training
course

Preventive Health Care

- Activities include :
 - Free Senior Health Exam.
 - Adult Health Exam.
 - Free Cancer Screening
- When volunteer completes one activity, he would get **one point**

項目	積分說明	點數
預防保健服務 (3/1~10/31)	一、老人免費健康檢查 註：年滿65歲以上長者，一年一次。	完成檢查後，每人即可累積點數1點
	二、成人健康檢查 註：年滿40歲~64歲，三年一次。	完成檢查後，每人即可累積點數1點
	三、免費癌症預防篩檢 ①子宮頸抹片檢查：30歲以上婦女，一年一次。 ②乳房攝影檢查：45~69歲婦女或40~44歲有乳癌家族史，二年一次。 ③糞便潛血檢查：50~74歲民眾，二年一次。 ④口腔黏膜檢查：30歲以上吸菸、嚼檳榔者或已戒檳榔者，二年一次。	完成一項檢查，每人即可累積點數1點

Rules for Earning Points in preventive health care activities

Chronic Disease Control

- Volunteers provided BMI, abdominal waist and blood pressure measurement services.
 - For community people who have high blood pressure (>160/100 mmHg), this will be classified as abnormal cases.
 - The volunteer fills up the referral service form (yellow form) and notifies the Community Nurse.
- If the volunteer completes the referral service form, he would get **2 to 8 points**.

Obesity Prevention

■ Participant:

- our volunteers, age from 18 to 64, BMI \geq 20.

■ Score

- Group Score: The top three groups with effectiveness
- Individual Score: The top three, with highest BMI decrease in percentage
- Efforts Score: Whoever loses weight 1kg and above, can participate in result presentation and get a lottery prize.

Active Aging

- Volunteers team up with the community elderly group to participate in senior health and vitality show
- A total of four events in Tansui, Sanzhi, and Bali District
- Set points for group:
 - Senior, participating in health and vitality show, would get **two points**.
 - The **top three health stations** would get points as follows.

First	Second	Third
4 points	3 points	2 points



Physical Health

- Encourage the volunteers to participate in outdoor physical activities
- Type of activity: jogging, **hiking**, running, biking, etc.
- Activity flow



Physical Health (cont.)

- The score is based on the frequency of physical activities one participated.
- The more you participate, the more points you would get, as follows.



Frequency of physical activity participation	Point
1-5	5
6-8	6
9-12	7
13-15	8

Activities on Mackay Health Days

- Encourage volunteers to join activities on the Mackay Health Day. Activities include: health education, health exam. and health consultation service.
- There were seven Mackay Health Day in 2016
- Volunteers who participate in one “Mackay Health Day” would get **two points**.



Activity Brochure of Mackay Health Days



Results of Contest Activity

- A total of **339 volunteers**, or **91.6%**, participate in the contest activities.
- The **recovery rate** of the **passbooks** was **73.3%**



Community Volunteers



Passbook

Preventive Health Care

- The participation rate for preventive health care was **23.3%**



Health exam



Cancer screening



Oral cancer screening

Chronic Disease Control

- For blood pressure abnormal (>160/100 mmHg) people, volunteers provided health education and referral services.
- Achievement rate of filling up the referral service form was **46.7%**.



Volunteer measurement service

Referral services form (Yellow form)

健康服務站量測值異常民眾就醫志願書

為提供更好的健康諮詢與資訊，請務必填寫此單，讓我們能為您的健康服務。

本表：收縮壓 ≥ 160 或舒張壓 ≥ 100 者，請務必填寫

就醫情況：目前就醫中【就醫院所：_____】目前無就醫

就醫意願：須協助掛號 不必協助掛號【原因：_____】

願意接受本單位護理師的電話諮詢：願意 不願意

姓名：_____ 男 女 身分證字號：_____

出生日期：25年7月11日 聯絡電話：3-_____6

檢測日期：106年12月14日 血壓值：163/83 mmHg

※「血壓異常」建議門診科別：心臟內科或家庭醫學科

民眾簽名：_____ 填寫志工簽名：林香梅

處 已電話聯絡淡水社區醫學中心護理師

協助掛號：____月____日，上午/下午，科別：____，看診處

民眾不願意接受護理師諮詢，給予高血壓衛教單張

定期量測，告知民眾下次健康服務站服務時間

淡水社區醫學中心 諮詢專線：(02)2809-4661#2160



Obesity Prevention

- In health education class, propogandized the concept that diet and healthy physical activities were important factors for obesity prevention.
- **291 volunteers** joined in the obesity prevention class and finished the full course, achieving **273.2 kg** of total weight loss.



Weight measure and
record



healthy physical
activity



Diet health education

Active Aging

- Healthy dancing and enjoy life was the theme in health and vitality show contest.
- In total, there were **four events** in Tansui, Sanzhi, and Bali District in 2016.
- There were **24 teams** consisting of **632 seniors** participating in this contest.

