

16th International Conference on Health Promoting Hospitals and Health Services (HPH):

## Hospitals and health services in the health society:

### Quo vadis, HPH?

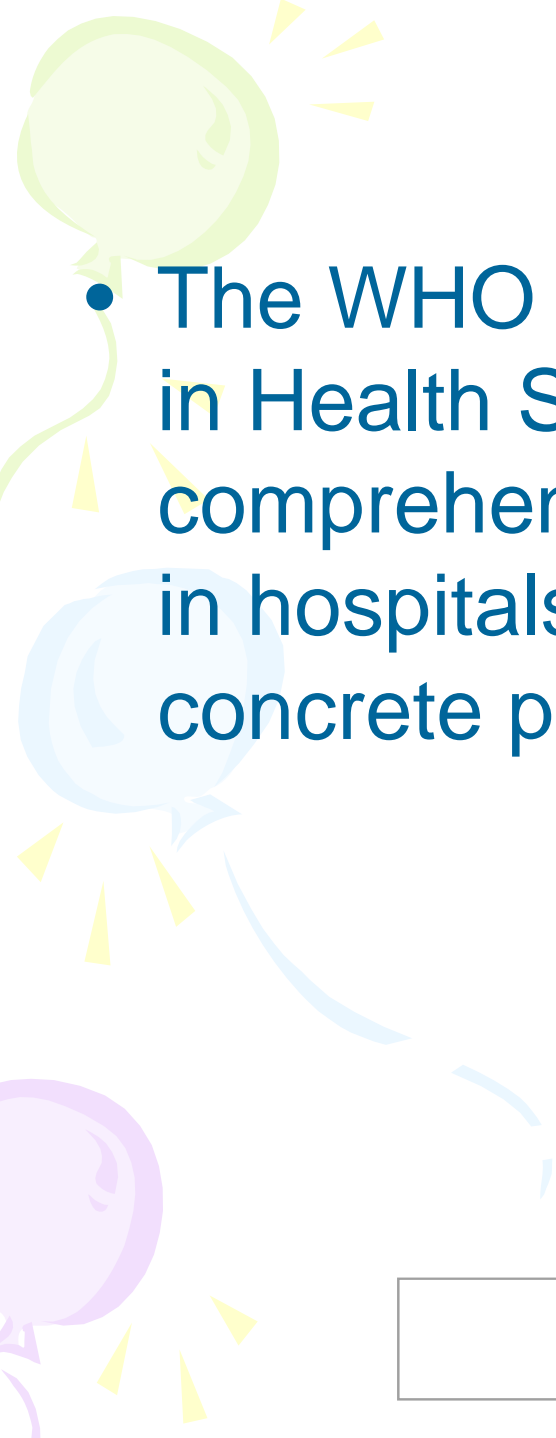
#### Session 1.6 – Workshop: A pathway to health promotion in hospitals and health services

Facilitator: Nils UNDRITZ (CH)

- Health Promotion following the patient: A chain from hospital to primary health care. *Nils Undritz, Coordinator of the Swiss HPH Network*
- Integration of Prevention Centres into European Hospitals - a novel concept. *Prof. Hugo Saner, Inselspital Bern*
- How to document Health Promotion and get reimbursed for? *Hanne Tønnesen, MD DMSc Head of Research Centre CEO WHO-HPH Network, Copenhagen*
- A pathway for a healthy workplace: *Ruedi Wyssen, project leader for health promotion, Hospitals of Zurich*
- **Panel** with experts from Ireland (*Ann O'Riordan, JCM Hospital Dublin*), Canada (*Suzanne De Blois MD, Public Health Agency, Montreal*) and others

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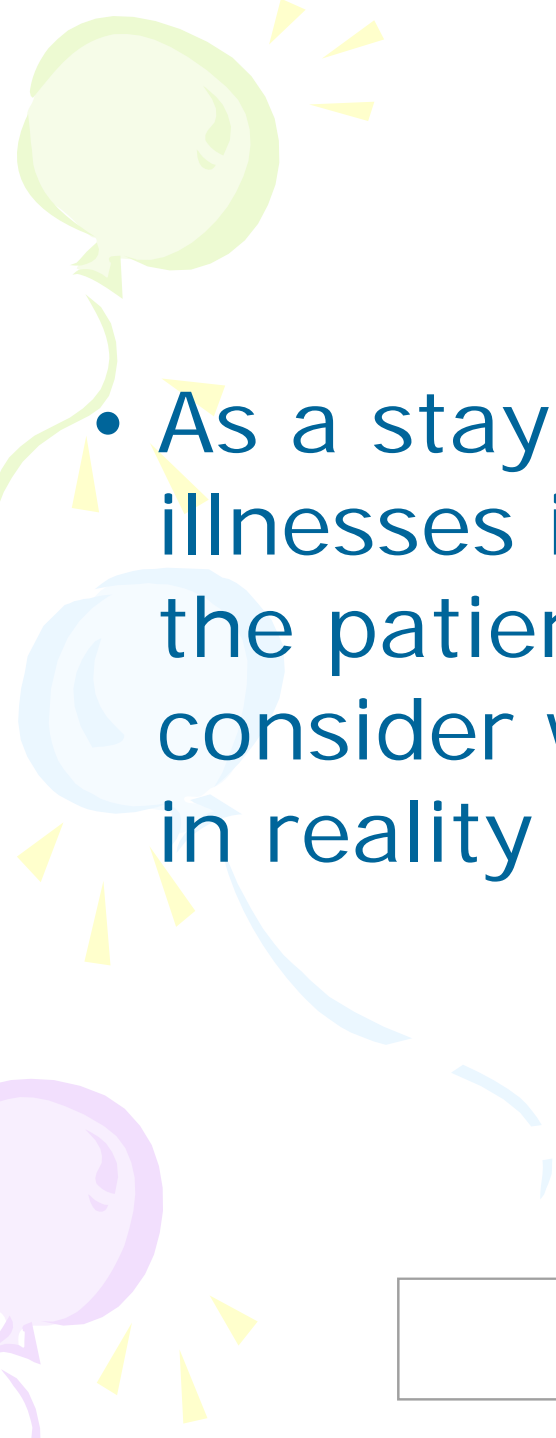
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- The WHO Standards for Health Promotion in Health Services represent a comprehensive list of what should be done in hospitals, but they don't provide a concrete pathway for procedure.



