

After Work

Leisure & Hobbies for Nurses



What does a caregiver do after work?

Handcrafts, handmade soap, drawing and painting, playing Chinese and Western musical instruments;

Jogging, fast walking, and aerobic yoga;

Cooking, baking, coffee making expert;

Volunteering, provide service, continued education, publications;

Backpack traveling, peak climbing team...

It turns out that caregivers are experts in many areas.

They enjoy laboring and sweating. It not only relieves stress but also maintains physical energy.

They prefer tranquility, immerse in the serenity and self-mediating.

Whether it is for stress reduction, soothing the emotion health promotion,

Or pure curiosity, self-challenge, changing mood.

After work, they enrich the quality of life.

At work, they embrace positive thinking to develop a good attitude.

Enjoy working, and blessed with life.



By: Hsiao-Ching Yang, Head Nurse, Medical ICU, Dalin Tzu Chi Hospital

A friend of mine is a screenwriter. He once said when he could no longer write, he would switch career for a time, practice a different mode of thinking, and come back fully charged to write again. Therefore, the editing committee of Dalin Tzu Chi Hospital would like to explore how nursing colleagues in Tzu Chi six hospitals spend their time after work, why they made such choices, and what they gain from it.

The first case to share is an extreme scenario because of job burnout leading to the pursuit of personal interests.

Xiao Zhen (an alias) hit a bottleneck after working for three years, and decided to develop her other interests and expertise while still young so she would have no regrets in the future. She quit without having a second thought. The first year she studied in a cram school and worked part-time. The second year she focused on the preparation of advanced study. It was easy to find a part-time job that was related to her background. Therefore, she went to a medical supply store where the hours were short and flexible. However, she never imagined that it was even harder to arrange her time than working in the clinic. She had to adjust her own schedule to accommodate her job. Again, she decided to leave that job.

Then she had a part-time job in a cosmetic clinic. With her nursing license

and experience in the ICU, she was assigned to administrative tasks. Looking at people without licenses and doing the nursing duties, it made Xiao Zhen to reflect on herself seriously.

“I studied nursing for five years, and then worked in the ICU for three years. I took care of critically ill patients. I interacted with patients and colleagues ...”

Bits and pieces of memories emerged. Xiao Zhen had experienced the outside world and understood the culture out there. She decided to return to her old unit because she could use her expertise, and be happy with job satisfaction and achievement.

Nothing is absolute or certain. Some people may find the jobs they really love to do. Of course, we still hope that people with nursing expertise can dedicate themselves to work, and let their interests and hobbies to enrich life and make life more colorful.

Traveling and Exercising

We received 1,451 responses from a survey. Our first question was “What are the interests that you will do outside work? To avoid confusing responses, we limited the answers to a maximum of two. We also avoided small categories, and excluded “sleep” and “online surfing”.

Basic Statistics

Gender	Number	%
Male	44	3.0
Female	1,407	97.0
Total	1,451	100.0
Position	Number	%
Registered Nurse	1,134	78.2
Assistant Head Nurse	49	3.4
Head Nurse & Above	100	6.9
Case Manager	52	3.6
Nursing Specialist	116	8.0
Total	1,451	100.0
Grade	Number	%
N	530	36.5
N1	288	19.9
N2	429	29.6
N3	138	9.5
N4	66	4.5
Total	1,451	100.0
Department	Number	%
Internal Medicine	283	19.5
Surgical Ward	213	14.7
Pediatrics	42	2.9
Obstetrics & Gynecology	51	3.5
Intensive Care	347	23.9
Clinical Specialist	21	1.4
Kidney Dialysis	40	2.8
Operating Room	104	7.2
Outpatients	166	11.4
Palliative Care Ward	23	1.6
Administration	58	4.0
Others	103	7.1
Total	1,451	100.0

The result of the study is the following:

First was “Traveling” 46.4%; second is “Outdoor sports” 23.8%; third is “Beauty makeup and fashion” 16.2%; followed by “Cooking, baking and making beverages” 15.0%; “Playing instruments, singing and dancing” 14.7%; “Others” below 10%. It is obvious that people have different interests.

However, “Traveling and outdoor sports” had the highest score. It really made me feel youthful, and I reflected on it.

