

Mangalam Hospital

**PERCEPTION AND AWARENESS
OF PEOPLE COMING IN OPD
TOWARDS PREVENTIVE
HEALTH CHECKUP**

**A DESCRIPTIVE STUDY IN MANGALAM
HOSPITAL, JAIPUR**

SUBMITTED BY:

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1507

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ABOUT MANGALAM HOSPITAL , JAIPUR

- Mangalam Hospital Started with 50 Bed Hospital in **2002**, later expanded to 100 Bed and Multi-Specialty Hospital in Jaipur.
- It is a NABH Accredited Hospital.
- Mangalam Hospital Offering **Multi – Specialty** health care services, from IVF, Gynecology, Infertility, Orthopedics, Psychiatry, Gastroenterology, Laparoscopic surgeries, General Medicine, Laboratory, Physiotherapist and Pharmacy under one roof.





Vision

The Vision:

- To build a world-class institute of super specialized medical care with an expert community of healthcare professionals.



Mission

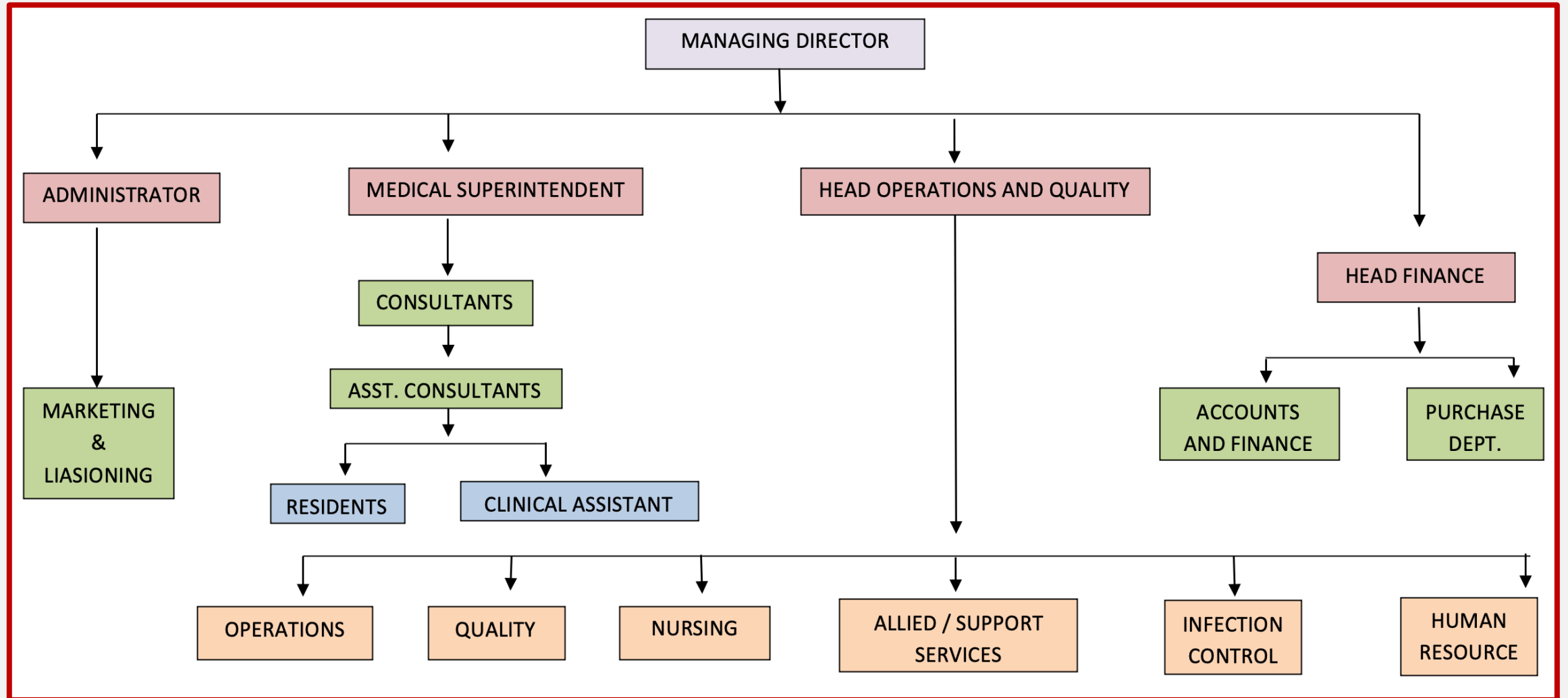
The Mission:

- To provide quality healthcare that is compassionate, accessible and affordable with commitment to positive patient experience by ensuring patient-centric care.

Our Values:

1. Patient First- our patient first attitude keeps us motivated always.
2. Integrity- Be open & honest in every step of patient care.
3. Compassion- all our efforts are to make patient relaxed with compassionate care.
4. Service Excellence in healthcare delivery.

ORGANISATION ORGANOGRAM



RESPONSIBILITIES AND CHALLENGES FACED

RESPONSIBILITIES

1. File and Record Maintenance in the Human Resource Department.
2. Preparation of CV Trackers.
3. Employee training and orientation.
4. Data Maintenance in HMIS.
5. Preparation of duty rosters for shifting of staff.
6. Interview assessment of candidates coming to the hospital as new joiners.
7. Data analysis and reporting
8. Organizing Health awareness camps.