Healthy dancing, and enjoy the life



Caring promotion
Association



South California
Community



Senior Club

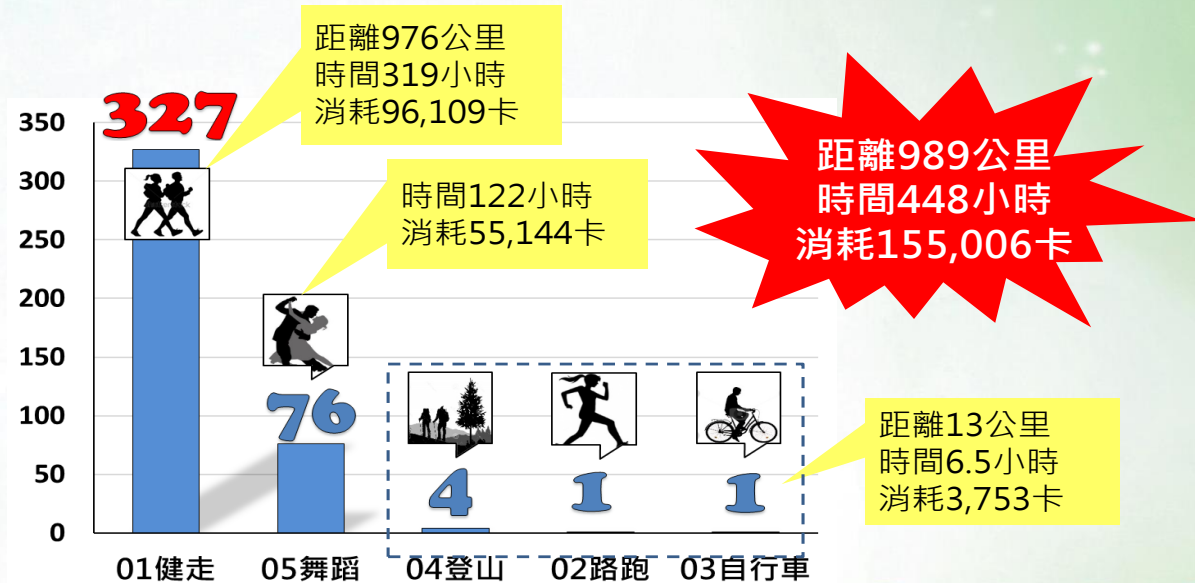


Physical Health

- 170 people with **409 men-times** joined in the physical health activities.
- 327 men-times** joined in **hiking** activities. This was the most popular activity among physical health activities. The average hiking frequency was **3.2 times per person**.

健康體能活動 記錄表

健康服務站 編號	72	健康服務站 站名	大板橋總醫院	小區代碼	305.09
主要聯絡者姓名	林秀真	連絡電話	0928866172		
健康體能項目	<input checked="" type="checkbox"/> 健走 <input type="checkbox"/> 路跑 <input type="checkbox"/> 自行車 <input type="checkbox"/> 登山				
活動日期	105/07/18	活動路線規劃	大板橋總醫院→大板橋小運動場10圈 總距離2.0公里		
活動起點	大板橋總醫院	活動地點	大板橋小運動場		
活動參與總人數	9人(含8位志工及1位新進志工)	活動路程	2.2	公里	
		耗費時間	1.0	小時	
活動照片 (每次開活動不同地點)					
主辦單位	大板橋總醫院				



Record of activities



Award

- Based on the points accumulated in the contest, the top three health stations as follows.
- The top three Health Stations were awarded in the volunteer health education training course.

1



Batou-in-Office
of Bali District

2



Qingshuiwan Community
of WuKu District

3



Wuku District Farmer
Association



Share Experiences

- **Batou-In-Offices** of Bali District was the **excellent** health station.
- Invited Batou-In-Offices to share experiences in annual award ceremony.



Conclusion

- The contest program aimed to consolidate volunteers unity and to bring about better communication among various parties concerned, so as to better care for the health of the people in the community.
- The annual contest program was first organized in 2015. And based on its feedback in all aspects, the procedures were revised in 2016 for use in the second annual contest program and improvements were noted.
- We believe the new program can better motivate volunteers to participate in the community health activities.

Conclusion (cont.)

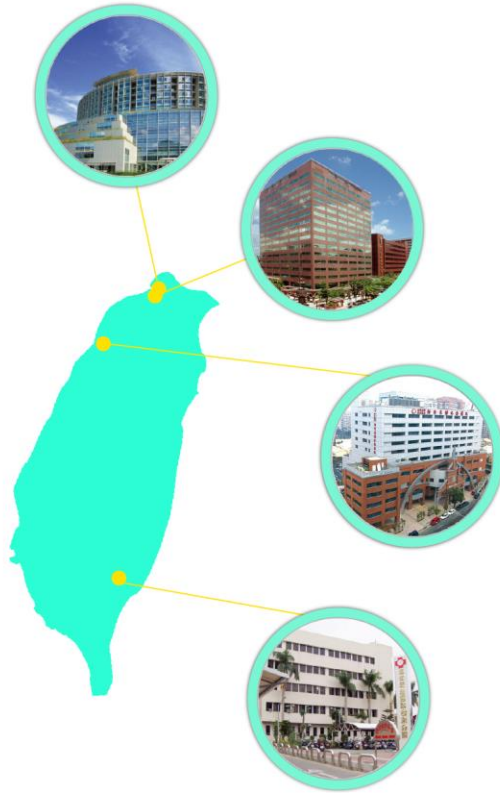
- We will continue to invite community people to serve as volunteers, to help promote health activities for achieving a healthy and enjoyable life
- The number of volunteers has increased from 370 in 2015 to 444 in 2016, and the number of Health Stations increased from 59 in 2015 to 66 in 2016.





馬偕紀念醫院
MacKav Memorial Hospital

25th International Conference on Health
Promoting Hospital and Health Services
April 12-14, 2017
Vienna, Austria



Thank you for your attention



International Network of
Health
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WHO Collaborating Centre
for Health Promotion
in Hospitals and Health Care

