

出國報告（出國類別：開會）

## 第 29 屆健康促進醫院國際研討會

# The 29th International Conference on Health Promoting Hospitals and Health Services

服務機關：衛生福利部臺北醫院

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出國期間：2023 年 09 月 18 日至 2023 年 09 月 23 日

報告日期：2023 年 11 月 29 日

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## 摘要

歐洲全國性及區域性健康促進醫院網絡自 1995 年建立，WHO-HPH 國際網絡著手將「WHO 臨床健康促進計畫」導入於醫院品質的管理之中。2023 年第 29 屆健康促進醫院國際研討會主題為(THE ROLE OF HEALTH PROMOTION IN WELL-BEING-ORIENTED HEALTHCARE)，於風景優美的維也納大學舉辦為期 3 天的全球性會議，揮別 COVID-19 疫情影響，會議採實體與網絡平台方式進行，用數位化及資訊化分享相關精進或創新作法，以便進行互動交流，徵稿主題分為 20 大類，全球共有 670 篇投稿，錄取 405 篇，錄取率約 60%，會議期間舉行開幕式及閉幕式會議、口報論文發表共 23 篇、迷你論文口頭發表 11 篇和 243 篇以海報論文發表。

**關鍵字：** 健康促進醫院國際研討會

# 壹、目的

歐洲全國性及區域性健康促進醫院網絡自 1995 年建立，WHO-HPH 國際網絡著手將「WHO 臨床健康促進計畫」引導入醫院品質的管理中，HPH 進階計畫則是以醫療照護的病人為中心，將健康促進理念導入傳統臨床路徑，最終評估治療結果及病人安全改善。第 29 屆健康促進醫院與照護機構國際研討會大會主題：健康促進在以健康/福祉為導向的醫療中的角色 (THE ROLE OF HEALTH PROMOTION IN WELL-BEING-ORIENTED HEALTHCARE) 五大主軸將會議主場分為五個場地，分別邀請各地專家學者分享 1-3 個主題。

五大主軸分別是：

1. Opportunities and challenges of health promotion to recruit and maintain a healthy workforce in health care settings.
2. Contributions of health promotion to climate change mitigation and adaption.
3. Empowering patients, families and communities for times of crises and beyond.
4. Primary health care-hospitals partnerships as drivers of public health.
5. Health Promotion as a pillar of well-being-oriented healthcare.

徵稿類別包含 20 個主題，包括：

1. Access to services and information
2. Improving care of people with multiple health problems and comorbidity
3. Improving care of people with multiple health problems and comorbidity II
4. Mental health and psychiatric care
5. Patient and staff empowerment.

6. Promoting healthy behavior and self-management.
7. Food, nutrition and diet.
8. Physical activity and healthy lifestyle.
9. Tobacco prevention and cessation, addictive behavior.
10. Salutogenic, safe and healthy workplace.
11. Health workforce practice and training.
12. Digitalization in health care and health promotion.
13. Monitoring, implementation and evaluation.
14. COVID-19 lessons learnt; preparing for pandemic and crises I (staff, organization).
15. COVID-19 lessons learnt; preparing for pandemic and crises II (patients, population).
16. Promoting the health of older adults.
17. Promoting the health of children and young people.
18. Promoting maternal and newborn health.
19. Integration of hospitals and primary care with community-based health and social services.
20. Interventions for health promotion in the local community and for the population served.

該場研討會會期共計 3 天。臺灣是參與國際健康促進醫院學會(HPH)中最舉足輕重的學會，也是該學會國際上最大的網絡醫院，今年 20 個主題中有兩個是與 covid-19 有關，針對提供健康照護的個人與組織、covid-19 患者及群眾兩方面探討未來因應疫情再爆發的準備。

## 貳、 過程

2023 年 9 月 20 日當日早上我們參觀了聖伊麗莎白過渡護理中心，該中心位於新裝修的舊建築（前聖伊麗莎白醫院）的底層以及兩座新建的擴建部分中，為居民提供 14 間現代化雙人房和 11 間單人房，部分客房設有陽台。寬敞的廚房客廳、多功能室和新景觀花園確保您享受愉快的居住體驗。伊麗莎白教堂位於護理設施的中間。如果需要，可以為所有信仰提供宗教陪伴和教牧關懷。在 Landstraßer Hauptstrasse 位置的入口處，Elisabeth 咖啡廳每天開放，可在舒適的室內區域或陽光明媚的賓客花園裡喝咖啡聊天。圖林根州聖伊麗莎白的座右銘“我們必須讓人們幸福！”，在潔白的建築與裝潢中，人群輕聲細語，環境整潔卻溫馨，工作人員面帶笑容優雅自在，年老的病人對我們這群東方臉孔投以好奇卻溫暖的眼光，環境中毫無異味，整體環境可為非常舒適。

