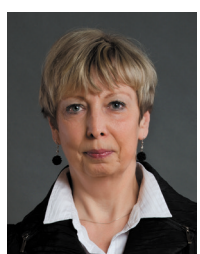




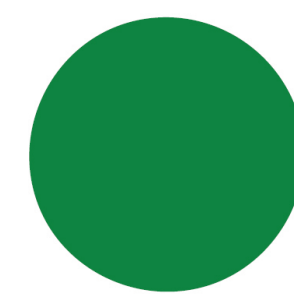
Sustainable health care system to improve the health of us all Jihlava Hospital, Czech Republic



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International Network of
Health
Promoting
Hospitals & Health Services



Jihlava Hospital has been a member of the International Network of Health Promoting Hospitals since 2011. The foundation and the tool for the creation of the “We Support the Health of Clients and Employees of Jihlava Hospital” project was the evaluation of the Action Plan and repeated self-assessment according to the standards for health promotion.

The activities are aimed at promoting the health of the general public using the position of the hospital as an institution used by a large percentage of the population in the role of a patient or visitor. The patient and their family are more responsive to their health and disease during the

hospital stay, and it is the most opportune time for intervention to change the patient’s habits and lifestyle when dealing with health complications. Hence, one should take advantage of this situation and encourage patients to change.

Since the hospital is also a hazardous workplace for medical professionals in terms of work-related stress and responsibility arising from the profession itself, the activities aimed at the staff are important for health promotion and prevention of civilization diseases and burnout.

Health Day Activities



Jihlava Hospital holds the Health Day for the public regularly twice a year. We measure cholesterol and glycemic index and take your blood pressure on site. The mammography examination and skin marks examination are available without making an appointment in advance and nutrition therapists give advice concerning healthy diet. We teach the public about breast self-examination and correct hygiene of hands and offer help with quitting smoking. Afternoons are completed with a series of lectures for the public on related topics.

Volunteers



Volunteers come to Jihlava Hospital to make hospitalized patients at least a little happier. They conduct canistherapy; a professionally trained dog called Scoty comes with its owner to cheer up patients at least once a week. Volunteers help at oncologic, paediatric and geriatric wards and also at the Palliative Care Station.

Natural Childbirth in Hospital



In Jihlava Hospital we support natural childbirth in the hospital. Mothers can make use of five reconstructed birth rooms, where they can enjoy their privacy. A close person’s presence at the childbirth is a matter of course. There were 88.8% natural childbirths in 2015, 91.5% childbirths were supervised by a midwife, and the proportion of caesarean sections decreased.

Support of Employees’ Health



Employees of Jihlava Hospital can use health supporting benefits. They can attend the Sports Afternoon, which is held regularly for them, they can enter four sports facilities in Jihlava and Brno free of charge including a fitness centre and group sports lessons. They can participate in group health exercise with a physiotherapist, we organize sports events – afternoons for employees, we regularly take part in the national activity of cycling to work. With regard to the fact that a hospital is a hazardous workplace for medical workers in terms of work stress, too, these activities are important as they support health and prevent lifestyle diseases and the burnout syndrome.

