



ACT  
Government

healthier  
work

HELPING PEOPLE AND  
BUSINESS THRIVE

CASE STUDIES 2017-18



## A THRIVING TEAM PROVIDES QUALITY CARE

### *National Capital Private Hospital – 400+ staff*

*National Capital Private Hospital is a private Healthscope hospital, providing a range of acute and medical healthcare services including orthopaedics, cardiology, cardiothoracic surgery, general surgery, neurosurgery, plastic surgery, vascular surgery, urology and geriatric medicine along with chemotherapy and rehabilitation services.*

A healthy workforce is essential when working within the healthcare industry.

“Happy and healthy staff means our patients get the best care possible,” says Jessica Kearney, Health Information Services Team Leader.

Yet it does come with its challenges, with the hospital offering around the clock care and the large number of employees working diverse schedules.

“It has been challenging to capture all staff who work different shifts,” says Jessica.

Even so, National Capital Private Hospital continues to develop its annual health and wellbeing plan based on input from staff and management, and they’re now into their third year. They’re continually seeking to improve productivity and retain happy, healthy employees.

Their current plan and goals for this year include a water awareness challenge, walking groups at lunchtime and a pedometer challenge. Healthscope Corporate also launched a Health Wellness Program, which is proving to be a big boost towards National Capital Private Hospital’s healthier work goals.

“We have also gone smoke-free while in uniform and have had great success with an in-house presentation from the Cancer Council on tobacco cessation,” explains Jessica.

They also run staff movie nights, participate in September and raise funds for the World’s Greatest Shave.

Jessica encourages other businesses to give it a go, no matter your business size or complexities.

“Jump in! Take on the challenge and watch your employees thrive!” says Jessica.