I remembered one day after work, I met two junior sisters wearing

sportswear and sneakers while I was passing by the dormitory. I asked them what they were going to do. They replied they were going to play basketball.

I thought, when we were at their age, our interest was singing. It did not matter - good or bad. We often went to KTV to sing with colleagues after work. We sang from nine or ten o'clock in the morning until four o'clock in the afternoon, then we went home to sleep. We woke up to go to work at night. It was common. In comparison with these colleagues' interests, it seems that we were not healthy back then.

Q1


Outside of your work, what areas of interest do you spend your time on?
(Maximum 2 interests, N = 1,451)


Travel
46.4%



 **Outdoor Sports**
23.8%

 **Cosmetics, Fashion**
16.2%

 **Cooking, Baking, making Beverages**
15.0%

 **Musical Instruments, Singing, Dancing**
14.7%

 **Indoor Sports**
9.1%

 **Creative Writing**
2.4%

 **Photography**
8.1%

 **Hand-Made Crafts (Soap Making, Jewelry Making, etc.)**
6.4%

 **Financial Management & Investment**
5.6%

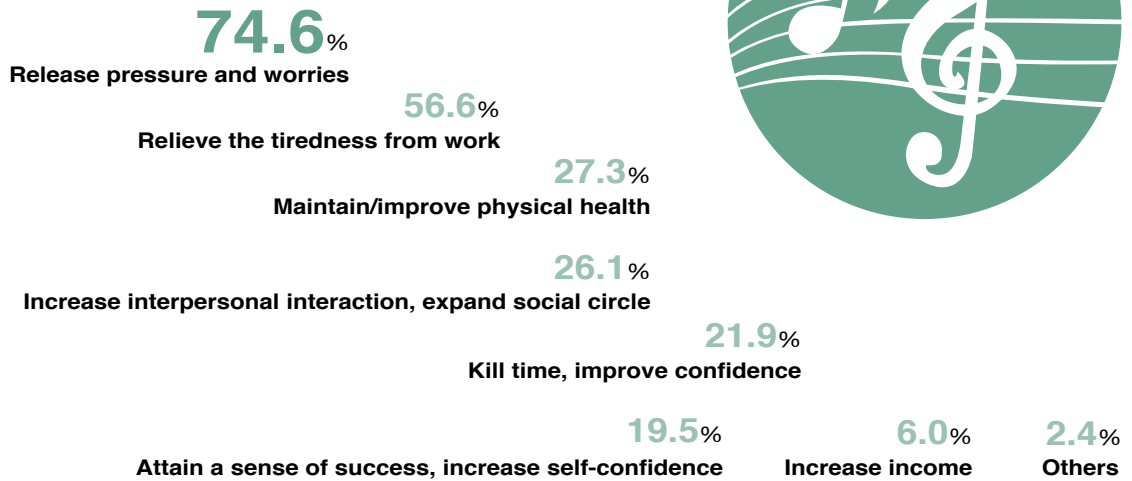
 **Drawing, Art Design**
5.2%

 **Computer Skills**
4.5%

 **Others**
8.3%

Q2

When doing the above mentioned item, what is your major satisfaction? (Maximum 3 items, N = 1,451)



Since Dalin Tzu Chi Hospital is located in a remote area, a health-enrichment program has been promoted for years. Now we have sporting facilities: basketball courts, tennis courts, and badminton courts. The opportunities for colleagues to participate in outdoor activities are increasing. Dalin Hospital’s sport clubs also have a reputation, like ‘Good Hand Volley’ (Volley Ball Club), ‘Fast Dragon Club’ (jogging club). Heading outdoors after work and exercise is healthy and energetic.

Releases Pressure and Maintains Good Health

The next question is, “What do you gain most when you participate in activities of your interest?” The number one answer is “Release pressure and worries” 74.6%, over 70%. The second is “Relieve the tiredness from work” 56.6%, over 50%. The next is “Maintain and improve health” 27.3%, followed by “Increase interpersonal activities, expand social circle” 26.1%, and “Kill time, improve confidence” 22%.