該中心主要收治出院後需求仍不清楚、短期臨時護理需求增加或需要護理直到可以轉移到合適的服務機構的需要護理的人，提供最多到 92 的專業護理天。根據莫妮卡·克羅溫克爾 (Monika Krohwinkel) 的說法，當地的居民根據「日常生活的活動和存在體驗(AEDL)」模型獲得全面的激活治療護理。透過啟動治療護理，幫助人們自助，希望使我們的居民能夠重新獲得並保持日常技能。為了實現這一目標，家庭成員的參與對我們來說很重要。作為一個家庭團隊，他們希望以最好的方式支持居民。作為護理服務的一部分，其住院醫師分為三個小組進行護理，因此儘管住院時間較短，但工作人員和住院醫師之間仍可以建立密切的關係。

2023 年 9 月 20 日下午我們一團人有幸蒙台灣駐奧地利代表處張小月代表的接見，親切的與每一位團員合照，大家對張小月代表大力協助醫院參訪之事表示由衷的感謝。

2023 年 9 月 20 日於維也納舉辦的健康促進醫院國際研討會於當地時間 17 時

整正式開幕，有奧地利衛生部長 Katharina Reich 致詞，並進行第一場全體會議，主題是「**Opportunities and Challenges of Health Promotion to Recruit and Maintain a Healthy Workforce in Health Care Settings**」，在全體會議之前，在主席 Peter Nowak 的引言中，我們共同追憶了 Jürgen Pelikan(21.1.1940 – 11.2.2023)，表彰他在發起、實施和延續人類社會健康促進上的巨大貢獻，並獻花給他的親人代表，非常感人，在開幕式結束前帶領我們全體作令人振奮的健康操，過程溫馨有趣。

2023 年 9 月 21 至 22 日進入第二、三天的研討會，當地時間 9 點第一場演講主題是「**Contributions of Health Promotion to Climate Change Mitigation and Adaption**」，三位演講者內容非常精彩，聽眾也回響熱烈，以來自英國的 Ward Andy 主講「**The Role of Empathy in Healthcare**」，獲得最多的回應。中午開始進行口報及迷你口報，由台灣檢康醫院學會組成來自台灣各地的精英多人上台演講，非常精彩，會議中亦有以線上發表的課程，席間鼓勵餐與者發問，而主持人適時提問，時間掌控非常精準有效率。

2023 年 9 月 23 日我們整裝回台，非常感謝林金定教授帶領大家共同參與這世界盛會，最重要的是向台灣各地的健康醫院菁英學習到許多創新的作為，雖然本次會議投稿時就是以海報發表方式投稿，且兩篇都得以接受，但是看到台灣團員都勇於以口頭或迷你口頭的方式展現成果，也立定下次一定要以口頭發表的方式投稿的決心，這次有幸在會議過程中與馬偕、台安、振興、大同及奇美醫院的夥伴們認識，相信在未来健康促進醫院的業務上將更加順利。

## 參、心得及建議

參與此次 2023 第 29 屆健康促進醫院國際研討會，在學術研究上的專業知識，也大大拓展對健康促進在全世界各國推廣的努力與視野。這次研討會個人只參與二篇海報發表，觀摩了台灣其他團員英文簡短口頭報告的經驗，也讓我深深佩服及自我期許。一位傑出的研究人才，無論是學術精研，還要學習沉穩應變各種場合，語言能力尤其重要，英文的聽、說、讀、寫是必備的能力，來不及聽和害怕說是我們急需加強改善的；雖然各國各領域的專家口音差異相當顯著，但未來藉著萬全的準備與增強自己的英文報告流暢且演說經驗，應該可以逐漸克服障礙；參加本次研討會對每場主持人會議時間的掌控及鼓勵發問與釐清提問印象深刻，線上會議時，各國與會者也都踴躍發問毫無時空限制，可見主辦單位的用心及準備周到，唯一可惜的是並未有現場海報發表的展區，限於會議空間，是在維也納大學校區內一棟建築之地下室，主辦單位無法讓每個人都展示自己的論文摘要，好在如第 28 屆有提供每位參與者 29th International Conference on Health Promoting Hospitals and Health Services abstract book 的電子檔，讓我們可以留下紀錄且仔細參閱會議中未能參與的部分。

