

“A Study To Assess The Effectiveness Of Continuous Follow Up Among The Employees Who Have Abnormal Investigation Reports During The Annual Health Checks Up In Bgs Apollo Hospital, Mysore”.

Mrs. Carunia Jeyasutha

(ANS, Apollo BGS Hospitals, Mysore)

Mrs. Rohini Sharma

(Vice-Principal, Apollo School of Nursing, New Delhi)

Department of Apollo BGS Nursing, Apollo Hospitals, Mysore, Karnataka, India.

Abstract

Background:

Background: Annual screening of health can identify health problems before they start. By getting the right health services after screening and relevant treatments will have the healthier life However, it was observed that most individuals after their health check-ups, if the values are abnormal and they would consult doctor for further diagnosis & treatment. But very few individuals would come for further follow – up evaluation, this could be potential risk of aggregating the underlying disease and it could prognosis to other areas of the body.¹

The objective of this study was to assess the Prevalence of abnormal findings individuals and the effectiveness of follow up on employees who have Abnormal Investigation Reports during the Annual Health Check Up.

Aim: The aim of this study is, all Hospitals as a policy of conducting annual health check-up for employees, however the abnormal values detected are only brought to the notice of the concern employees, and it is left to them for further treatment and care. The employees may not give sufficient attention and care to follow up, hence this study was undertaken to continuously follow-up and take appropriate actions periodically to address this problem this study is undertaken in BGS Apollo Hospitals, Mysore, Karnataka.

Materials and Methods: This Hospital based prospective study was conducted in Apollo hospital Mysore. All employees underwent annual health check-up for the year 2021 were included in the study. 136 employees who met the inclusion criteria were enrolled in the study.

Results: Follow up done for 136 employees, out of 136 employees 25 members need continuous follow up, they are tagged them with departmental HOD for further follow up.

Conclusion: The study concluded that, a total of 136 employee samples were taken. Out of these samples, 111 employees were found to be in good health but still required yearly health check-ups to maintain their well-being. However, 25 employees were identified as needing further attention and support. The 25 employees requiring follow-up were found to have health issues that necessitate ongoing monitoring, lifestyle changes, and interventions such as counselling for diet, exercise, yoga, and regular medication. These employees require additional support to improve their health conditions.

Key Words: Annual health check-up, Employees & Follow Up

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I. Introduction:

The annual health check-up programme is important for primary care and important concern for the healthcare professional to promote health, the 21st century is the century of hustle and fast-paced life, where technology has become the biggest substructure and on which we humans are always on the run. Hardly taking the time for oneself, we do not eat properly, get enough sleep, exercise nor lead a healthy lifestyle, added to these are the environmental factors. While these may manifest and hint in our health in discrete ways, we tend to overlook them presuming that they are petty and trivial, until things get ugly and our health is in neck-deep trouble²

But at the same time, on the other end of the spectrum, preventive health care has also become a common place as more and more people are becoming aware of their health and the ill effects of a bad lifestyle. Though there are numerous medical advice, diet choices and exercise plans out there, to lower the risk of lifestyle-related conditions and diseases, nothing beats a regular health check-up to stay on top of one's health.

Doctors have time and again urged its importance to prevent diseases and to reduce the need for medical treatment or surgeries. It is important that we undergo full body-check-ups every six months to understand bodily changes, if any. It also acts as a preventive check on our health. Check-ups could be quarterly, half-yearly or yearly, but the consensus is that the older you get, being vigilant about the check-ups is important.³ Annual screening of health can identify health problems before they start. By getting the right health services after screening and relevant treatments will have the healthier life. Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Source: Preamble to the constitution of the World Health Organisation (WHO). Health is a multifaceted concept. It is not simply the condition of being well or unwell.⁴

Regular check-ups help in identifying possible health conditions at an early stage, and the adage that “Prevention is better than cure” has never been truer. Early detection gives one the best chance of fighting the disease off without any complication. In conditions such as cancer, early diagnosis can be the difference between a complete cure and a life-long battle. Even healthy individuals are advised to get regular health check-ups at least once a year, your doctor might even take a more selective approach to this rather than recommending a full body health check-up.

Regular health check-up helps to Diagnose a disease before it advances to a critical stage, ensure that you save money in the long run, motivates you to lead a healthier and active lifestyle, forming a good partnership with your doctor and thus letting you get acquainted with healthier habits and Keeps you informed of the latest medical technology available.