Helping nursing colleagues to

Q3

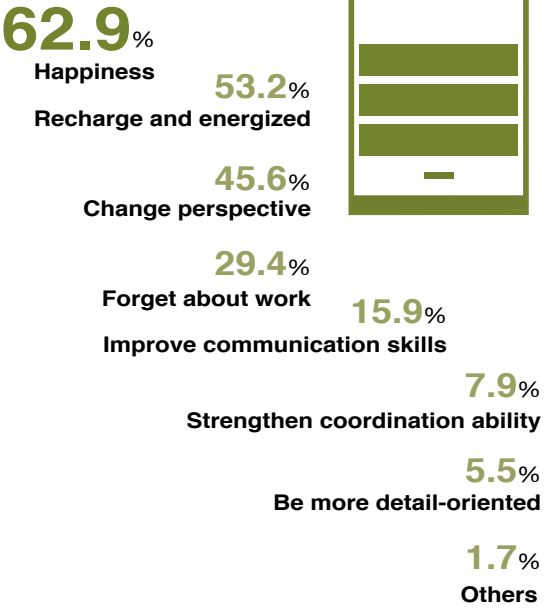
Does your involvement in your area of interest help your nursing work?
(Maximum 3 items, N = 1,451)

release pressure has been a top priority of management. For instance, the Dalin nursing administration team hosts a “Relax station” program. It invites sight challenged professional masseurs to help colleagues release stress. The “Beautiful Heart Club” invites Yi De (Tzu Chi volunteers) moms to interact with colleagues on a monthly basis. In addition to the activities provided by the hospital, colleagues develop their own interests and hobbies, which are also a very good way to release stress, gain happiness and achieving mental and physical stability.

Applies Happiness to Nursing

So, the question of spending time on non-work related, will it benefit the nursing work? We brought up this question in our survey. Among the six hospitals’ nursing colleagues, the best gain from the activities is “Happiness” 62.9%, “Recharge and energized” 53.2%, “Change perspective” 45.6%. Then “Forget about work” 29.4%, almost reached 30%.

The net question is, “Besides the nursing profession, what are the other professional licenses or certificates have



they acquired?” The result shows 18.9% nursing colleagues have licenses in other areas including teacher’s qualifications. For nearly 20% of respondents with licenses, we inquired about their origin.

The answer was; “Beauty & fashion” 3.2%, “Computer skills” 2.7%.

Young adults in their twenties and thirties, in order to enhance their competitiveness, obtained multiple licenses to gain a competitive edge. One day I chatted with a junior school sister on this topic. She said that many school

classmates like to get into the cosmetic medicine because they like to be pretty, and the work is a lot easier. Indeed, people surveyed work feverishly to obtain beauty licenses in order to get into the cosmetic medicine field. After her sharing, I felt it was a very special idea. Likewise for the computer-related certificates and others such as, Chinese input method, English input method, CangJie, Dayi, etc., anything that can be institutionalized with certifications, they work hard to get it. It is amazingly special, in the era of licenses; young nursing professionals are engaged in constant competition.

Of course, there are also nurses who spend their leisure time in writing

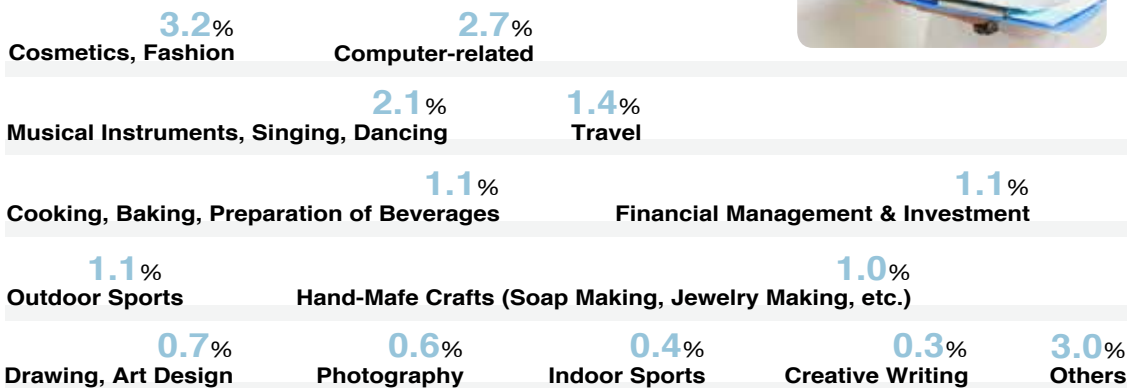
research papers, submit articles to the professional journals, or even publish them internationally and exchange experiences with international nursing personnel. A few colleagues already have the Ministry of Education approved teacher certificates and are teaching part-time in school. They are like the new seedlings in the field of nursing.