此行回國後也意外收到邀稿信件，希望能在 Progress in Medical Sciences 期刊上發表論文，實屬榮幸能再有分享研究結果的機會。部屬醫院一向有鼓勵同仁進行研究投稿與發表的機制，但各院營運狀況不同，不一定有補助國外發表的制度，抑或僅針對醫師補助？未來期望有更多的部屬同仁也可藉著線上會議的模式參與各種國際研討會作學術發表，除了擴展個人視野與經驗，更重要的是可激發團隊研究潛能與氛圍。

## 肆、活動照片



▲ 2023.09.20 拜會台灣駐奧地利代表張小月代表 ▲



▲ 2023.09.20 全體團員與奧地利代表張小月合照 ▲



▲ Jürgen Pelikan(21.1.1940 - 11.2.2023) ▲



▲ Jürgen Pelikan 的親人接受獻花 ▲



▲ 大會主席 Peter Nowak ▲



▲ 開幕式結束前的健康操(人物為本人及聖馬爾丁醫院之院長及副院長) ▲



▲ 網路口頭發表 ▲



▲ 現場發表實況 ▲



▲ 現場發表實況 ▲



▲ 振興林宜君醫師口頭發表 ▲



▲ 馬偕醫院詹欣隆主任口頭發表 ▲



▲ 高雄學醫院附設醫院績效室主任黃建民 ▲



▲ 團員合照 ▲

# 附錄

## 一、 第 28 屆健康促進醫院國際研討會會議行程表

### PROGRAM

The 29th International Conference on Health Promoting Hospitals and Health Services will take place in a hybrid format, with the option to participate in-person or online. All the plenary sessions and almost all parallel sessions will be live streamed.

All registered participants (in-person and online) will have access to a landing page with live chat capability, the live stream of the program, the e-poster gallery, and to on-demand post-viewing for at least two more months after the conference.

The times given in the conference program correspond to Central European Summer Time (CEST).

### WEDNESDAY, SEPTEMBER 20, 2023

09 : 00-16 : 00

GNTH ConferenceConference of the Global Network for Tobacco Free Healthcare Services

16 : 30-17 : 00

Digital meet & greet for online participants

17 : 00-17 : 45

Formal OpeningIn memoriam Jürgen Pelikan

17 : 45-19 : 15

Plenary 1Opportunities and Challenges of Health Promotion to Recruit and Maintain a Healthy Workforce in Health Care Settings

19 : 15-22 : 00

Welcome Reception, networking

THURSDAY, SEPTEMBER 21, 2023

08 : 30-09 : 00

Digital meet & greet for online participants

09:00 - 10:30 Plenary 2 Contributions of Health Promotion to Climate Change Mitigation and  
Adaption

09 : 00-18 : 00

Virtual Poster Session

10 : 30-11 : 00

Coffee, tea, refreshments, networking

11 : 00-12 : 30

Oral parallel sessions 1 from abstracts received & symposia by HPH task forces &  
conference workshops

12 : 30-13 : 30

Lunch, networking

13 : 30-14 : 15

Mini oral parallel sessions 1 from abstracts received

14 : 20-15 : 45

Oral parallel sessions 2 from abstracts received & symposia by HPH task forces &  
conference workshops

15 : 45-16 : 15

Coffee, tea, refreshments, networking

16 : 15-17 : 45

Plenary 3 Empowering Patients, Families and Communities for Times of Crises and Beyond

19 : 30-22 : 00

Conference Dinner Rathauskeller

FRIDAY, SEPTEMBER 22, 2023

08 : 00-09 : 00

Digital meet & greet for online participants

09 : 00-10 : 00

Plenary 4 Primary Health Care-Hospital Partnerships as Drivers of Public Health

10 : 30-11 : 00

Coffee, tea, refreshments, networking

11 : 00-12 : 30

Oral parallel sessions 3 from abstracts received & symposia by HPH task forces & conference workshops

12 : 00-13 : 30 Lunch, networking

13 : 30-14 : 15

Mini oral parallel sessions 2 from abstracts received

14 : 20-15 : 45

Oral parallel sessions 4 from abstracts received & symposia by HPH task forces & conference workshops

