

## PHC Facility Engagement Project Progress

<b>Project Name</b>	<b>PHC0031-Yoga for PHC Physicians</b>
<b>Date of Report</b>	September 18, 2018
<b>Key Milestones Achieved</b>	<ul style="list-style-type: none"> <li>• Getting yoga instructor and room booking for the classes.</li> <li>• Call-out to Physicians to attend the classes</li> <li>• Participation of physicians in the yoga classes</li> </ul>
<b>Key Accomplishments</b>	Relatively good number of physicians attending the classes.
<b>Key Issues/Challenges</b>	<ol style="list-style-type: none"> <li>1. Due to health reason, Project Lead was on medical leave for the most part of project implementation. Two challenges were that:             <ul style="list-style-type: none"> <li>• Project Lead was not able to track attendance at each class as she initially planned.</li> <li>• Unable to promote the project as planned</li> </ul> </li> <li>2. The implementation of this project took place during summer months in 2018 with most of the physicians are on vacation.</li> </ol>
<b>Budget Update</b>	\$1,000

## PHC Facility Engagement Final Report

<b>*Project Results</b>	<ol style="list-style-type: none"> <li>1. <b>Feedback from the physicians: 'They (yoga classes) were all excellent!'</b></li> <li>2. <b>The highest number of participants that attended classes was 4</b></li> <li>3. <b>A total of 5 physicians attended the classes. 2 of them have been the regular participants:</b> <ul style="list-style-type: none"> <li>• <b>2 of the physicians attended 10 sessions</b></li> <li>• <b>1 physician attended 4 sessions,</b></li> <li>• <b>2 physicians attended 3 sessions.</b></li> </ul> </li> </ol>
<b>*Unexpected Outcomes</b>	<b>Relatively Low level of physicians' attendance toward the project completion.</b>



<b>*Lessons Learned</b>	<p>Delegate the promotion to other administration officer. This may help the physician lead to track physician's attendance and to gather feedbacks at the end of the yoga class round.</p> <p>Implementation timeline: This project should have been implemented during the months where most of the physicians are at work.</p>
<b>*Recommendations for improvement (to inform future projects and strategic decision-making)</b>	<p>Project Lead may wish to appoint one administration officer to outreach to other physicians.</p> <p>To gain more participants, Project Lead may print small amount of publication materials to be posted on SPH Staff Lounge.</p>
<b>*Project Costs</b>	<b>\$1,692.60</b>

*\*For Summary (Final) Report Only*

## PHC Facility Engagement Project Attendance Sheet

**Project/Activity Name: PHC0031-Yoga for PHC Physicians**

**Physician Project Lead: Jani Laramée**

**Date: September 21, 2018**

**Number of Eligible Hours (Activity Duration): Every Thursday between May 10 – August 16, 2018**

<b>Name</b>	<b>Attended? Y/N</b>	<b>Total Hours</b>	<b>Department</b>
Jani Laramée	Y		
Marc Romney	Y		
Victor Leung	Y		
Sylvie Champagne	Y		
Selvi Nathankumar	Y		

**Please ensure one sign-in sheet is completed for each session. Keep each sheet as a record of participation.**