CHALLENGES FACED DURING INTERNSHIP

1. Adapting to Hospital workflow while understanding complex procedures.
2. Managing High Workload while balancing multiple tasks and responsibilities within limited timeframes.
3. Ensuring Data Accuracy: while collecting and analysing accurate data for quality improvement.
4. Effective Interdepartmental Coordination: Communicating and collaborating smoothly between various departments.
5. Barrier in Communication: Difficulty in collecting data on survey forms from various types of people in OPD.

INTRODUCTION

- ‘Health is a state of complete physical, social and mental well-being and not merely an absence of a disease or infirmity’, as per the definition of World Health Organization (WHO).
- Maintaining upright health status becomes utmost important at midlife ages (Musich, Wang, Hawkins, & Klemes, 2016).
- These check-ups help in early identification and thereby minimizing risk factors associated with any ailment.
- Undergoing preventive health check-ups at regular intervals enhances the chance of providing optimal treatment and recovery from the ailment.
- The growth drivers for preventive health check-up is accounted by boosted awareness levels and urge for living healthy lives.
- Some of the benefits of health checkup are:
 - ☐ Prevention is better than cure
 - ☐ Cut healthcare costs
 - ☐ Help to control Stress related Diseases
 - ☐ Makes you more aware about your Health

OBJECTIVE

This study aims to determine the factors affecting perception and awareness of people coming in OPD towards preventive health check-ups in Mangalam Hospital.

To determine the obstructions and sources of information for availing preventive health check-ups through a survey.

RESEARCH METHODOLOGY

Research Design: Cross-Sectional Descriptive Study

Sampling method: Convenient sampling

Study Population: People coming to OPD during entire 3 months internship period.

Data collection method: Primary data using survey semi-structured questionnaires and observed interviews.

Research Timelines: 18th March to 18th June

STUDY POPULATION

INCLUSION CRITERIA

- Study population consist of Healthy Attendees coming with patients to OPD of hospital.



EXCLUSION CRITERIA

- Patients came to seek treatment and checkup.
- Patients who are admitted in IPD of Hospitals were excluded from the study.

REVIEW OF LITERATURE

Title	Authors/Year	Study location	Sample size	Salient features
1. A Study on Perception, Awareness and Behaviour of People Towards Preventive Health Checkups	Dr. Ashish Chintamani (2020)	India	305	1. The study reveals people's positive attitudes towards preventive health checkups. 2. It also highlights the importance of regular health checkups for early disease detection 3. The study also discussed financial constraints as a major barrier for low- and middle-income people.
2. Impact of Preventive Healthcare on Indian Industry and Economy (No.198) Working Paper	Chadha, A., Mehdi, A., & Malik, G. (2007)	India	NA	1. The study discussed super-speciality hospitals' high-cost treatments for lifestyle diseases. 2. Stressed the importance of preventive measures to reduce the burden of diseases.
3. Perception towards regular health checkups: a case study from a selected village in Telangana state in India; Journal of Health Management	Rath, B.N., & Deb, A. (2017)	Telangana, India	NA	1. The study investigated the viewpoint of rural Indians towards regular health checkups. 2. Demographic and economic factors were also identified as barriers to regular checkups. 3. Highlighted the need to increase awareness and willingness to pay for these services in rural areas.
4. A Study on the utility of Preventive Health Checkup in early detection of disease states.	Ramesh, R., Gagarin, Y. P., Murugan, S. R., Rizwan, S. A., Joena, V. M., & Aravind, A. (2016)	India	262	1. This study discussed the importance of offering Preventive Health Checkups at a reasonable cost with quality assurance. 2. Also highlighted the necessity for appropriate tests at timely intervals to ensure beneficial outcomes and avoid harm to life.
5. Effect of preventive health screening on long term primary healthcare utilization: A randomized control trial.	Janus Laust Thomsen (2005)	NA	3464	1.The rate ratios for daytime consultations had a strong pattern, with an initial increase followed by a gradual drop. 2.More research is needed to validate and investigate the causes of this tendency.

FINDINGS

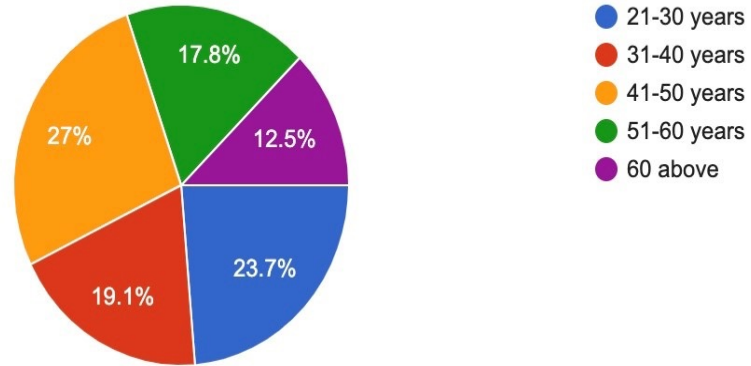
Demographic Analysis

<u>Parameter</u>		Sample size:- 152 (N)
Gender	Male	83 (54.6%)
	Female	69 (45.39%)
Age (in years)	21-30	36 (23.68%)
	31-40	29 (19.07%)
	41-50	41 (26.97%)
	51-60	27 (17.76%)
	60 & above	19 (12.5%)
Awareness on preventive health check-up	Yes	96 (63.15%)
	No	56 (36.84%)