Annual health check-ups are vital for numerous reasons. They help ensure our family is healthy, recognise early signs of health problems, and support family health care. This can reduce the risk of medical conditions and make it easier to manage health problems. Health check-ups are designed not only to detect medical issues, but also to identify risk factors and illnesses before they start to cause problems. Health check-ups aim is not only help the person to prevent illnesses and its complications but also to make changes in the lifestyle for long-term healthy life.⁵

It conducts complete body analysis that includes heart health, organ health, metabolism rate, etc. Medical check-ups also monitor various critical parameters in a person, such as blood sugar levels, blood pressure, etc. Annual health check-ups can help identify disease risk factors and limit complications. Therefore, it's essential to keep medical records up to date on medications, allergies, lifestyle, social history, etc. This way, you'll have the information you need when you need to see a doctor or specialist.⁶ Doing a regular body check-up can help doctors diagnose a disease before it poses high risk. Reduces the risk of complication during treatment – once you are diagnosed with a health condition at an early stage, the complexity and risk involved are less when compared to diagnosing at a very late stage.

Advantages of Regular Full Health Check ups

1. Getting sick is sometimes preventable. ...
2. Early detection of potentially life-threatening diseases or conditions. ...
3. Treatment and cure chances increase. ...
4. Monitor existing conditions closely to reduce the risk of complications. ...
5. Improve health and longevity, and risk involved are less when compared to diagnosing at a very late stage.

Research shows that preventive check-ups are an effective means of reducing the financial burden of healthcare by detecting potential health issues before. The main Aim and objective of this study was to assess the Prevalence of abnormal findings individuals. The Effectiveness of Follow up on employees who have Abnormal Investigation Reports during the Annual Health Check Up.

II. Material and Methods

The quantitative research design used to achieve the objectives of the study, this study was hospital based prospective study and Descriptive Survey design was used in the study. This study was carried out on Employees in Apollo BGS Hospital Mysore from December 2021 to March 2023. Total enumerative Sampling technique was used in the study. A total 136 employees were selected for this Study who met the inclusion criteria. Tool used for the study had two sections one is the demographic details (Age and Gender) and other tool regarding study variables (The Effectiveness of Follow up on employees who have Abnormal Investigation Reports during the Annual Health Check Up).

Objectives of the study: To Assess the Prevalence of abnormal findings individuals. And The Effectiveness of Follow up on employees who have Abnormal Investigation Reports during the Annual Health Check Up

Subjects & selection method: This study was conducted in the BGS Apollo hospital Mysore from December’2021 the employees who have abnormal values. The Annual health check-ups was conducted for the year December’2021 to our employees.933employee reports we took a base count, out of which 136 employees need follow up and further investigations. The employees who need follow up and further investigations were identified with the help of Dr. Praneeth – HOD health check department. Out of 136 employees,25 employees need speciality consultation, we tagged them with the concerned department for continuous follow up through this process we can keep employees in good health.

Variables: Research variables- Diagnostic findings of Annual Health Checkup.

Inclusion criteria:

All Individual who had health check-up in BGS Apollo hospital, Mysore. (From December 2021)

Exclusion criteria:

Nil

Procedure methodology:

This is a hospital based prospective study, a sample of 136 employees were selected in the study. This study was carried out on Employees in Apollo BGS Hospital Mysore from December 2021 to March 2023 at Apollo BGS Hospital Mysore. Data was collected from Annual health check-up report for the year 2021’December from the lab, HR department & Personal interview (to know about follow up), evaluate the values by using research statistical method.

Ethical approval:

The institutional Ethics committee – Bio medical research, Apollo BGS hospitals, Mysore accepted the protocol for this study under reference number: EC – CT -2019 – 0114.The study was explained to participants in their native language, and consent was obtained orally. Confidentiality will be maintained throughout the study.

III. Results

SECTION A: DESCRIPTION OF THE DEMOGRAPHIC VARIABLES OF THE EMPLOYEES

Table 1: Age-wise frequency, Percentage distribution of employees.

