

The Key Role of Physical Examinations in Resident Health Management: Early Screening, Disease Prevention, and Health Promotion

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Objective: This study aims to explore the importance of physical examinations in resident health management, particularly in terms of early screening, disease prevention, and health promotion. By analyzing medical examination data, this research intends to confirm that regular check-ups can effectively increase the rate of early disease detection, thereby reducing treatment costs and improving the quality of life.

Methods and Materials: The research used a retrospective data analysis method, analyzing the medical examination records of 10,000 residents aged 30 to 60 over the past five years. These records included results of routine blood and urine tests, liver and kidney functions, electrocardiograms, and ultrasound examinations. The study statistically analyzed the correlation between these data and the diseases diagnosed subsequently.

Results: Significant increase in early detection rates of hypertension and diabetes: Among the group with regular check-ups, the early detection rate of hypertension increased by 20%, and that of diabetes by 18%. This is crucial for the early intervention and management of these common diseases. Early diagnosis of liver diseases: The detection rate of liver function abnormalities reached 5%, and ultrasound screening revealed early liver lesions in 5.5% of individuals. Early detection allowed these individuals the opportunity to receive treatment before the disease progressed to a more severe stage. Early identification of cardiovascular diseases: Compared to the group with irregular check-ups, the early detection rate of cardiovascular diseases was 25% higher in the group with regular check-ups. Given that cardiovascular diseases are among the leading causes of death globally, this finding is particularly significant. Correlation between check-ups and overall health status: Statistics showed that the group undergoing regular check-ups exhibited better overall health indicators, such as a 12% lower obesity rate and a 15% improvement in blood lipid levels. Reduction in public health system burden: Early detection and treatment of diseases reduced the demand for public health resources. For example, early intervention reduced the hospitalization rate due to cardiovascular diseases by 18%. Enhancement of health promotion and quality of life: The life quality score reported by the group with regular check-ups was 20% higher than that of the group with irregular check-ups. This might be related to early disease management and enhanced health awareness.

Conclusion: The results of the study indicate that physical examinations play a crucial role in resident health management. Through early screening and disease prevention, physical examinations help in early identification of health risks, allowing for appropriate intervention measures. This not only helps to reduce the burden on the public health system but also significantly improves the quality of life and health level of residents.

Biography

Li Qian, female, born in 1974-11-03, He has a bachelor's degree. He mainly engaged in health management work, and have many years of clinical experience in his life.

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