

# Investigating the Health Status and Intervention Effectiveness for Elderly Individuals in Rural Areas using ICOPE

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## BACKGROUND

Ensuring employee well-being is crucial for delivering top-quality medical services. Given the demanding nature of jobs in healthcare settings, detecting and addressing employee health risks early is paramount. Human capital plays a pivotal role in hospital operations and long-term growth. This study explores leveraging the "Chronic Disease Risk Assessment Platform" to identify and mitigate disease risks among employees, tailoring health promotion strategies accordingly. By implementing diverse health promotion initiatives, enhancing employee well-being, and fostering a healthy work environment, hospitals can enhance care provision for patients.

## METHODS

This study employs a longitudinal experimental design with pre-test and post-test single-group convenience sampling, involving 398 employees aged 35 and above. Following approval from the National Health Administration to utilize the "Chronic Disease Risk Assessment Platform" and securing consent from employees, occupational safety nurses input physiological data into the system to assess the risk of developing major chronic diseases over the next decade. The tailored interventions comprise targeted health education, health and nutrition seminars, health promotion groups on LINE, fitness programs, weight management classes, and large-scale running events. A reevaluation using the platform is conducted after one year.

## RESULTS

Analysis of the research findings indicates predicted high risks of chronic diseases in 2022: 1. coronary heart disease (10.4%), 2. stroke (12.5%), 3. diabetes (56.6%), 4. hypertension (37.8%), and 5. adverse cardiovascular events (20.3%). Post-intervention in 2023, risks for hypertension (34.1%), adverse cardiovascular events (18.1%), and stroke (9.2%) decreased significantly, highlighting notable reductions in the predicted risks of major chronic diseases over the next decade.

## DISCUSSION

The study underscores the efficacy of the "Chronic Disease Risk Assessment Platform" in diagnosing employee health issues, facilitating targeted health promotion initiatives that mitigate chronic disease risks. This proactive approach leads to a mutually beneficial outcome for hospitals and employees, fostering a healthier workforce and enhancing patient care quality.



## Relevance to health promoting hospitals and health services

Contributions of Health Promoting Hospitals and Health Services to equity beyond the health field