I) AGE (N= 136)

Majority of the employees age group was from 25 to 30 yrs. is 19 (13.97 %) 31 to 35yrs is 39 (28.67 %) 36 to 40 yrs. is 25 (18.38 %) 41 to 45yrs is 23 (16.91 %) 46 to 50 yrs. is 23 (16.91 %) 51 to 55 yrs. is 5 (3.67 %) 56 to 60 yrs. is 2 (1.47 %)

I) AGE (N= 136)			
1	Age (in years)	Frequency	Percentage %
	25 to 30 yrs.	19	13.97
	31 to 35 yrs.	39	28.67
	36 to 40 yrs.	25	18.38
	41 to 45 yrs.	23	16.91
	46 to 50 yrs.	23	16.91
	51 to 55 yrs.	5	3.67
	56 to 60 yrs.	2	1.47

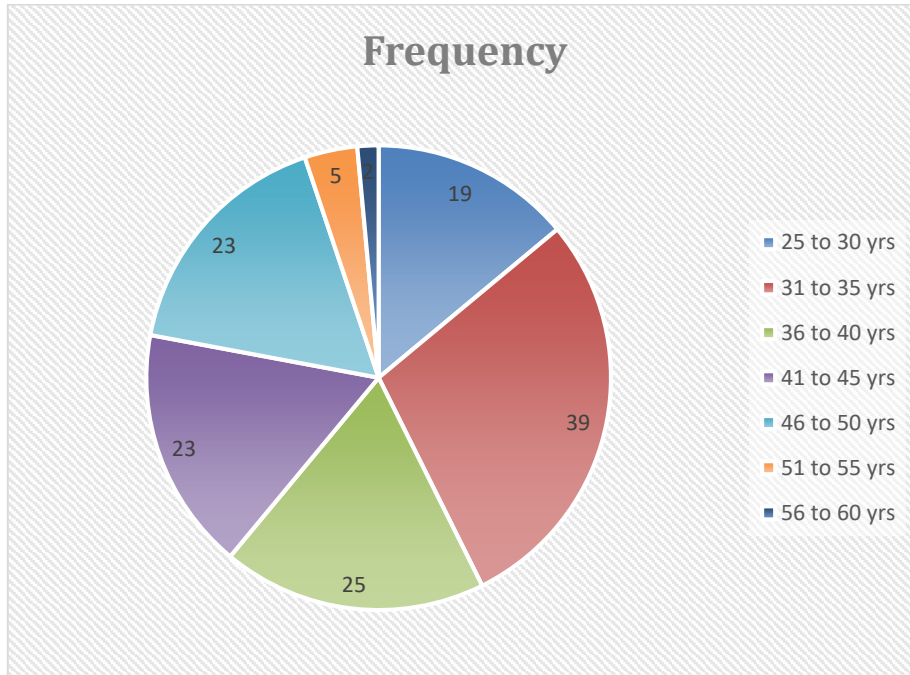


Figure 1: Age wise frequency and percentage distribution of Employees

Table 2: Gender wise Frequency, Percentage distribution of employees.

II) GENDER (N= 136)

Out of the 136 Employees Majority of the Employees Were Male 71(54%) and Females were 65 (46%)

2	Gender	Frequency	Percentage %
	Male	71	54
	Female	65	46
	Other	0	0

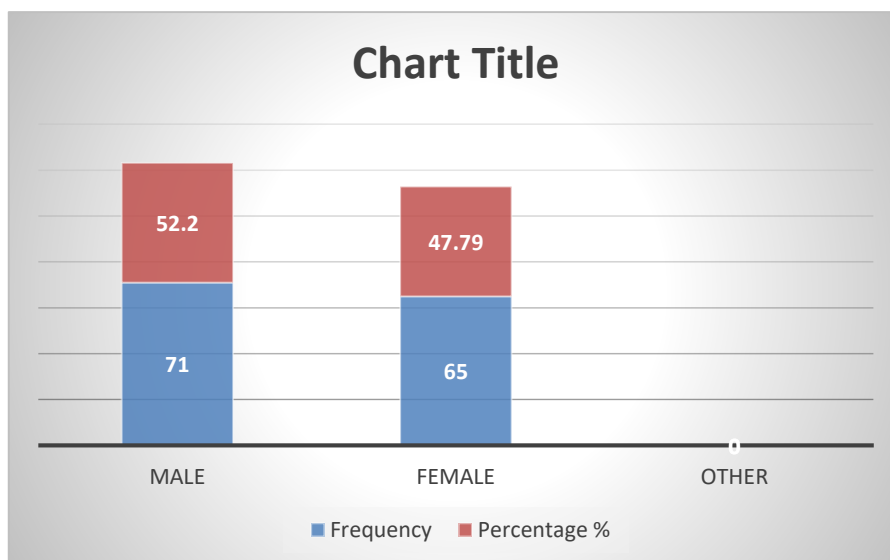


Figure 2: Gender wise frequency and percentage distribution of employees.

