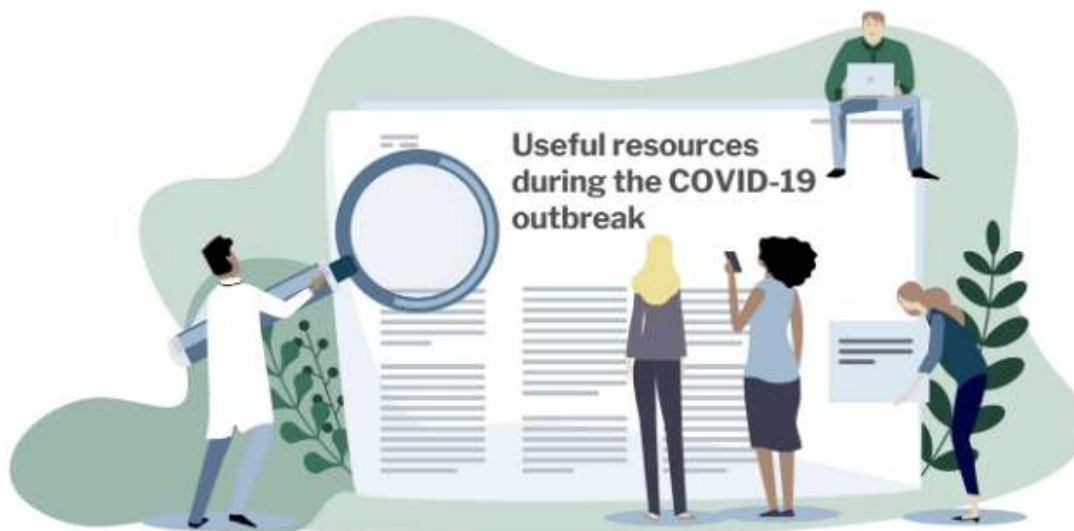




社團法人臺灣健康醫院學會
TAIWAN SOCIETY OF HEALTH PROMOTING HOSPITALS



International Network of
Health Promoting Hospitals
& Health Services



COVID-19

Support during the crisis

Click here!

Dear Friends and Colleagues,
親愛的朋友和同事們，

The coronavirus (COVID-19) pandemic presents an unprecedented situation for patients affected by the virus and their relatives, as well as for healthcare workers and managers of hospitals and healthcare organisations and the communities in which they live. For staff, extreme workloads and experiences of helplessness and stress may be expected to have negative consequences on the mental health and psychosocial well-being of people in hospitals and health care organisations.

冠狀病毒（COVID-19）大流行給受病毒感染的患者及其親屬以及醫護人員、醫院管理者、醫療機構以及他們所居住的社區帶來了前所未有的情況。對於工作人員而言，極端的工作量以及無助和壓力的經歷預期會對醫院和醫療機構人們的心理健康和社會心理福祉產生負面



影響。

Continuing to create health promoting health care environments in which staff can work as effectively as possible, and without negative impacts on their health and wellbeing, is now more important than ever. Giving attention to staff in this way also ensures that the health care provision for your patients is as optimal as possible.

如今，比以往任何時候都更加重要的是，繼續創造促進健康的醫療環境，使工作人員可以在其中有效地工作，而不會對其健康和福祉產生負面影響。以這種方式關注員工還可以確保為您的患者提供最佳的醫療保健。

The coronavirus pandemic also has had very significant consequences for the populations served by hospitals and health services in the short and longer term. Undoubtedly, the burden of negative consequences of the pandemic will be experienced by the most vulnerable in our societies. It will drive unemployment and poverty, create worry about the health and wellbeing of relatives, friends and neighbours, and produce social isolation especially among the elderly and people already disadvantaged and marginalised in and by our societies.

