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| Title Views of staff concerning the realization of health promotion activities in the Department of Surgery at Central Hospital of Central Finland | | |
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| Assigned by Department of Surgery in Central Hospital of Central Finland | | |
| Abstract The aim of this study was to find out and analyze the views of staff in the Department of Stomach Surgery concerning the realization there of health promoting activities. A more detailed target was to analyze how staff members can influence health promotion of themselves and of the whole staff, and to clarify factors that advance or prohibit health promotion at work. The frame of reference of this study was the guiding principles of "The Health promoting hospital for 2001-2006" program. The data used in the analysis were collected via a survey carried out late 2005 and early 2006 in the Department of Stomach Surgery at the Central Hospital of Central Finland. The survey form included both structured and open questions. The answers to the former questions were analyzed by quantitative and to the latter by qualitative methods. As the background variables the age, more or less than 45 years, and the quality and duration of the contract of employment of the subjects were collected. The results of the survey indicate that staff members pay attention to health promotion activities at both the individual and the departmental level. The most evident activities of the subjects were related to their individual health by taking care of necessary rest and physical exercise, and of versatile diet. The departmental level activities were related to co-operation and division of labour with other staff members, and to continuing education and training. The most evident prohibiting factors of health promotion were considered to be shortage of available resources and work pressure. The results of this study can benefit staff members in the Department of Stomach Surgery by providing them with information about health promotion, at the individual as well as at the departmental level. These results will also benefit the Department by clarifying the needs and expectations in this respect of its staff. Promotion of health of aging staff members, an issue considered important by the subjects, has also been brought forward by previous studies. | | |
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