SECTION B: FREQUENCY AND PERCENTAGE OF THE EMPLOYEES WITH ABNORMAL DIAGNOSTIC FINDINGS.

Table 3: Assess the Prevalence of abnormal findings individuals. (N -136)

STUDY VARIABLES			
SN	ABNORMALITIES SYSTEM WISE	Frequency	Percentage %
1	CARDIO VASCULAR SYSTEM	15	11.02
2	ENDOCRINE SYSTEM + CARDIOVASCULAR SYSTEM	7	5.14
3	ENDOCRINE SYSTEM	37	27.2
4	GASTROENTROLOGY	27	19.85
5	ENDOCRINE SYSTEM + GASTROENTROLOGY	15	11.02
6	URINARY SYSTEM	4	2.94
7	FEMALE REPRODUCTIVE SYSTEM	10	7.35
8	LYMPHATIC SYSTEM	5	3.67
9	RESPIRATORY SYSTEM	2	1.47
10	ENDOCRINE SYSTEM +CARDIOVASCULAR SYSTEM + GASTROENTROLOGY.	11	8.08
11	URINARY SYSTEM	3	2.2

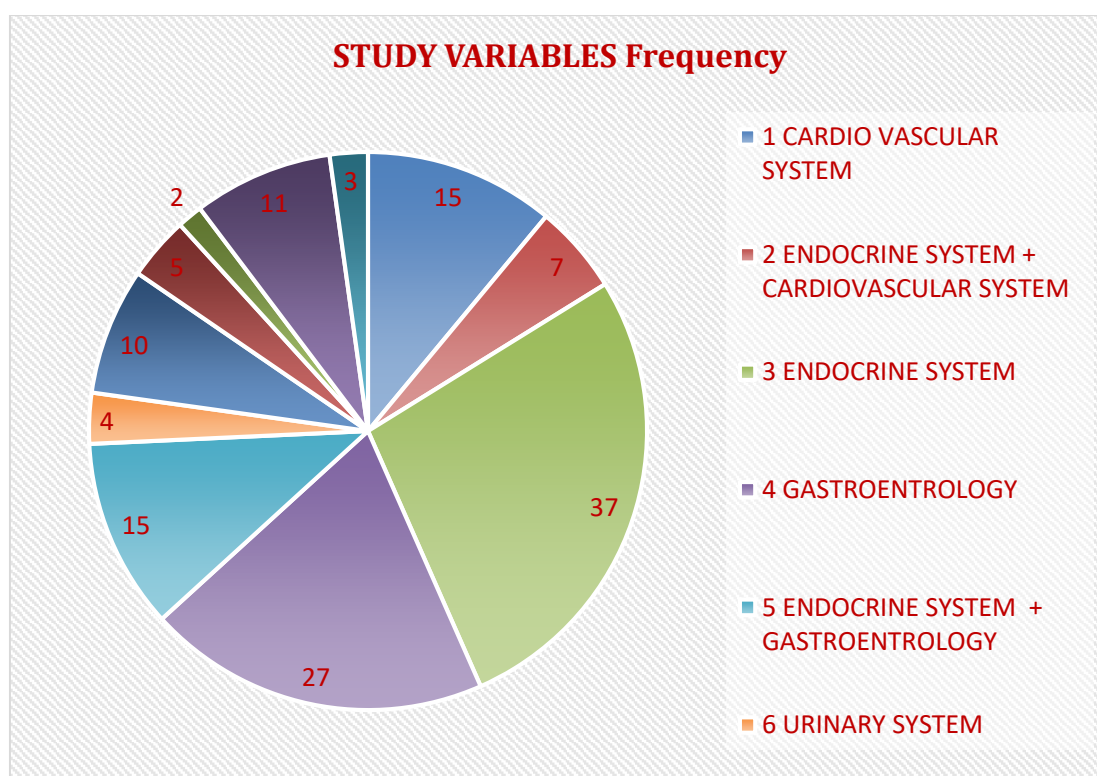


Figure 3: Abnormalities system wise

SECTION C:

