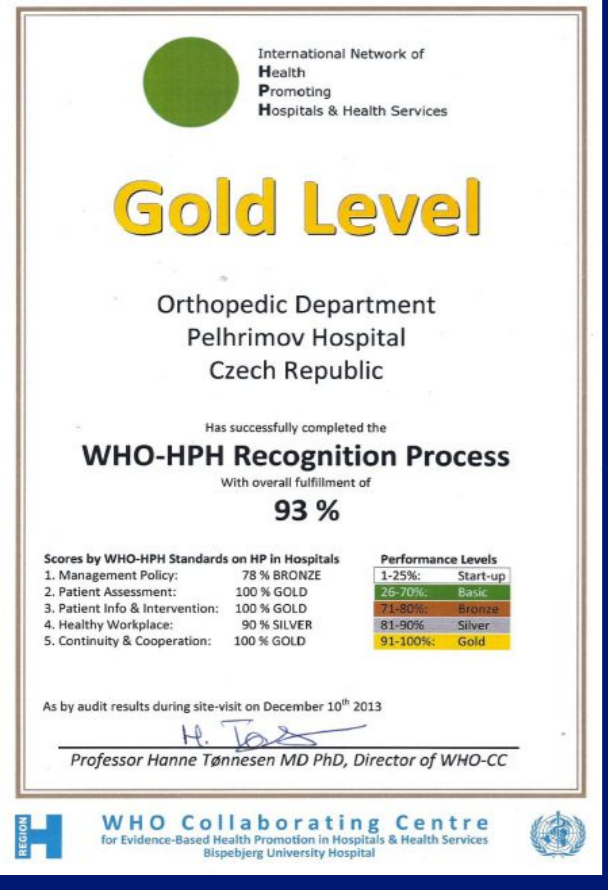


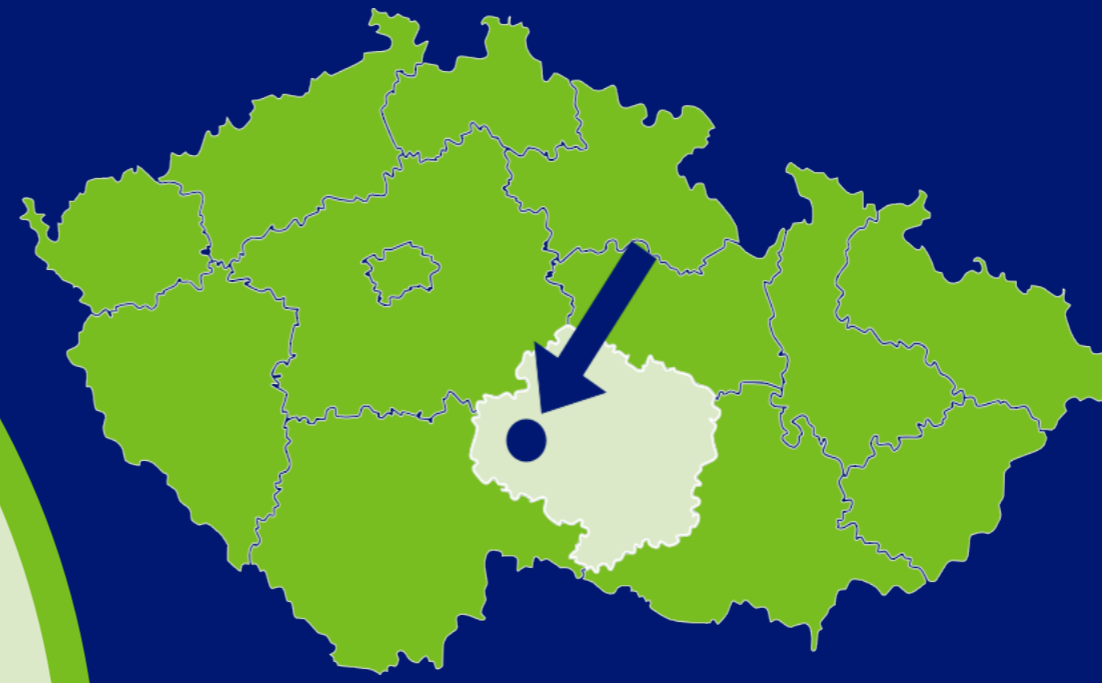
Do not be afraid of doctors, let's go to Hospital Pelhřimov

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Introduction

Hospital Pelhřimov has been a member of the HPH network since 2011 thanks to the initiative of the hospital management (Ing. Jan Mičak, MBA) and in 2013 it won the Gold Level of WHO-HPH Recognition Process as the first in the Czech Republic and in the world as well. The project was developed in accordance with the performance of the health promotion standards.



