

The special interest group for healthcare has been set up to discuss many aspects of this field.

Healthcare SIG incorporates mental and physical wellbeing. If you are a manager or supervisor then Healthcare SIG will have some important topics of discussion that can and probably will affect your workforce. This in turn can affect productivity and have an effect on your ratings in the market.

Participating in this SIG will give you an insight and platform to ask and get advice that may ultimately reduce absenteeism, raise morale, increase safety and therefore lead to greater productivity and therefore larger profits!, The bottom line in any organization

The advantage of having the ability to recognise signs of stress in the workplace is twofold: It:

- ▣ Reduces work-related stress where it is already occurring,
- ▣ Prevents it building up in the first place.

As Managers/Supervisors you are in a key position in the workplace to identify problems as you observe the output of employees on a daily basis.

You will be aware of deteriorating performances in four main areas:

- ▣ Absenteeism
- ▣ Accidents
- ▣ Interpersonal problems
- ▣ Decrease in output over a period of time

These are work-related issues

By participating in the Healthcare SIG you will find answers to some of these frequently asked questions:

- ▣ Is stress a good thing?
- ▣ As a Manager/Supervisor is it my concern?
- ▣ What can I do?

Stress is also caused by problems outside work? Is that my concern?

Can the above have a bearing on work related stress?

- ▣ Do all people react the same under stress?
- ▣ How do I recognise signs of stress in an employee?
- ▣ How do I recognise if there is a potential for stress in the workforce?
- ▣ What can I do to prevent stress from becoming a serious problem in the workplace?
- ▣ What should I do if an employee complains about being stressed?
- ▣ What if I cannot change the conditions that are causing the stress?

Healthcare SIG is open to all those who deal with these issues. You do not need to be a healthcare professional to have a valuable input or gain from this Special Interest Group.

Remember:

"A pat on the back is only a few centimetres from a kick in the butt!" Dilbert's Laws

Contact: Dr. Philipa Kirkpatrick,
Leader SIG Healthcare
positiveoutlooks@hotmail.com

HEALTHCARE SIG

Did you know?

The Health and Safety Executive (HSE) in the UK estimate that work-related stress costs about £3.7 billion a year.

HSE commissioned research has indicated that:

- ▣ about half a million people in the UK experience work-related stress at a level they believe is making them ill;
- ▣ up to 5 million people in the UK feel "very" or "extremely" stressed by their work; and
- ▣ a total of 12.8 million working days were lost to stress, depression and anxiety in 2004/5.

It is also now widely recognised that where people struggle to maintain a balance between their work and their home responsibilities, this will have an adverse effect not only on their ability at work but also on their general health and well-being.

