



Kailo

- Indo-European term “to be whole”
- Holistic approach to Staff Wellness
- Body, Mind & Spirit

History

- Original model – Mercy Medical Center, Iowa, USA
- 3 year pilot – 2005 Healthy Workplace Initiative
- Initially funded by Health Canada & Ministry of Health & Long Term Care
- Model expanded and modified in November 2008

Programs & Services

- Mini-massages
- Kailo For One™
- Special Events
- Education
- Interdepartmental Training
- Energy Carts™

Programs & Services

- Play/Fun
- Wellness Library
- Conduct Happiness Studies
- Renewal Room – Reiki, Sound Technology
- Products for Sale – Teas, Acuballs, NPW
- Monthly Newsletter

Employee Quality of Worklife Surveys 2006 & 2009

- 72.2% agreed other hospitals could benefit from offering Kailo
- 68.7% agreed that participating encourages **staff engagement**

Results

- 58.1% agreed having a program like Kailo helps them to provide excellent **patient care/service**
- 64% found the Kailo For One (counselling) to be helpful

Statistical results indicate that participants of Kailo **tend to be more engaged on average**, both organizationally and with their work than respondents that have not participated in Kailo programs.

Analysis of the data has revealed that this difference is **statistically significant**.

- Brock University