Table 4: The Effectiveness of Follow up on employees who have Abnormal Investigation Reports during the Annual Health Check Up

SN	ABNORMALITIES SYSTEM WISE	Frequency	Percentage %
1	TOTAL FOLLOW UP DONE & TREATMENT GIVEN	136	100
2	TOTAL NO OF STAFF WHO NEED CONTINOUS FOLLOW UP	25	18.38
3	TOTAL NO OF STAFF WHO DON'T NEED CONTINOUS FOLLOW UP	111	81.61

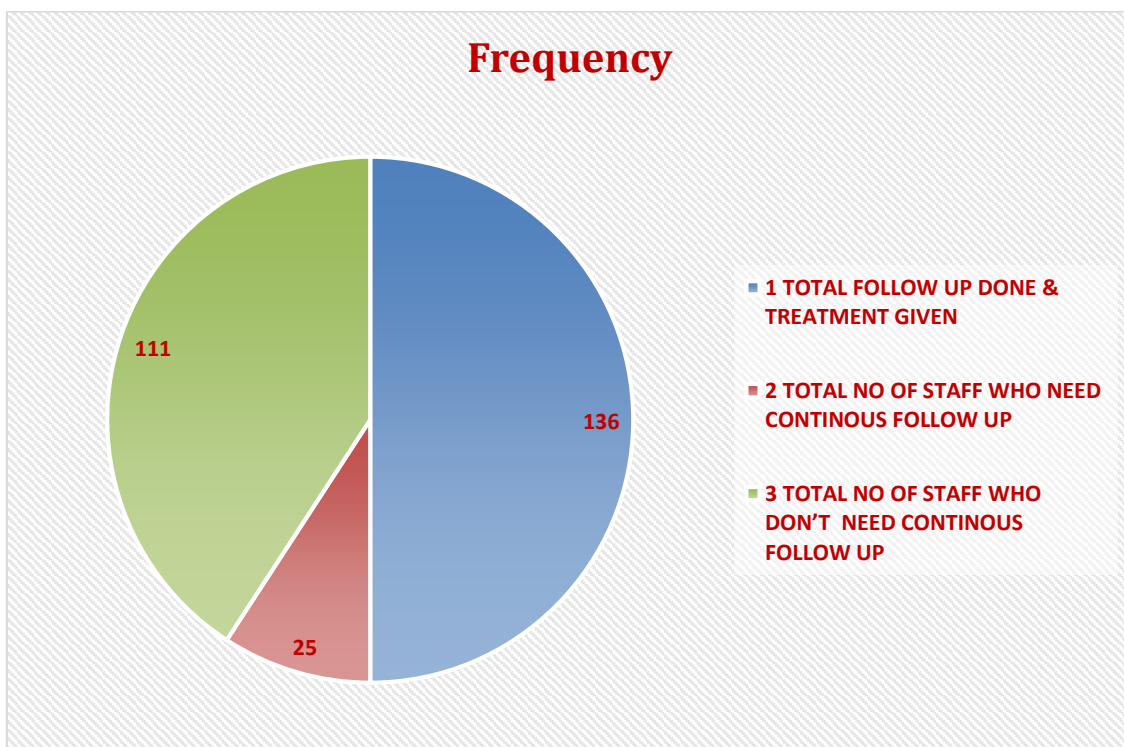


Figure 4: Effectiveness of follow up

Table 5: Effectiveness of Follow up (Outcome)

FOLLOW UP REQUIRED FOR	136	0
FOLLOW UP DONE FOR	136	0
OUTCOME	NORMAL	ABNORMAL
	111	25
	COME FOR ANNUAL HEALTHCHECK UP AFTER 6 MONTHS	TAGGED THEM WITH CONCERNED DEPARTMENT HOD & HR FOR FURTHER FOLLOW UP