SURVEY ANALYSIS

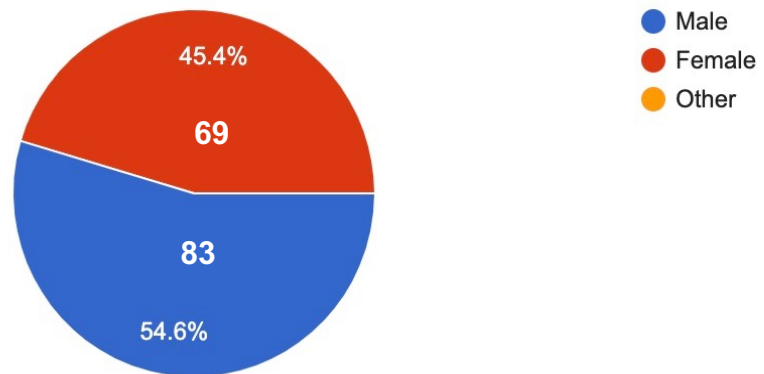
1. What is your age?

152 responses



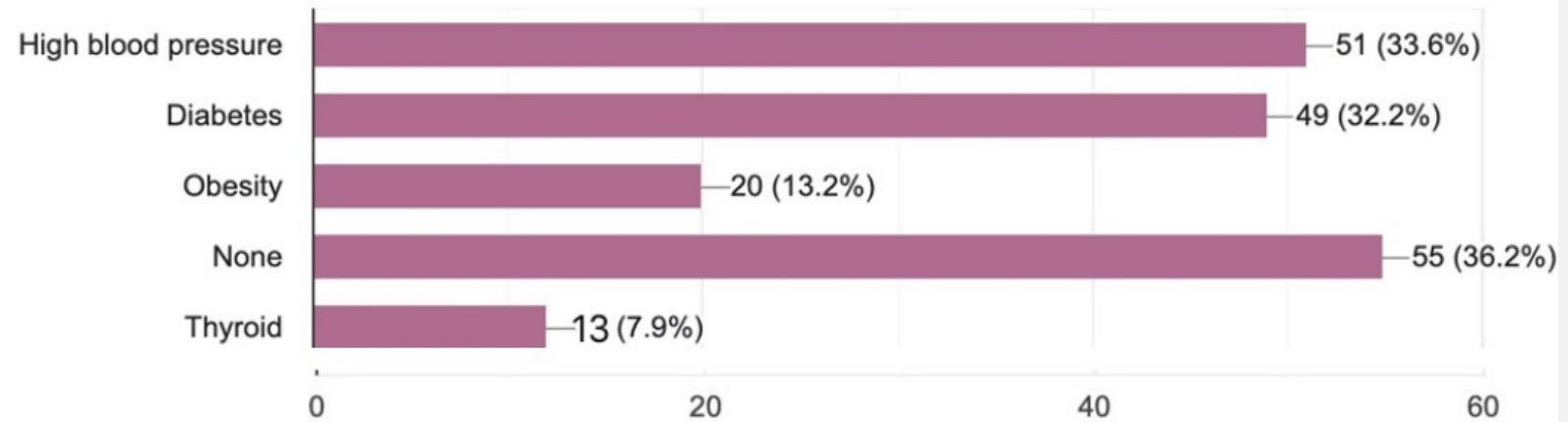
2. What is your gender?

152 responses



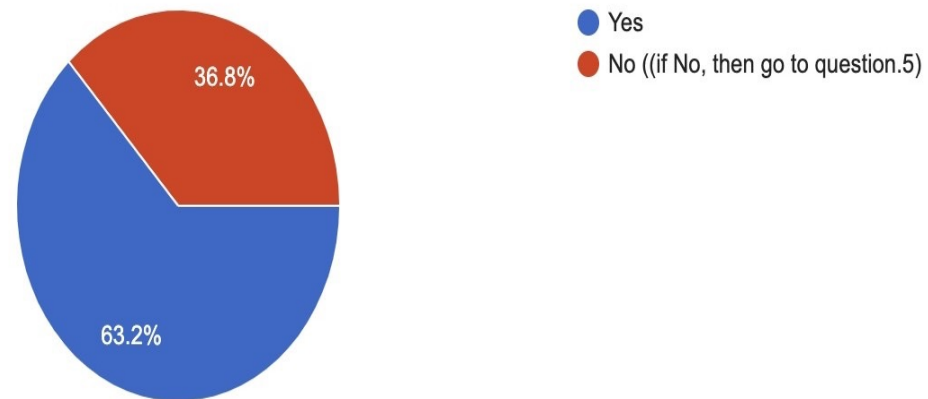
3. Have you been earlier diagnosed with any of the lifestyle diseases?

