

# Flourish award and Work out @ Work.

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# Better Health at Work- Gold award.

Developed a three-year health strategy and one-year action plan for health improvement activities and task related health issues, which is to be reviewed annually.

- Health topics were promoted in the wider community and to families of the workforce.
- Mini MOTs
- The trust has a proactive system in place to support staff on long term sick to return to work and raises awareness of and support staff with long term medical conditions
- We demonstrate innovative ways of addressing workplace health and wellbeing

We have 3 hospital sites as well as community employees where we standardise the services offered.



# Proactive MSK Approach

- Prompt Physiotherapy treatment and education on self-management
- Interlink between work activity, domestic or sporting activities
- Health Promotion



# Benefits of an MSK service in OH

- Satisfying the needs of the patient- the treatment received results an immediate reduction in pain and increased movement
- Satisfying the needs of the first line supervisor- increases work output from the employee. Gives on advice on dealing with poor attendees and dealing with consistent medically related problems
- Satisfying the needs of personnel- reduces absence across the organisation. Development of training to ensure employees avoid injury. Support to manage long-term absence



# Ergonomic workplace assessments

Individuals

Tasks

Departments

Future Planning



# Health Promotion and prevention

- Gender specific health awareness e.g. Menopause, Mans Shed, A Women's World
- Workout@work sessions
- Backs for the Future
- Yoga
- Tai Chi
- Mini MOTs
- Slimming world vouchers



# Time to stand up!

## Workout@Work

12 Exercises, 5 minutes

1

### Chin Tucks

Sit tall and pull your head up and back to make a double chin, hold for 3 seconds and do this 3 times.

2

### Neck Rotations

Turn your head slowly to look over each shoulder, do this each way 3 times.

3

### Stretch Arms up and out

Stand up — hold your arms out in front, palms in a stop! position away from you and stretch forward, then lift your arms up above your head, do this 5 times. Then stretch your arms out to the sides (squeeze shoulder blades together) 5 times.

4

### Bend Backwards

Whilst standing, put your hands behind you on your waist and bend backwards 3 times.

5

### Rolling Shoulders

Roll shoulders backwards in a circle, then forwards in a circle 5 times each.

6

### Side Bends

Whilst standing, put one arm above your head and bend sideways to the opposite side, do this each side 5

7

### Marching

March in the spot, (high knees) for one minute.

8

### Lunging

Lunging on alternate legs for 30 seconds.

9

### Squats

Squats from standing 5 times.

10

### Heel Flicks

Side step and kick bottom for 30 seconds.

11

### Wrist and Finger Stretches

Wrist and finger stretches - arms out to the sides and rotate hands round in a circle 5 each way. Arms out in front and pull your hand both up and down with the other hand.

12

### Desk Stretch, the upward dog

"Desk upward dog pose" Rest hands flat on the edge of the desk and step back. With arms straight bend forwards at the hips and drop your top half down. Feel the stretch in your arms and upper back. Then lower hips toward the desk and tilt chin upwards to stretch backwards. 3 times.

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Thank you for listening.

Happy to take any questions over lunch.



# The BayWay

SHAPING A BETTER FUTURE



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