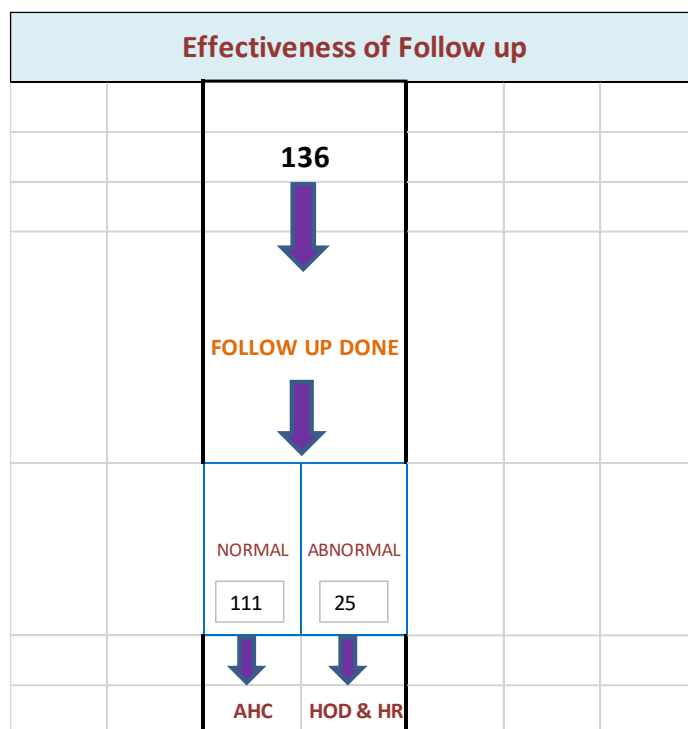


Figure 5: follow up out come

Table 6: Employees who required continuous follow up (25)

SN	ABNORMALITIES SYSTEM WISE	Frequency	Percentage %
1	GASTROENTEROLOGY	2	8
2	RHEUMATOLOGY	1	4
3	CARDIO VASCULAR SYSTEM	3	12
4	ENDOCRINE SYSTEM	11	44
5	ENDOCRINE SYSTEM & CARDIO VASCULAR SYSTEM	5	20
6	ENDOCRINE SYSTEM & GASTROENTEROLOGY	3	12