152 responses



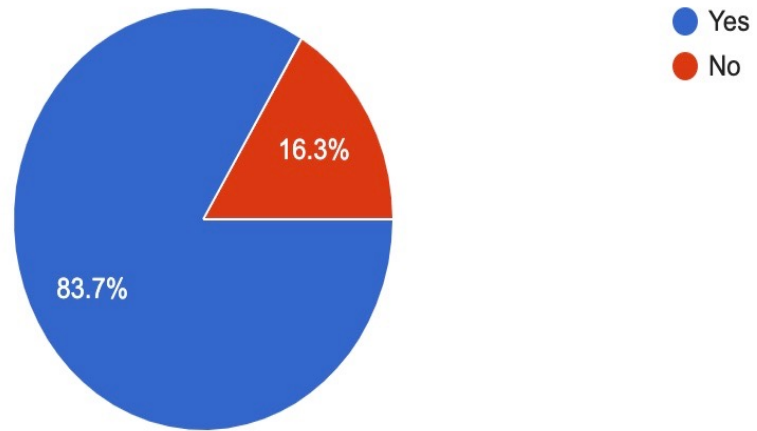
4. Are you aware about Preventive health checkups?

152 responses



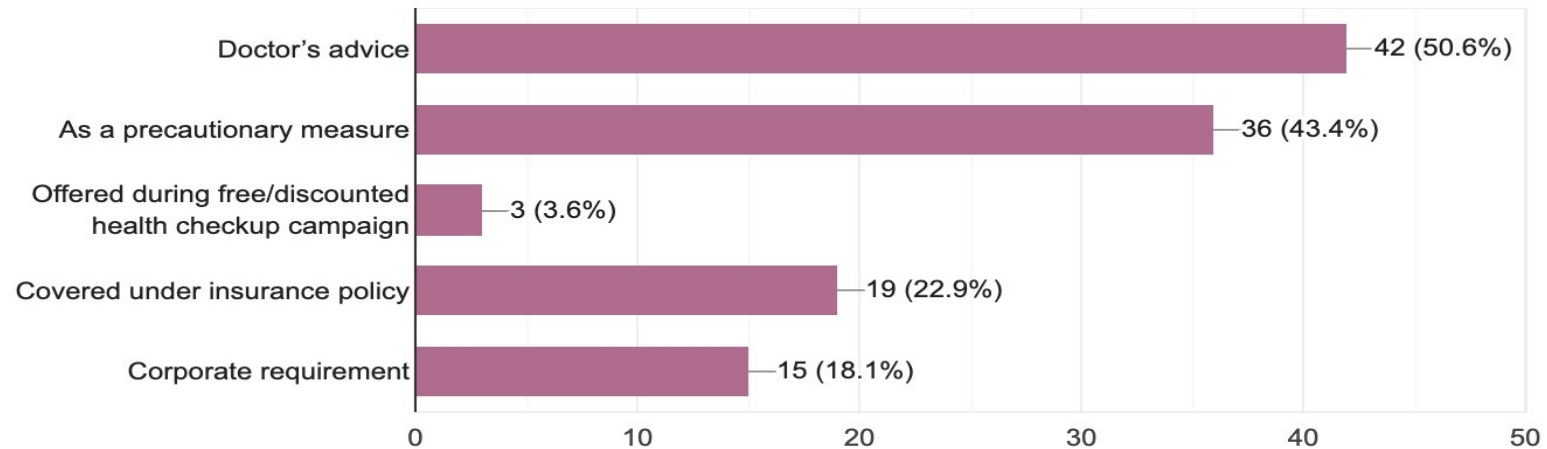
(a) Have you ever had a preventive health checkup?

98 responses



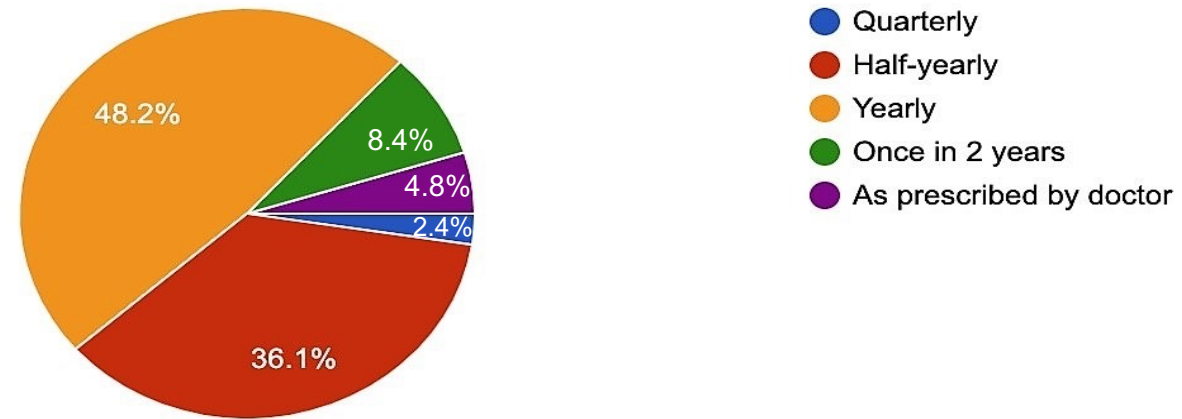
(i) [If Yes] What was your source of advice/ reason for taking 1st preventive health checkup?