## Aim of the workshop

To consider the possibilities and acceptance of developing a pathway for health promotion in health institutions.

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- As a stay in a hospital for acute illnesses is too short a time to change the patient's way of life, we have to consider what possibilities the hospital in reality has.



– The model of the cardiology unit of Geneva teaching hospitals.

- 900 patients a year, average stay 2.6 days
- Fresco in the waiting area
- Motivational dialogue patient-medical person
- Patient is self-assessing his risks and his willingness to change his way of life
- This model was developed by 3 nurses Christelle Guillaume, Christiane Hélyary and Florence Scherrer-Burri

# Hôpitaux universitaires de Genève

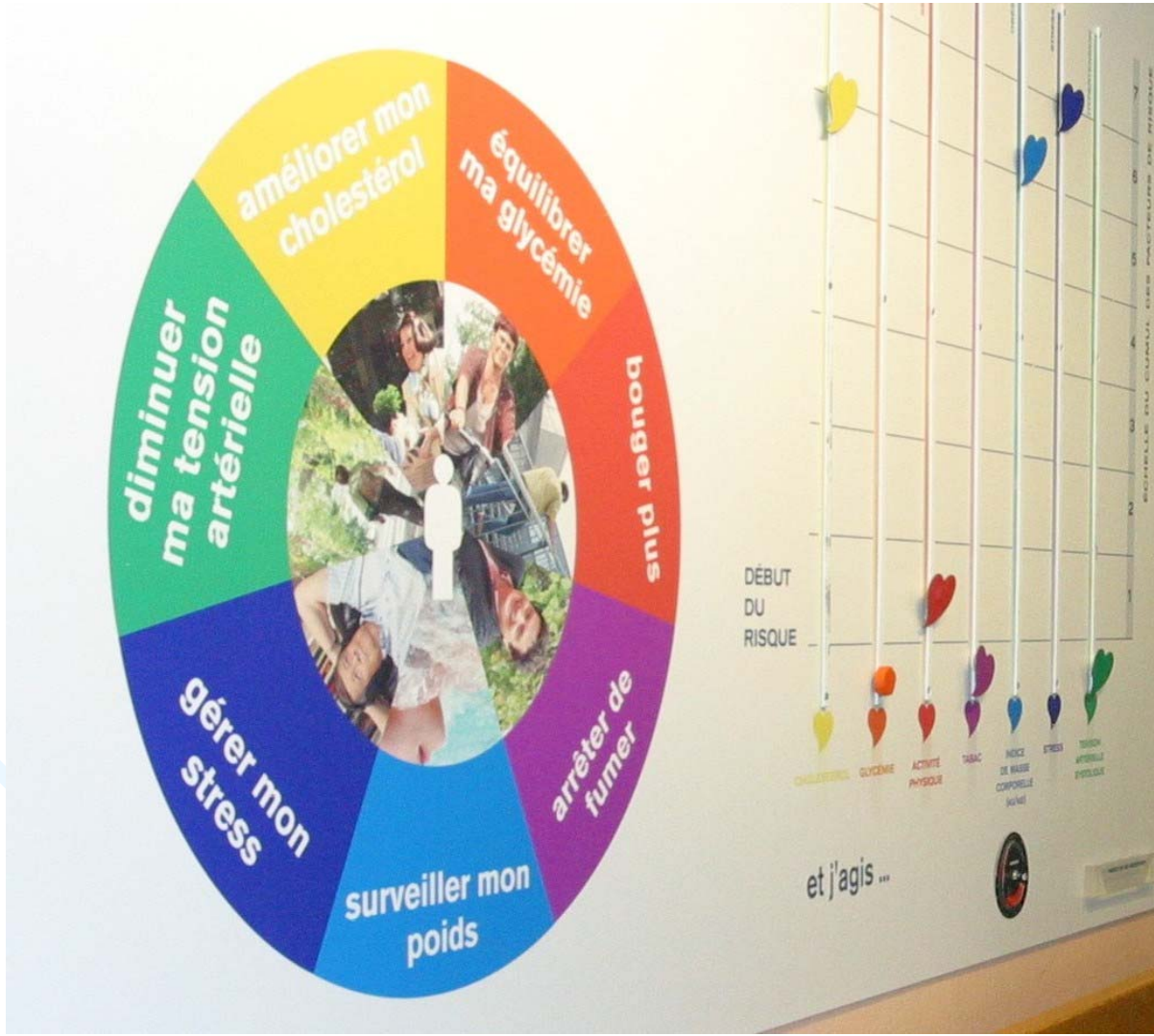
## Patient's self-assessment for health promotion



