



Health Checks:

A health management necessity for a healthy workforce

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INTRODUCTION

What is Health?



"a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity"



CASE STUDIES

- Mrs A
- 60 year old nurse, hardworking, slim and easy going
- Routine Employee health checks in her organization being a hospital.
- Blood Pressure and blood sugar normal.
- Cholesterol – 7.9 mmol/L (Below 5.2 mmol/L)
- No history of chest pain
- No family history of hypertension and diabetes
- Not aware of a family history of high cholesterol values (Hypercholesteremia)
- Referred for more tests and further management

CASE STUDIES

- Mrs O
- 45 year old banker, hardworking
- Annual employee medicals.
- Blood Pressure 170/100.
- Cholesterol – 7.6 mmol/L (normal value is Below 5.2 mmol/L)
- No history of chest pain
- Father is hypertensive and diabetic
- Not aware of a family history of high cholesterol values (Hypercholesteremia)
- Referred for more tests and further management

CASE STUDIES

- Mama B
- 69 year old grandmother
- Medical outreach
- Blood Pressure 230/140.
- Poor eye sight
- No history of chest pain
- Not aware of family history of hypertension and diabetes
- Not aware of a family history of high cholesterol values (Hypercholesteremia)
- Treated immediately and referred for more tests and further management

Synthesis

- In all the examples, the abnormal values were picked during health checks
- The most valuable asset of an organization are its employees
- The health and well-being of your organization to a large extent determines your productivity



A HEALTHY WORKFORCE

- A healthy workforce is in a state of complete physical, mental, and social well-being
- It's a Happy Workforce
- Always ready for business
- Not a hostile work environment
- Well enhanced to deliver at optimum performance
- Simple put, it's a Healthy Bottom-line



A HEALTHY WORKFORCE

- The workplace is a critical location for achieving the goals of health reform and for improving the overall health of employees and their families.
- A Healthy workforce is the engine that drives the economy and supports the financial underpinnings of its budget



WHAT IS A HEALTHY WORKFORCE

- Is strong, able, and available and ready to thrive in an increasingly competitive global marketplace.
- It's resilient in tough times,
- Better able to adapt to a bad economy.
- More likely to survive recession



Health Check is a non-negotiable bedrock of a Healthy workforce.

WHAT IS A HEALTH CHECK?

- With the increasing rates of chronic illnesses such as cancers, hypertension, diabetes and the complications such as stroke, heart attacks, renal failure, the importance of health checks in preventing these diseases cannot be over-emphasized.
- Statistics on Hypertension, Diabetes, Stroke, Hypercholesteremia, Heart attacks.

HEALTH CHECK UPS

- Health screenings are series of examinations and tests that look for diseases before the symptoms manifest and before the signs are noticed.
- The aim
 - Gives an overview of your current health status
 - Helps detect disease or risk factors early
 - Referrals to your physician for further management.
 - Further referral to Specialists in some cases
- Screening tests can find diseases early, when they're easier to treat.



HEALTH CHECKS

- Early detection of diseases, when they're easier to treat.
- Appropriate treatment of incipient diseases
- Reduction in mortality and complications that affect vital organs
- Reduction in the frequency and extent of residual disability from many diseases



COMPONENTS OF MOST HEALTH CHECKS

- Health screening usually comprises a consultation with a doctor to carry out a health risk appraisal and a health risk assessment and takes into account the following measurements:
 - Demographic information
 - Family history
 - Forms
 - Blood pressure reading
 - Weight
 - Lifestyle analysis – diets, alcohol intake, smoking habits and tobacco use, physical activity
 - Stress

COMPONENTS OF MOST HEALTH CHECKS

Health screening usually comprises a consultation with a doctor and series of tests and takes into account the following measurements:

- Demographic information
- Family history
- Forms
- Blood pressure reading
- Weight & Height
- blood glucose tests,
- Cholesterol tests
- Coronary Disease
- Cerebrovascular/Stroke Condition
- Lifestyle analysis – diets, alcohol intake, smoking habits and tobacco use, physical activity
- Stress
- Referrals
- Surveys
- Feedbacks
- Weight
- Height
- Body fat measurement



COMPONENTS OF HEALTH CHECKS

- Consultation with a doctor to carry out a health risk appraisal and a health risk assessment
- Your history is taken
- Family history of chronic illnesses
 - Cancers
 - Prostate
 - Breast, Cervical, Ovarian, etc
 - Hypertension, diabetes, high cholesterol
- Thoroughly examined



COMPONENTS OF HEALTH CHECKS

Blood Pressure readings



Blood Sugar tests



TYPES OF HEALTH CHECKS

- Personal Check ups
- Employee Health Screening
- Pre-employment Health Screenings
- Routine Health Screenings
- Pre-placement Health Screenings

FREQUENCY OF HEALTH CHECKS

- Annually!!!
- May be more frequent or less frequent as advised by your doctor