82 responses



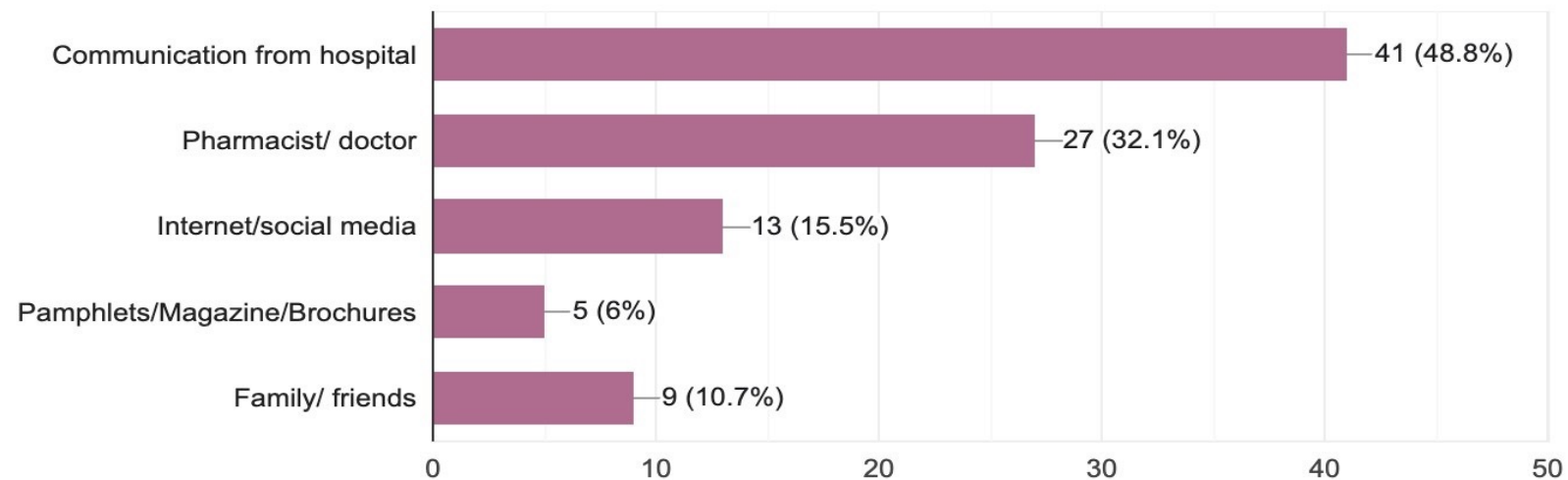
(ii) [If Yes] Frequency of preventive health checkup?

82 responses



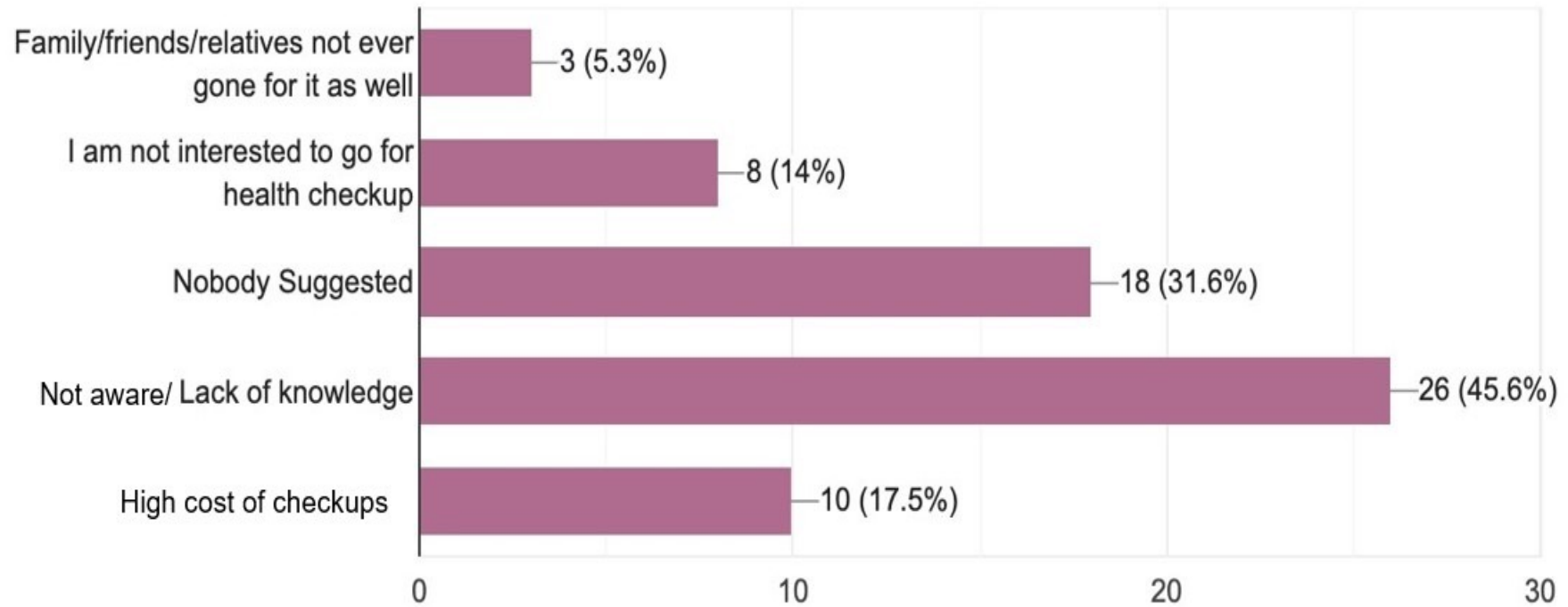
(iii) [If Yes] From where did you come to know about preventive health checkup?