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# The risk factors checked



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# Motivational Dialogue

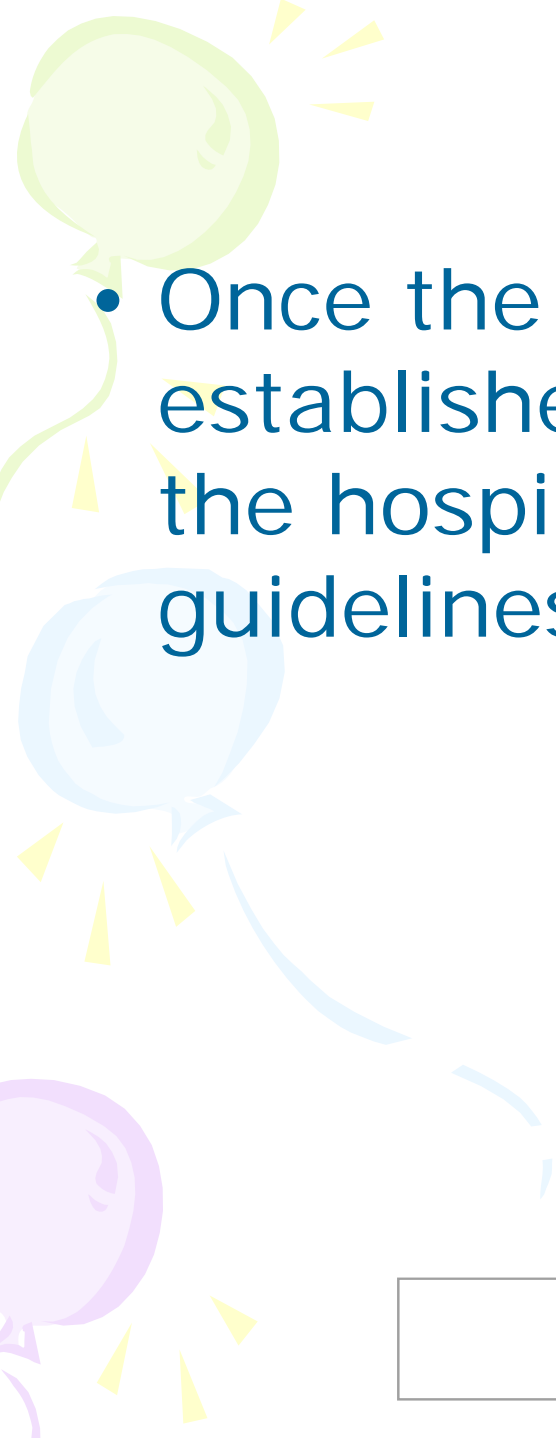


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# What he can do („Je veux“)



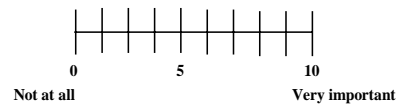
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- Once the first contact has been established and the assessment done, the hospital gives some written guidelines for keeping healthy.

# The doctors model

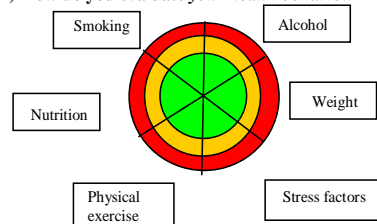
## 1 Personal Evaluation: Where do I stand?

Name: ..... Date of birth:.....

A) *To what extent* is it important for you to undertake something yourself for your health? On below scale from 0-10, where do you stand?



B) How do you evaluate *your health behaviour* in these six areas?



green: beneficent for your health

orange: to improve

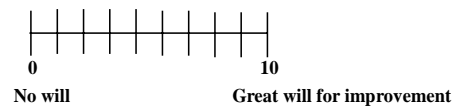
red: affecting your health

Indicate your evaluations

on the graphic in the relevant

fields!

C) To what extent do you evaluate *your will to improve* your state of health on a scale from 0-10?




D) Are you interested to filling in a form about your health profile at home which can be used in a following consultation?

Yes  ..... No



– The doctors Model include developed a 5-step program that includes about 20 consultations at 10 to 20 min. each:

- Self assessment
- Analysis
- Intervention
- Arrangement (Contracting)
- Implementation

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- The major problem is how to establish continuity in the link between in-patient and the primary health care sectors. Do primary health care providers know what to do when a patient is sent to them?



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