在短期和長期內，冠狀病毒大流行會對醫院和衛生服務機構服務的人群造成非常重大的影響。毫無疑問，大流行的負面後果將由我們社會中最脆弱的人承擔。這將加劇失業和貧困，使人們對親戚、朋友和鄰居的健康和福祉產生擔憂，並造成社會孤立，特別是在老年人和在我們社會中以及被社會處於不利地位和邊緣化的人們中間。

The International HPH Network is here to help your staff and patients to manage their mental health and psychosocial well-being, and support activities in the populations served

國際 HPH 網絡在這裡可以幫助您的員工和患者管理其心理健康和社會心理健康，並支持所服務人群的活動。



We have provided information sheets on mental and psychosocial well-being during the COVID-19 outbreak. These can be handed out and distributed in printed or digital form within your organisations. The content is based on the WHO recommendations and can be used in communications with different target groups (healthcare workers, managers, isolated persons, persons in higher risk groups and carers of children).

我們提供了有關 COVID-19 爆發期間心理和社會心理健康的訊息表。這些可以分發給您的機構並以印刷或數位型式分發。內容根據世界衛生組織的建議，可用於與不同目標群體（衛生保健工作者、管理者、孤立人士、高危險族群和兒童照顧者）進行交流。

You can find all information sheets for download

at: www.hphnet.org/covid-19

您可以在以下網址找到所有要下載的資訊表：www.hphnet.org/covid-19

We welcome translations of the information sheets into local languages. If you wish to have this information presented in the HPH design, you can send the translated text to info@hphnet.org and we will send you back the HPH version.

我們歡迎將資訊表翻譯成當地的語言。如果您希望以 HPH 格式提供此訊息，可以將翻譯後的文字發送到 info@hphnet.org，我們將把 HPH 版本寄回給您。

Physical activity, healthy eating, not smoking and avoiding or moderating alcohol use are even more important today

如今，身體活動、健康飲食、不吸菸以及避免或節制飲酒變得尤為重要。

Ensuring healthy options is essential if people are to maintain their health and resilience to mental and physical disease and mental health. Interventions and support to sustain physical activity and nutrition, not smoke and avoid or moderate alcohol use are therefore more important than ever. This is relevant, and important for people of all ages, not least the elderly who are at most risk.



Do use the methods for health behaviour and advice already available. There will be a need to apply them in new ways for this special situation and we invite members to share their experiences on their efforts via our web page.

如果人們要維持自己的健康以及對精神和身體疾病以及心理健康的適應力，那麼確保健康的選擇至關重要。因此，維持身體活動和營養，不吸菸、避免或適度飲酒的介入和支持比以往任何時候都更加重要。這是相關的，並且對所有年齡層的人都非常重要，尤其是風險最大的老年人。請使用已有的健康行為方法和建議。在這種特殊情況下，有必要以新的方式應用它們，我們邀請會員透過我們的網頁分享他們努力的經驗。

More useful recommendations on the COVID-19 pandemic

有關 COVID-19 大流行的更有用的建議

For generic COVID-19 information, we recommend the health information leaflets prepared by Harvard University, which have been translated into 30 languages and include specific information for pregnant woman, children, adolescents and the general population. You can find these leaflets here: www.covid19healthliteracyproject.com

對於一般性的 COVID-19 訊息，我們建議哈佛大學準備的健康訊息單張，其已經翻譯成 30 種語言，並包括針對孕婦、兒童、青少年和一般民眾的特定訊息。您可以在以下網址找到這些單張：www.covid19healthliteracyproject.com

For information about person-centered care during the pandemic we recommend the tools and resources from Planetree International, which help to maintain a person-centered culture in the midst of the COVID-19 pandemic. You can find these tools and resources

here: www.planetree.org/pandemics-webinar

有關大流行期間以人為中心之照護的訊息，我們建議使用 Planetree International 的工具和資源，這些工具和資源有助於在 COVID-19 大流行中維持以人為中心的文化。您可以在這裡找到這些工具和資源：www.planetree.org/pandemics-webinar

If you have questions, need further support or have own experiences to share you are welcome to contact us at info@hphnet.org!

如果您有任何疑問，需要進一步的支持或有自己的經驗可以分享，歡迎透過 info@hphnet.org 與我們聯繫！



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We wish you strength and health during this time!

祝您在這段時間內身體健康！

For the Governance Board and International HPH Secretariat

監理委員會和國際 HPH 秘書處

Best regards,

Margareta Kristenson

Chair of
HPH Governance Board

Sally Fawkes

Vice Chair of
HPH Governance Board

Oliver Groene

CEO of
International HPH Secretariat



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