82 responses



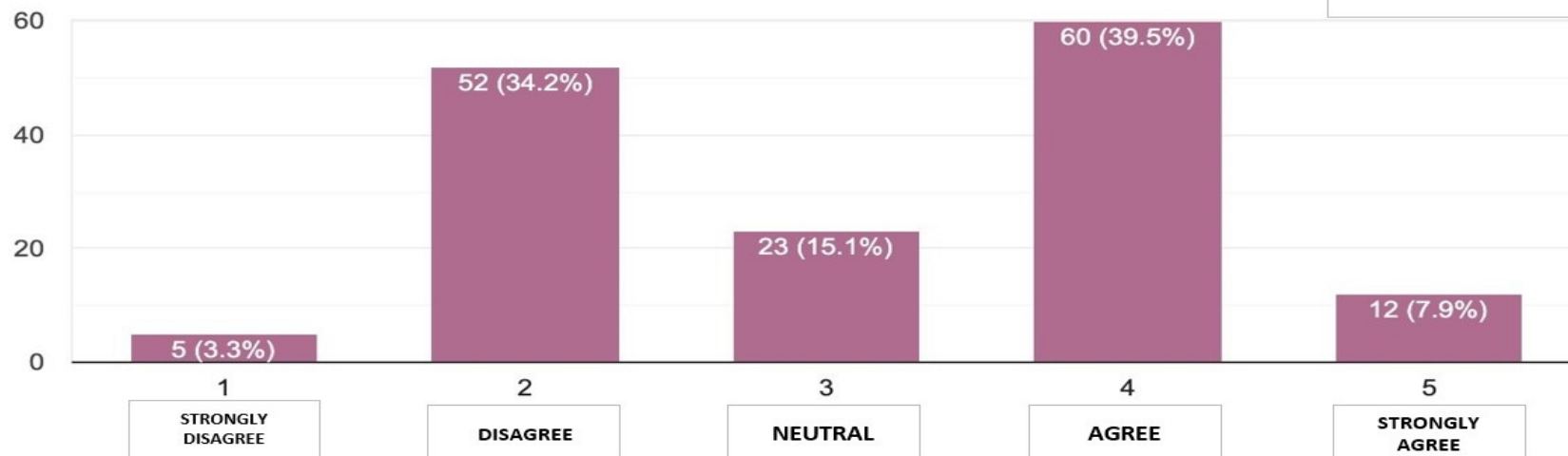
5. What is the reason of unawareness or not undergoing preventive health checkup?

54 responses



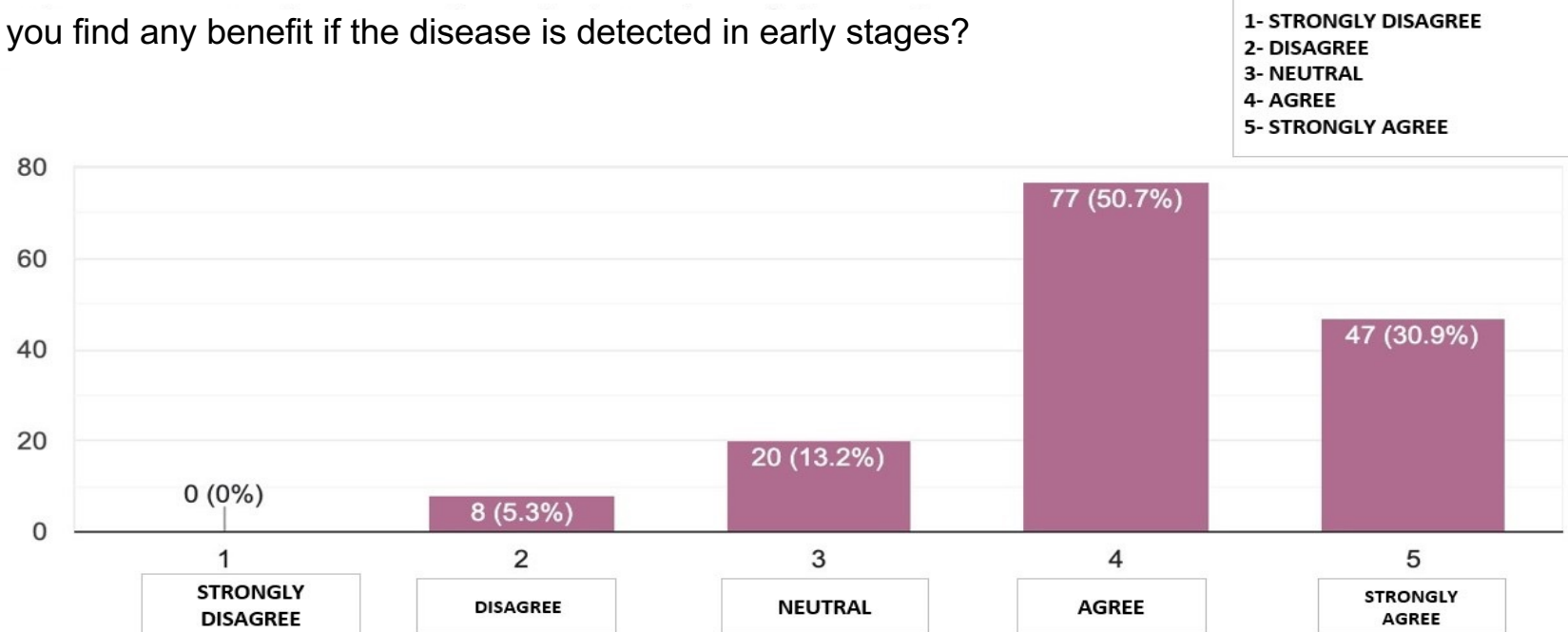
6. Do you prefer self-medication as the first recourse for majority of health issues?

