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Can implementing of simple, targeted and daily physical exercises initiated by a colleague during working hours have an impact on the quarterly short-time sick-leave at the mammography unit? Compare the units' results with corresponding results for the hospital and investigate the units' employee's attitudes towards exercise at work To examine if implementing physical exercise in the daily break at work in a unit affected the short-term sick-leave and examine the radiographer's attitude to targeted physical exercises at work

Randi Gullien, Soorin Saba Bamdadsoofi, Anne Lill Bøgle and J G Andersen

Oslo University Hospital, Norway

Study period: January 6th -March 28th 2014, 60 workdays. Exercise was performed in 37 of 60 workdays (62%). Two dedicated internal employees were responsible for the daily exercise with targeted and various training-program as stretching, weight-training, balance, yoga with appropriate/suitable exercise equipment. Exercise time: commonly 30 min. Scheduled during the regular daily break. Daily recording: number of employees at work; number participating exercise; reasons for no exercise. 19 radiographers were employed, 2 quit during the study period. Reasons for not exercising: necessity to work in a part of/the entire break 28%(17/60 days), both exercise radiographers absent 7%(4/60 days), mandatory meetings 3%(2/60 days). 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.

The questionnaires were answered at the start and end of the study. 84% (16/19) answered at baseline, 88%(15/17) at ending. In baseline, 13 of 16(81%) responded that exercise at work have a positive/very positive impact on wellbeing, compared with 11 of 15(73%) at the ending. In baseline 94%(15/16) felt that the exercise are very/extremely important, compared with 80%(12/15) at ending. In baseline and ending, 100% were satisfied/very satisfied with organised exercise. It seems that exercise is one of the factors that can contribute to reduced short-term sick-leave.

UXRAUL@ous-hf.no