

# Wellness Programs

in Penang Adventist Hospital



## Wellness Clinical Service Head

- 1972-1994 • Health Education Dept. Pr John Lai, head.
- 1995 • Adventist Wellness Center started off by Dr Pang Chu Yen, DrPH, LLU.
- 1999-2012 • Wellness Health Screening led by Dr Dicky Ng, grew.
- 2012-2016 • Led by Dr Yen Ang, DrPH, LLU. PAH joined Health Promoting Hospital network –WHO.
- 2016-current • Lifestyle Medicine, HPH and Wellness led by Dr Dicky Ng

## News Articles

### Jan-Feb 1982



### Successful Five-day Plan in Penang

Twenty six happy people turned their backs on tobacco and decided to live healthy lives in a two-October program opened on at the Penang Adventist Hospital.

In Penang on a three-month relief assignment, Dr. Edna W. Smith presented the medical side of the picture. His visitors were illuminated with colored slides of tar-carcinoma tissues and with back light subject headings.

Assisting Dr. Smith were E. J. Heider, manager of the hospital, and Pastor John Lai, coordinator of Health Education.

A moving picture was shown each night. A total of fifty night attendees at least once and all those who continued to attend, twenty six gave up the habit. One young man who earns just over \$300 monthly had been spending over \$20 a month on tobacco. Another man confessed that he had no faith in the program as he had used other methods and could not stop. He promised to do more the amount of savings if he could get the victory. On the last night he presented a check of \$22.80 to the hospital, representing his saving for five days and promised to give again by the year end. Among others were a school teacher and his wife, a real estate agent, and a Catholic priest.

Ten days after the program, a social gathering was planned. Slides were shown and light refreshments of banana crackers, roasted nuts and fresh fruit juice were served. One man said he had applied the same rules to other areas, such as "I Choose Not To Become Angry", etc.

All were invited to attend the nutrition class to begin in a few weeks and all were invited to enroll in the new Health course.

E. J. Heider, Manager Penang Adventist Hospital

### NEWSTART 1995-1998



Nov-Dec 1976 Messenger

## Programs



### Intensive Lifestyle Intervention for Type 2 Diabetes (1998–2002)

- 3 days 3 nights stay-in program
- Lead by a team consists of 2 doctors, 1 dietitian, 1 diabetes nurse educator, chef & ward nurses
- Exercise therapy – brisk walking 45 min BD
- Nutrition therapy – 3 meals per day, low fat (10%), hypo caloric (1500 Cal men, 1200 Cal women)
- Lectures – interactive, demo



## Programs



**Breathe Free**  
run by Dr Edward Nathan, DrPH, LLU



## Programs

### In conjunction with World Heart Day 2018 Health Class



By Ms. Kok Su Lyn, Senior Physiotherapist

**HOW CARDIAC REHAB HELPS IN RECOVERY AFTER HEART SURGERY** 心脏手术后的复健治疗



**Cardiac Rehab Service**  
A wellness program in prevention for heart patients by changing the lifestyle and eating habits

## 2012 Accreditation by World Health Organization (WHO) Health Promoting Hospital & Health Services (HPH)

International Network of Health Promoting Hospitals & Health Services

### Gold Level

Adventist Lifestyle Centre  
Penang Adventist Hospital  
Penang, Malaysia

Has successfully completed the WHO-HPH Recognition Process  
With overall fulfillment of 100%

Scores by WHO-HPH standards on HP in Hospitals	Performance Levels
1. Management Policy: 100%	2-20%: Start-up
2. Patient Assessment: 100%	21-30%: Bronze
3. Patient Info & Intervention: 100%	31-40%: Silver
4. Healthy Workplace: 100%	41-50%: Gold
5. Continuity & Cooperation: 100%	

As by audit results during site-visit on:  
Nov 12 2014  
Professor Hanne Tønnesen MD PhD, Director of WHO-CC

WHO Collaborating Centre  
for Evidence-Based Health Promotion in Hospitals & Health Services  
Blanchard University Hospital

## Research & Health Studies presented in HPH Conferences

CEO: Let's Move! - Using Multimedia to promote Exercise

Cycle For Heart

Employees Lost Weight & Improved Health

Primary Asthma with Resilience - Understanding Living Patterns in a Physical Environment

## Patient Support Groups

Diabetes Education started in 1995  
-- Annual World Diabetes Day celebration in November



Kangaroo Club  
-- Lactation Education started in 1998

Cancer Education started in 2008  
-- Rainbow Touch



## Services and Training Programs

### Wellness Health Screening Services:

**Executive Wellness Screening**  
**Visa Health Screening**, Australia, NZ, UK, Canada, etc  
OH Pre employment, Fitness For Work, Return to Work

### Occupational Health Resource Services:

- Integrated OH Consultancy Services
- Occupational Health Clinic
- Walk through survey

### Lifestyle Intervention Services:

- WAW Corporate Program, complete team health (mind, body, spirit)
- WAW Executive Program, complete individual health coaching
- Breathe Free Program, unique smoking cessation support coaching group
- Diabetes/ Heart Health/ Lactational Education
- Workplace Wellness Program

### AHP Training & WAWiCare

**WAWiCare**: 6 days (8hrs/session, with assignments)  
Wholistic Adventist Way of care – modified emotional/ spiritual care training program

AHP:  
Adventist Health Philosophy



## Future plan

### Strategies towards Future

Endorsement of Leaders – esp clinicians and management (C Suite and board)  
Involvement of Leaders esp clinicians  
Involvement of allied health ie nurse educators, dieticians, psychologists, physiotherapists, exercise trainers, chaplains  
Collaboration of Lifestyle Rehab Centre ie Aeon Healthcare.

### Future Programs

Referral of cases by Clinicians to Lifestyle Program ie Diabetes Remission Program,  
Involvement of Clinicians on Clinical Health Promotion Research  
Participation of Clinical staff – doctors and nurses in community wellness programs ie Walkwithadoc.org, cancer support group, diabetes support group



# Thank you