152 responses



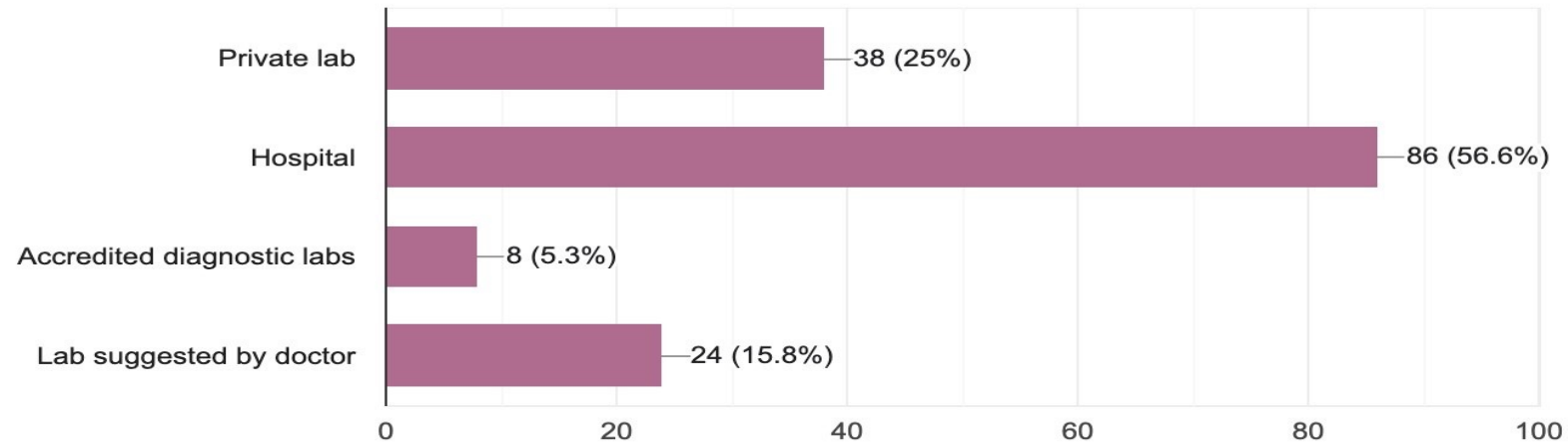
7. Do you find any benefit if the disease is detected in early stages?

152



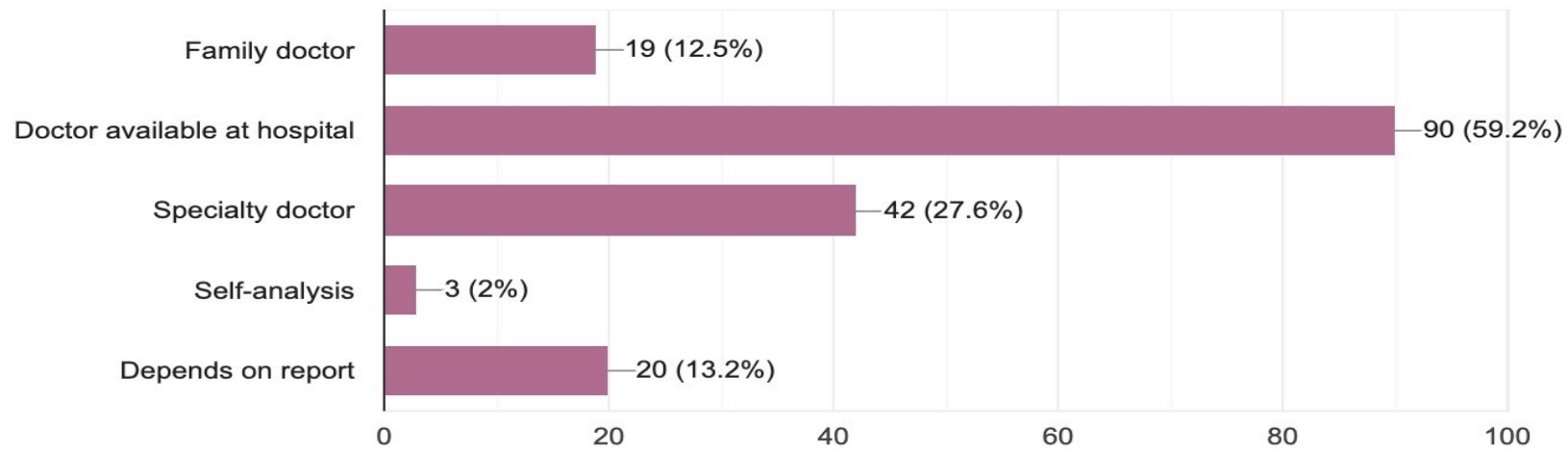
8. What are your laboratory preferences for health checkup?

