

Health Promotion in Military University Hospital Prague

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INTRODUCTION:

Military University Hospital in Prague became a member of HPH network in 2012. Since then many different activities and projects have been organised. The aim of health education is to offer to employees, to the public and to patients sufficient information such as to how to prevent diseases, change lifestyles, increase awareness, and motivate them and influence their attitudes for the purpose of creating an active interest in their own health.

„Every health contact is a health improvement opportunity“ – this concept is central to a strategy of improving quality of care in hospital. Lifestyle affects human health up to 60%, the influence of other factors is much lower.

The health promotion In Military University Hospital in Prague is centered on:

Supporting patient health

In 2017, 26 775 patients were hospitalized. 16 967 patients admitted to planned hospitalization were initially examined by a nurse including perception of the patient's own health, focusing on the identification of risks in the area - smoking, nutrition, addiction - drugs, alcohol, physical activity.

There was identified a risk of: Smoking

Regular smokers	3072
Occasional smokers	556

Dependencies

Alcohol	1358 patients
Drugs	172 patients

Nutrition

BMI 25 - 29	6711 patients
BMI 30 - 34	3144 patients
BMI ≥ 35	1400 patients
Malnutrition of 1045 patients	

Physical activity

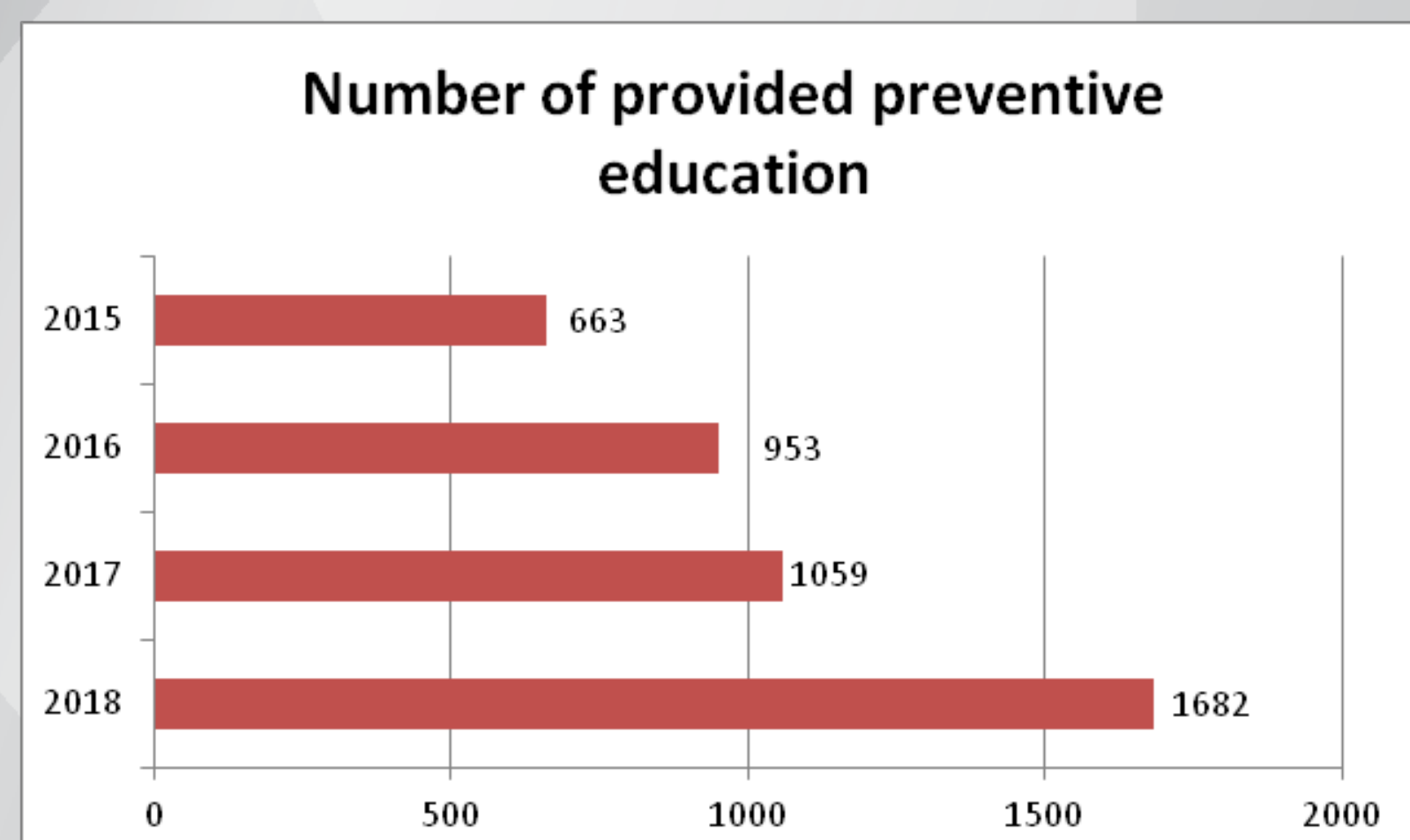
Irregular	4273 patients
None (walk to the store only)	5738 patients

Patients with identified risk are offered information materials and contacts for educational specialists



Supporting public health

Health promotion events for public are organized in hospital regularly. The are focused on prevention of lifestyle diseases and provision of relevant information relating to health promotion. Public has got an opportunity to meet various experts from different disciplines and seek advice, listen to the lectures or receive printed materials. Examples of activities during the event: blood pressure check-up, measurement of presence of CO in breath, measurement of level of cholesterol in blood, learning breast self-examination, exercise for back pain, learn about melanoma prevention, ...