15 : 45-16 : 00

Coffee, tea, refreshments, networking

16 : 00-17 : 30

Plenary 5 Health Promotion as a Pillar of Well-Being-Oriented Health Care

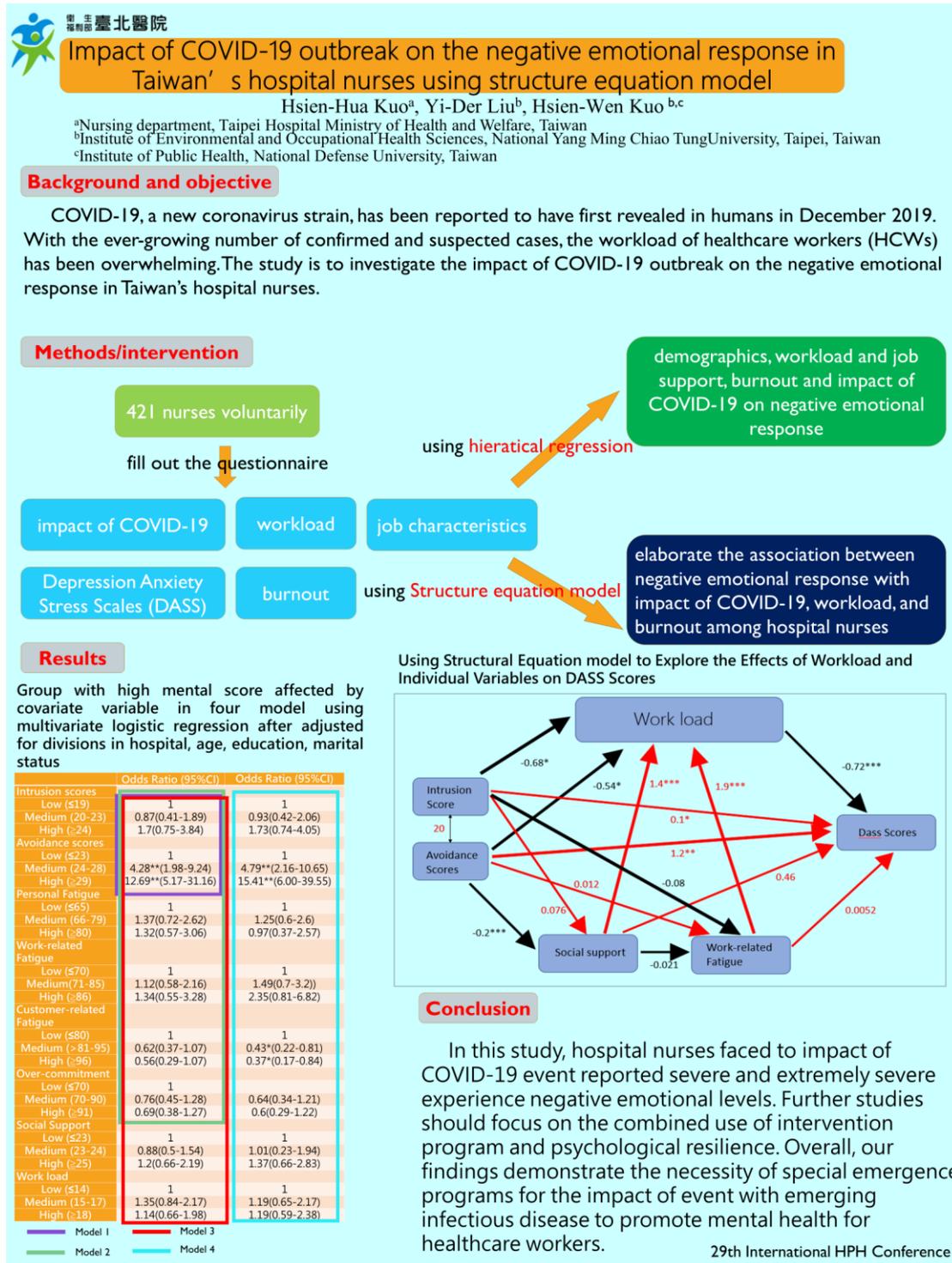
17 : 30-17 : 45

Conference closing Award of poster prizes, and announcement of international HPH conference 2024

17 : 30-19 : 00

Farewell refreshments, networking

## 二、發表海報



## Job strain associated with musculoskeletal disorders (MSDs) in hospital nurses: A mediation analysis of work-related fatigue and burnout

Hsien-Hua Kuo<sup>1</sup>, Cheng-Chieh Lan<sup>2</sup>, Hsien-Wen Kuo<sup>2,3</sup>

<sup>1</sup> Nursing department, Taipei Hospital Ministry of Health and Welfare

<sup>2</sup> Institute of Environmental and Occupational Health Sciences, National Yang Ming Chiao Tung University, Taipei, Taiwan

<sup>3</sup>Institute of Public Health, National Defense University, Taipei, Taiwan

### Background and objective

Based on a comprehensive review (Davis & Kotowski, 2015), the majority of the studies indicated that prevalence of MSD pain for nurses was highest in the lower back, followed by shoulders and neck in hospitals. Since musculoskeletal disorders (MSDs) frequently result from high workload and prolonged worktime in nurses, the direct and indirect effects of psychological factors, work-related fatigue (WRF), and burnout on MSDs is still inconclusive.

