



Organizing HPH Festival so that staff can regain energy through communication among them

Akiko OHNISHI, Yoshie YUKI, Ai NOGUCHI, Motoya MAEDA, Kumi SHIRANE, Akiko TAKEUCHI, Hisashi SUZUKI, Tamae NAKAMURA, KUMON,

1. Background and Objectives

Nishiyodo Hospital affiliated with Yodogawa Workers Welfare Association has developed various HPH activities since joining the International HPH Network in 2014, but due to the Covid-19 pandemic, many of these practices had to be suspended. HPH committee got creative and continued our activities through new practices such as online exercise classes, smartphone classes, and "How are you? phone calls" arranged by Health Friends Association.

However, at the scenes of medical and nursing care, communication even between staff members was restricted and our staff were exhausted because of the rapidly changing Covid-19 infection situation and the changes in instructions from the government.

Also, the number of staff increased after the integration of 3 entities in April 2022 and 1 entity in October 2023, and thus we were facing another challenge of how to educate more about HPH and further promote our activities.

Given those situations, we organized "HPH Festival" for staff advocacy on HPH activities and having them regain energy through communication with each other.



「HPH まつり」準備ニュース
 2/17(土) 14時~16時30分
 in のぞと診療所 第1号(2024.0109) 淀協HPH委員会

みなさんの事業所のお近くにある
 美味しいお店を紹介して下さい
 事務局 大西 (F あい)、前田 (西淀病院) まで

◆HPHまつりでは、いろんなブースを用意しています。◆各ブースをまわって、ポイントを集めたら地元のおすすすめスイーツをプレゼントするようになりました。◆みなさんの事業所のお近くで、おいしいお店があれば紹介してください! ◆たくさんのおいしいプレゼントを用意したいと思います!

現在、企画中! みんなで来てね!

車庫対応 大野先生山下さんに挑戦 ハルテックウォーキング スクエアステップ ほか

相会体験 & 友の会ウイズ モルック 太極拳 百歳体操 布切れ体操 ほか

運動ゾーン 友の会ゾーン

子アリーニング オカケ 前進座 ほか

文化ゾーン 知識ゾーン

HPHってなに? 国際間カンファレンス報告 J-HPHカンファレンス報告

「How are you phone call」
 This is an effort to cheer up the elderly. During the coronavirus pandemic, we were restricted from interacting with and interacting with people. For the elderly, who are confined to their homes alone and spend anxious days, "How are you?" and make a phone call.

We are very welcome to...



2. Research Method

We decided to hold the festival on Saturday afternoon, making it easier for staff to participate, at an affiliate clinic annexed to our hospital. There are four zones to join; 1. Zone to learn about Health Friends Association (What is Health Friends Association?), 2. Exercise zone (table tennis and square stepping exercise), 3. Culture zone (concerts and hula dance), 4. Knowledge zone (4 parallel programs, divided into explanations of health promotion activities and explanations of the activities carried out by our hospital). Participants receive a stamp card at the reception, and then join activities in each zone to have their card stamped per program. Once all the stamps are collected, they can get some sweets as a prize and coffee.

3. Results

More than 180 persons including Health Friends Association members participated on the day of the festival. Survey results: More than 94 percent of participants answered that it was "very good" or "good" to participate.

Some opinions are as follows; "More than anything, I was impressed by how enthusiastic the volunteers and Health Friends Association members were. I wish we could have this kind of event on a regular basis."

"It was my first event or festival to join since I started working here, so I had a lot of fun."

I thought that if we could hold an event like this outside our hospital, we might be able to appeal to people passing by." All the participants including our committee staff who made the preparations, Health Friends Association members who kindly cooperated and the performers thoroughly enjoyed the festival and interaction with people for the first time in a while, and they all went home with smiles saying, "It was fun."



4. Lessons Learnd

This event made us realize the importance of communicating with people, interacting with each other and smiling. We heard many requests from Health Friends Association members, who are active in the community, to hold a festival for the Association and the local community, which is now under consideration. Also, we would like to further change direction of our daily HPH activities, heading for the post-Covid-19 era.



「Square Step」
 is a scientifically evidence-based exercise developed in collaboration with faculty members of national university corporations specializing in sports medicine, health and physical fitness, and geriatric physical fitness. Square Step can be applied to a wide range of applications, including the prevention of the need for long-term care in the elderly (prevention of falls and improvement of cognitive function), the prevention of lifestyle-related diseases in adults, the development of physical functions in children, the development of physical fitness and friendship in all age groups, and the improvement and conditioning of athletes.

We want to energise our working colleagues



COI Disclosure Information
 Ohnishi Akiko
 I have no financial relationships to disclose.