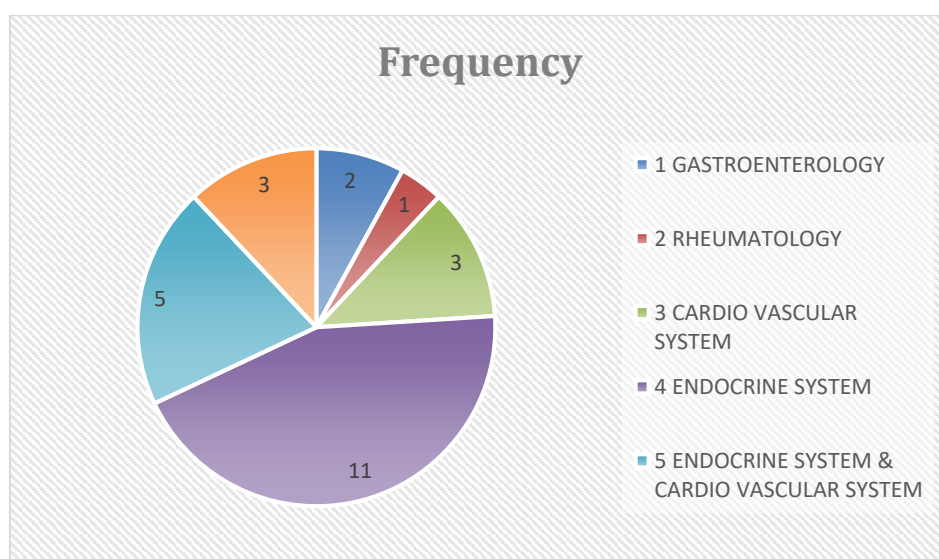


Figure 6: Employees who required continuous follow up

IV. DISCUSSION

The present study was aimed to assess the prevalence of abnormal findings individuals. The Effectiveness of Follow up on employees who have abnormal Investigation reports during the annual Health Check Up. Hospital based prospective study and descriptive Survey was used in the study and the population for the study was selected from Apollo BGS Hospitals, Mysore. The total samples under the study were 136 employees. In this study data collection was made from Annual health check-up report for the year 2021'ADecember from the lab, HR department & Personal interview (to know about follow up) The objectives of the study were to assess the prevalence of abnormal findings individuals. The Effectiveness of Follow up on employees who have Abnormal Investigation Reports during the Annual Health Check Up. The Assumptions of the study was that Individual with abnormal diagnostic will be at risk of developing complication. Majority of the employees age group was from 25 to 30 yrs. is 19 (13.97 %) 31 to 35yrs is 39 (28.67 %) 36 to 40 yrs. is 25 (18.38 %) 41 to 45yrs is 23 (16.91 %) 46 to 50 yrs. is 23 (16.91 %) 51 to 55 yrs. is 5 (3.67 %) 56 to 60 yrs. is 2 (1.47 %). Out of the 136 Employees Majority of the Employees Were Male 71(54%) and Females were 65 (46%).Employees who were diagnosed with diabetes, high blood pressure (BP), and fatty liver were provided with follow-up care and support. The regular follow-up visits as per doctor advice, along with assistance from a dietitian and yoga sessions, indicate a comprehensive approach to their health. The efforts to motivate them towards making lifestyle changes for their overall well-being are commendable. Lifestyle modifications, such as adopting a healthy diet and engaging in regular physical activity like yoga, can play a crucial role in managing chronic conditions like diabetes, high blood pressure, and fatty liver. After a certain period, when the employees underwent a re-check-up, it's encouraging to know that the investigation results were normal. This suggests that their health parameters improved, potentially due to the combination of medication and lifestyle changes. However, it's important for them to maintain consistency in their medication regimen and continue following up with healthcare professionals regularly. Chronic conditions require ongoing management and monitoring, even if the initial investigation results are normal. Regular check-ups and adherence to prescribed medications help ensure that their health remains stable and any potential issues can be addressed promptly. Overall, it seems like a holistic approach was taken to support the employees' health, combining medication, dietary counselling, and yoga. Continued encouragement, consistency, and follow-up are key to maintaining their progress and fostering long-term health and well-being. The study concluded that, a total of 136 employee samples were taken. Out of these samples, 111 employees were found to be in good health but still required yearly health check-ups to maintain their well-being. However, 25 employees were identified as needing further attention and support. The 25 employees requiring follow-up were found to have health issues that necessitate ongoing monitoring, lifestyle changes, and interventions such as counselling for diet, exercise, yoga, and regular medication. These employees require additional support to improve their health conditions. To ensure the well-being of these 25 employees, it is recommended that the Heads of Departments (HODs) provide guidance and assistance. The HODs should actively engage with these employees, offering support, monitoring their progress, and helping them make the necessary lifestyle changes to improve their health. By offering personalized assistance and guidance, the HODs can play a crucial role in helping these employees achieve better health outcomes. This handholding approach can involve regular check-ins, providing resources and information, and facilitating access to relevant healthcare services. Overall, this study highlights the need for ongoing support and intervention for a subset of employees. By implementing these recommendations, organizations can prioritize the health and well-being of their employees, potentially leading to improved productivity and overall job satisfaction.

V. Conclusion

Hospital as a policy of conducting annual health check-up for employees, however the abnormal values detected are only brought to the notice of the concern employees, and it is left to them for further treatment and care. The employees may not give sufficient attention and care to follow up, hence this project was undertaken to continuously follow-up and take appropriate actions periodically to address this problem this project is undertaken. The study concluded that, a total of 136 employee samples were taken. Out of these samples, 111 employees were found to be in good health but still required yearly health check-ups to maintain their well-being. However, 25 employees were identified as needing further attention and support. The 25 employees requiring follow-up were found to have health issues that necessitate ongoing monitoring, lifestyle changes, and interventions such as counselling for diet, exercise, yoga, and regular medication. These employees require additional support to improve their health conditions.

To ensure the well-being of these 25 employees, it is recommended that the Heads of Departments (HODs) provide guidance and assistance. The HODs should actively engage with these employees, offering support, monitoring their progress, and helping them make the necessary lifestyle changes to improve their health.

By offering personalized assistance and guidance, the HODs can play a crucial role in helping these employees achieve better health outcomes. This handholding approach can involve regular check-ins, providing resources and information, and facilitating access to relevant healthcare services. Overall, this study highlights the need for ongoing support and intervention for a subset of employees. By implementing these recommendations, organizations can prioritize the health and well-being of their employees, potentially leading to improved productivity and overall job satisfaction.

This project ensures the employees that their organization is taken care of their health. The employee who have abnormal values whether major or minor are continuously followed up and it is seen that appropriate actions are taken periodically this way even the employees are educated about taking care of their future health and their families. The working employees are working in a healthy status and this will improve their working capabilities and efficiency. This is a beneficial situation to both the organization and the workers.

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Conflicts of Interest and Funding

None

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