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Implementing daily exercise at work and examine if the exercise affects the units short-term sick-leave. Compare quarterly short-term sick-leave for a unit with corresponding results for the hospital

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Previous initiatives to reduce the short-term sick-leave did not have any documented effect. The study period at the unit was January 6th to March 28th 2014, a total of 60 workdays. Two internal employees were exercise instructors and were responsible for the 30 minutes daily exercise with various training-programs (strength, circuit- and flexibility, balance, yoga, etc.). Suitable exercise equipment was acquired. Number of employees at work, number participating exercise, reasons for not performing exercise, was recorded. 19 radiographers were employed, 2 quit during the study period. Exercise was performed in 37 of 60 workdays (62%). Reasons for not perform exercise: the necessity to work in a part of or the entire break in 17/60 days (28%), both instructors absent in 4/60 days (7%), mandatory meetings in 2/60 days (3%). Measured short-term sick-leave for the study period was 3.0% and 2.7% for the unit and the hospital, respectively. The corresponding results were: 5.6% and 2.8% for 2013; 4.7% and 3.2% for 2015; 6.2% and 2.8% for 2016; 5.3% and 2.8% for 2017 for the unit and the hospital, respectively. The short-term sick-leave were significant higher ($p < 0.001$) for the unit than for the hospital for all first quarters despite for 2014 and 2015. All quarterly short-term sick-leave was extracted from the hospitals personnel and resource management system (GAT 6.4.4, Visma). There was a decrease in short-term sick-leave in the study period for the unit. It seems that targeted exercise might be one factor that can reduce short-time sick leave. Further studies are needed.

Biography

Randi Gullien is a Senior Radiographer at Breast Imaging Centre at Oslo University Hospital in Norway and has worked within the field of mammography since 1986. She has a Master's degree from University of Bergen and has published several articles in reputed journals and had several oral presentations and posters at national and international congresses/conferences. She has been a Reviewer at an international journal and participated in many research projects in addition to her own projects.

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