152



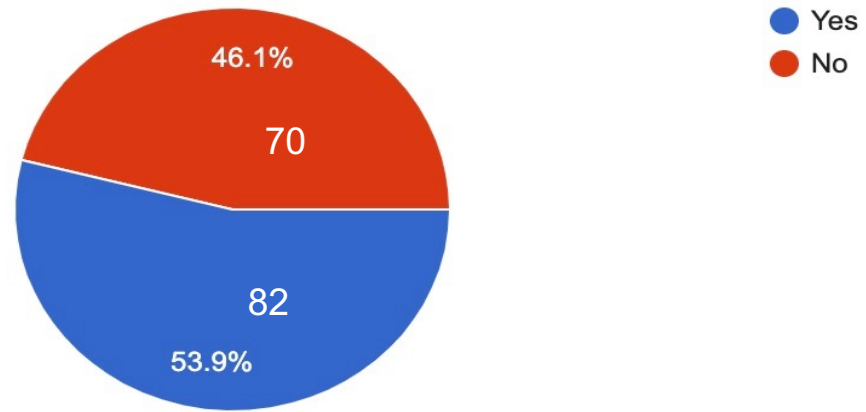
9. Whom do you prefer to consult for your preventive health checkup report analysis?

152



10. Are you a health insurance policy holder?

152 responses



RECOMMENDATIONS

1. Community outreach programs and health workshops can be helpful to increase awareness among the youth and middle-aged populations of society.
2. Introduce and arrange free preventive health checkup programs for low-income populations. These are occasionally appointed by public-private partnerships or within government funding programs that could widen the delivery of such checkup services.
3. Extension of one-to-one contact between healthcare providers and the targeted clients to enhance the sharing of health information through training.
4. Promotion of information about the importance of preventive health checkups through the provision of information technology and social networks, including digital campaigns.
- 5. Proper establishment of policies and a system of continuous monitoring and evaluation of health education campaigns and preventive health programmes.**
- 6. Counselling can be done by junior doctors at the reception desk for the people coming in OPD regarding the importance of preventive health checkups.**
- 7. Perceptions towards the high cost of health checkup packages can be changed by displaying a comparison between the cost of individual investigation and preventive health checkup packages.**

CONCLUSION

1. The study identifies that number of aware (64%) people about these check-ups are more than unaware (36%) people.
2. Awareness was slightly higher among males (54.6%) compared to females (45.4%). The age group with the highest awareness was 41-50 years (27%), followed by the 21-30 years age group (23.7%). Educational level and income were crucial representor of awareness levels.
3. Majority of the lifestyle diseases starts after 40 years of age.
4. These check-ups are chiefly conducted on yearly basis, and it is agreed that these check-ups help in early detection of disease.
5. Hospitals and doctors after OPD consultation were the primary sources of information, highlighting the critical role of healthcare providers in disseminating knowledge about preventive health checkups
6. Doctor available at hospital is the foremost choice for report analysis.
7. The most significant barrier was a lack of knowledge, affecting of participants, followed by financial barriers and lack of their interest towards these checkups.

REFERENCES



Chintamani A. Attitudes towards preventive health checkups across different regions [Internet]. 2020 [cited June 21st, 2024].



Ramesh, R., Gagarin, Y. P., Murugan, S. R., Rizwan, S.A., Joena, V. M., & Aravind, A. (2016). A study on the utility of preventive health checkup in early detection of disease states. *Int J Res Med Sci*, 4(9), 4022-4025.



Rath S, Deb P. Influence of demographic and economic factors on health checkup perceptions [Internet]. 2017 [cited June 21st, 2024].



Patel V, Desai A. "Barriers to Preventive Health Services in Low-Income Communities." *Glob Health Action* [Internet]. 2019 [cited 21 June 2024];12(1):1602-1609.

The background features a series of overlapping, semi-transparent circles in various shades of pink and red, creating a dynamic, layered effect. A dark, rectangular box with a thin white border is centered horizontally, containing the text "THANK YOU" in white, bold, uppercase letters.

THANK YOU