Bringing Interests into the Work Place - the Fragrance of Aroma

Nurses are quite different in this current generation. Mei-Lin Lin, an ICU

Q4 |

Do you have licenses or teaching qualification outside of your nursing profession? (N = 1,451)



head nurse in the 2nd internal medicine division, Yin-Mei, head nurse in 11A ward, Chien-Li, and Ya-Mei are some examples. They all received licenses or qualifications related to their own interests, and they brought their interests into the workplace. It made the clinical work much more enjoyable.

Recently, our unit is having an “Aroma therapy” boom. We discuss the purpose of using essential oils and their deployment. Some colleagues are actively preparing the exams for the aroma therapist’s license. Aromatherapy has been applied on patients in hospice care by certified caregivers, a common practice in hospice care but relatively new in the ICU.

One young female patient in our unit has been relying on a respirator due to her heartbeats rate consistently high at 120-130 beats/min. When this patient is in deep sleeping mode, her heartbeat is at 90-100 beats/min. Therefore, when medical treatments reached its limit, my colleagues would use the essential oils to massage the patient. We hope that this will improve the patient’s discomfort, and help her to sleep. Now some colleagues

even put on some aroma oil, it smoothes the atmosphere of the work environment.

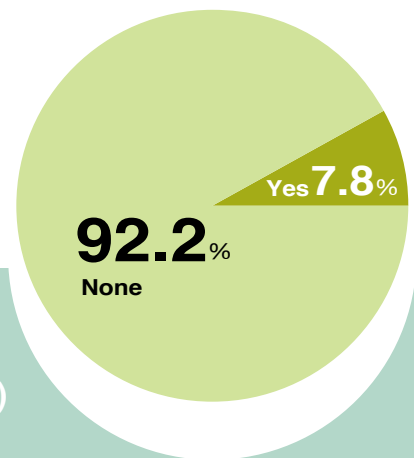
Looking Forward to a Positive Workplace

Are you participating in the hospital’s social clubs or outside activities? The next questionnaire surveys the participation rate in the hospital’s social clubs.

Unfortunately, 92.2% of the people surveyed did not participate in the hospital’s social clubs, only 7.8% did.

The followed-up question, “What kind of social clubs do you like the hospital to offer?” The result indicates 28.6% like to have a travel-related social club, followed by cooking, baking and making beverages 25.4%. These results provide good references for the hospital’s benefits committee.

Recently, I chatted with a family member at the workplace. Although



Q5 | Have you joined any of the social groups in the hospital?(N = 1,451)

Q6

What other social groups or activities you would like the hospital to add?(Maximum 2 items, N = 1,451)

Travel
28.6%



Outdoor Sports
10.6%



Cosmetics, Fashion
13.1%



Cooking, Baking, making Beverages
25.4%



Musical Instruments, Singing, Dancing
14.7%



Indoor Sports
9.0%



Creative Writing
1.6%



Photography
10.8%



Hand-Made & Crafts (Soap Making, Jewelry Making, etc.)
12.6%



Financial Management & Investment
12.1%



Drawing, Art Design
6.5%



Computer Skills
8.7%



Others
4.2%

nursing is our job, but the relationship with patients and their families is also important. Our entire team with different professional skills is devoted to patients' rehabilitation. This particular family member shared her support because she felt it. The interests among colleagues can sometimes bring patients and their families a positive healing effect. Whether it is to share handmade items like handcrafts, or sharing experience outside the workplace, sometimes patients are experts in certain fields, and they can educate us.

The statistics from this survey enable us to see the other side of our colleagues. We see them as individuals without the nursing uniform on, very colorful and diversified. After enjoying the fun of interest-related work, we come back with a good attitude, being more attentive, and a full perspective of looking at things. It is not only beneficial to the patients, but also lasting impact at the workplace. It is one plus one greater the two, a win-win situation.