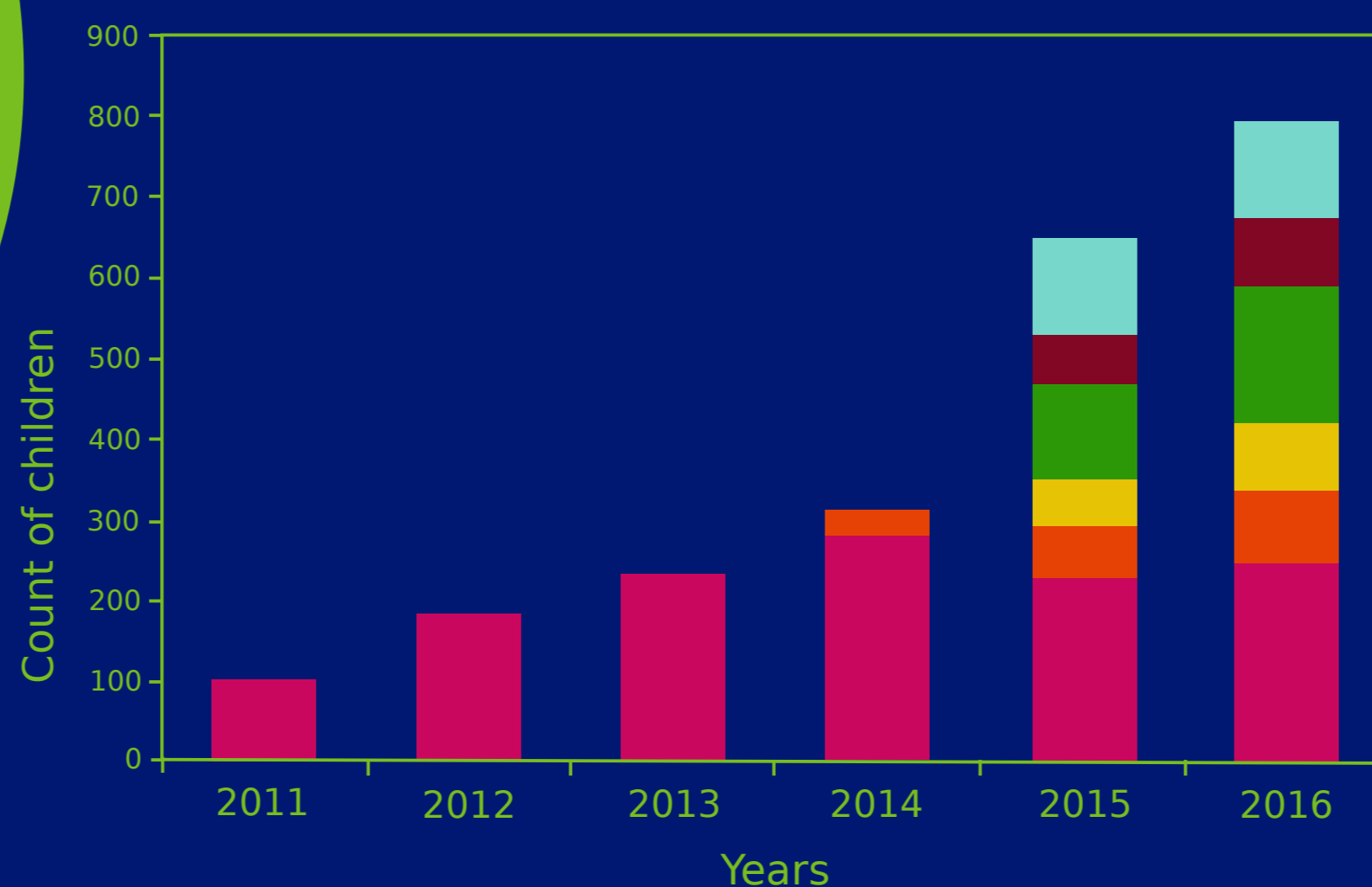
Methods

The aim is to provide health-promoting activities with a respect to a child's age. Our methods lead to thinking about the change of a lifestyle. The project is implemented through games and workshops. The project is divided according to the age.

8-10 years:
hygiene of hands, first aid, injury prevention

4-8 years:

children try doctors and nurses roles with a doll called Cecilka, the human body - children learn about the human organs through Cecilka's, demonstration of medical devices, work with a stethoscope, showing the most common procedures and visiting the hospital



10-13 years:
nutrition and physical activity, healthy snack, drinking regime

Conclusion and discussion

Familiarisation with the hospital minimises the child's fear from a medical facility. The project eliminates risk factors of child's life, influences their behaviour and lifestyle by active consolidating the principles of healthy lifestyle, practical training and education. The pilot project started in 2011 and then expanded. In 2011 we educated 100 children, in 2016 over 600 children. Active children participation has a positive effect on the health of the children population. Another significant benefit is extension of teachers' knowledge.



14-15 years:
the principles of good nutrition, food quality, addictions