This study has two aims: (1) to examine MSDs associated with job strain index (JSI), work-fatigue and burnout; (2) to assess the mediating roles of WRF and burnout on the relationship between job strain and MSDs in hospital nurses.

### Methods/intervention



The mediation roles of WRF and burnout on the association between JSI and burnout were assessed by Hayes models 7

### Results

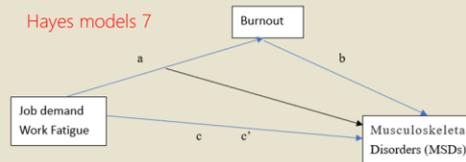
Interaction effect of burnout and job demand on MSDs using logistic regression model adjusted for age, sex, education, marital status and job title

		Crude model OR(95%CI)	Adjusted model OR(95%CI)
Burnout	Job demand		
	Low	1.0	1.0
Low	High	1.72**(1.22-2.44)	2.34**(1.53-3.29)
High	Low	2.01*(1.12-3.60)	2.49**(1.32-4.68)
High	High	2.39**(1.66-3.45)	3.53**(2.35-5.31)
S index		0.81(0.34-1.93)	0.93(0.50-1.71)

Interaction effect of burnout and work fatigue on work dissatisfaction using logistic regression model adjusted for age, sex, education, marital status and job title

		Crude model OR(95%CI)	Adjusted model OR(95%CI)
Burnout	work fatigue		
	Low	1.0	1.0
Low	High	4.10**(1.79-9.39)	4.21**(1.79-9.90)
High	Low	1.10(0.51-2.35)	1.08(0.49-2.36)
High	High	7.45**(4.77-11.63)	7.33**(4.60-11.68)
S index		2.02**(1.18-3.46)	1.92**(1.13-3.29)

### Hayes models 7



Mediation analysis of burnout on the effect job demand and work fatigue on musculoskeletal disorders (MSDs) adjusted for age, sex, education, marital status and job title

	a	b	c	c'	Indirect Effect (%)
Job demand	1.804** (0.187)	0.869** (0.179)	0.784** (0.152)	0.516** (0.163)	81.0%
Work Fatigue	3.214** (0.223)	0.869** (0.179)	1.127** (0.159)	0.823** (0.196)	93.1%

### Conclusions/lessons learned

Since burnout was the main contributing factor to occurrence of MSDs in nurses, empowerment for modification is implemented in nursing departments to reduce WRF and burnout as a priority guideline for MSDs prevention programs for nurses. Therefore, to keep up with the growing illnesses and injuries of MSDs.

29th International HPH Conference

### 三、摘要審查結果通知單

hphconferences.org/nc/abstract-submission/submission/

International Network of Health Promoting Hospitals & Health Services

Conferences ▾ Hiroshima 2024 Partners International HPH Network

## SUBMISSION

### Your Abstracts

ID	Title	Conference	Status	Action
23181	Job strain associated with musculoskeletal disorders (MSDs) in hospital nurses: A mediation analysis of work-related fatigue and burnout	HPH Vienna 2023	accepted	view
23334	Impact of COVID-19 outbreak on the negative emotional response in Taiwan's hospital nurses using structure equation model	HPH Vienna 2023	accepted	view
12615	Methods to Decrease the Incidence of Inpatients Falls in Acute Care Setting		accepted	view
8874	Using "TIME-OUT" Method to Reducing risk and pain of Patient Relocated Shift		accepted	view
8879	Factors affecting of musculoskeletal disorders in nurses from a Taiwan hospital		denied	view

下午 02:11  
2023/11/15

#### 四、參與證明



## 五、期刊邀稿信

Dear Dr. KUO Hsien Hwa,  
Greetings

We found your research presentation entitled " Impact of COVID-19 outbreak on the negative emotional response in Taiwan's hospital nurses using structure equation model" at "29th International Conference on Health Promoting Hospitals and Health Services The Role of Health Promotion in Well-being-oriented Healthcare" in online. We publish articles related to your research interest so we would like to invite you to contribute a paper for publication in our issue for our "Progress in Medical Sciences"

Article Types: Accepts articles from Research, Review, Case reports, Editorials, Opinions, Short communications, Mini review, Book review, Video Articles, and PowerPoint Presentations (PPTs), Analysis, case studies, Reports, Image Articles, Perspective, Commentary, Magazines etc..

It would be grateful if you could send your article on or before December 10th, 2023.

To know more, visit us at: Website

Thank you for your time and consideration

Anticipating for your reply

Best Regards,  
Ira G  
Progress in Medical Sciences  
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