Supporting employees health

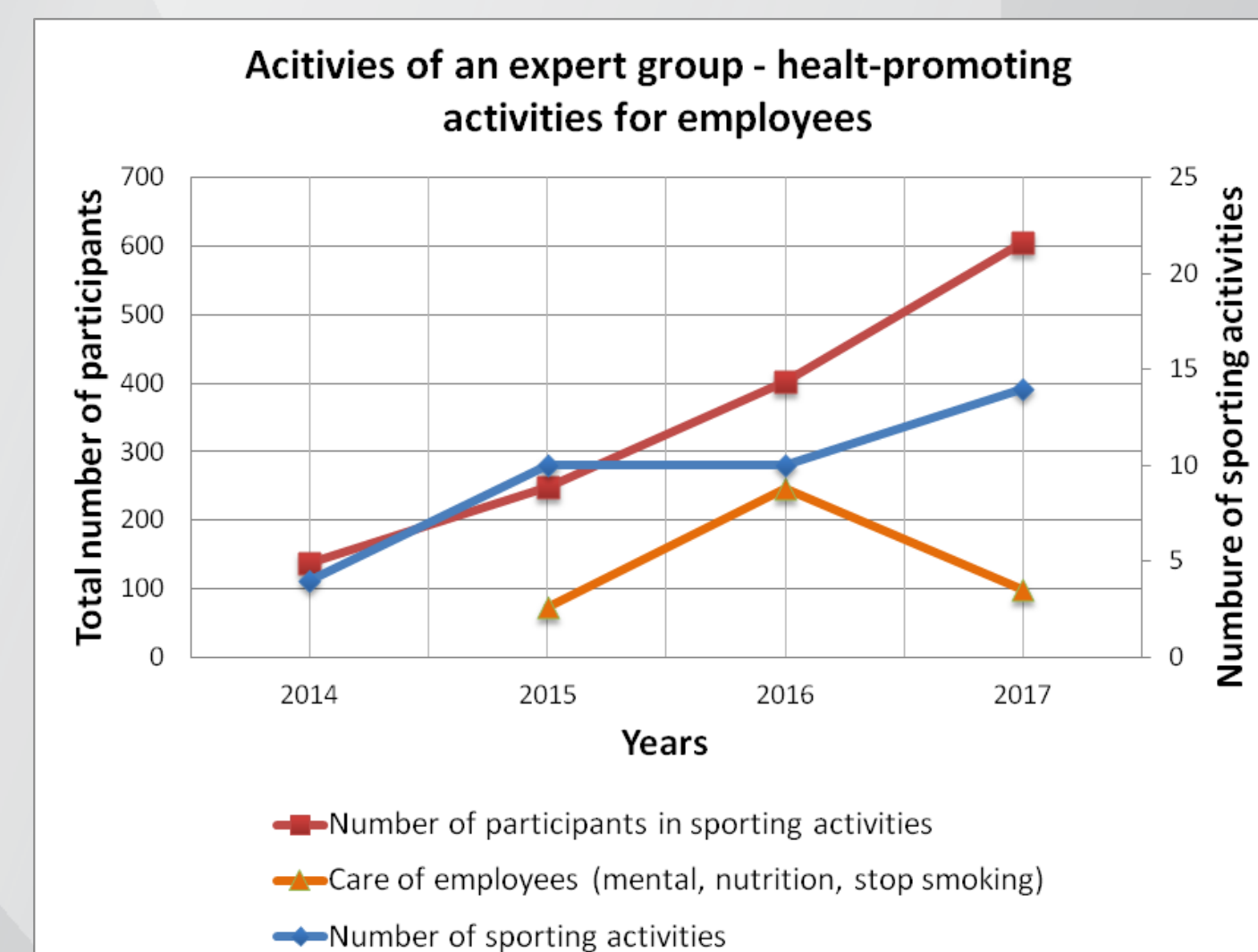
Hospital offers its employees various options of physical exercise, fitness training with an experienced trainer, swimming pool, fitness room and gym. Hospital supported the national project "Bike to Work", transferred into the hospital project "Healthy to Work" and from

2015 we offer the project "Improve your health by changing your lifestyle" which is focused on weight reduction by changing an individual's lifestyle. Mental health is another important part of health care, we have an anonymous email address for employees in critical situation.



Bike to Work – Healthy to Work

Year	Number of teams	Number of employees	Number of kilometres
2015	13	47	12 047
2016	23	90	20 016
2017	20	71	10 914
2018	30	84	not finished yet



An expert group for health-promoting activities has been established in hospital. This group is responsible for planning, organizing and evaluating all HPH activities within the hospital.

Military University Hospital participates in different national competitions or assessments such as "Healthy Hospital", "Health Promoting Enterprise" or "Secure Enterprise".