



RESEARCH ARTICLE

PERIODIC MEDICAL EXAMINATIONS.

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Key words:-

PME: (Periodic Medical Examinations), Edu – level (education level), DM (diabetes mellitus), Past PME (have you ever been do Periodic Medical Examinations), HTN (hypertension), PP PME (did you do Periodic Medical Examinations because previous problem),

Abstract

Introduction:- The general medical examination is a common form of preventive medicine involving visits to a general practitioner routine periodic health evaluation (PHE) is popular format in primary care.

Material Method:- This study was performed in Saudi community. This study included 75 participants. We chose for this study simple random sample. This study was started in March 2013 to December 2013. Use for gather information self-administrated Questionnaire which is distributed by electronic form we ask the participant about their social life and income by month to make relation between these things and PME And self-administered.

Result The mean age of the participant was 24.29 while the Median was 22 also the Std. Deviation ± 5.392 with 72% of them were male, 97.3% Saudi and 62.7% were single, 68% had Bachelor. 61% less than 5000 RS as income by month and 62.7% of them was hospitalization while 13.3% of them had lung diseases and 29.3% had previous operation 77.3 of them did not do PME while 73.3% of them know its important also 89.3% of them think the PME is overall for all population.

Conclusion:- We found in our study the number of participation was high in two categorical from the question: Those who performed PME, have a good awareness.

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Introduction:-

The general medical examination is a common form of preventive medicine involving visits to a general practitioner routine periodic health evaluation (PHE) is popular format in primary care. Moreover, the medical examination of persons who have no medical complaints is a procedure that has different purposes than the traditional diagnostic examination. These include not only the detection of incipient disease but the evaluation of the adjustment of the individual to his environment and an assessment of his personal hygiene. It should be concluded by a discussion of what has been found, persuasive advice and education which will lead to better health.

This is generally yearly or less frequently (should make PME every one year, and it will be increase with age).

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In fact, it is known under several other names, such as the periodic health evaluation, annual physical, comprehensive medical exam, general health check, or preventive health examination. So, we have two reasons that why we chose this research :

1. Raise awareness for Saudi community.
2. Describe the important of PME for community.

Objectives:

1. Vision of the periodic medical examination
2. The importance of periodic medical examination:
3. Awareness of the periodic medical examination
4. Types of periodic medical examination:
5. Target people of periodic medical examination
6. Barriers periodic medical examination

Material and method:-

This study was performed in Saudi community.

This study included 75 participants .

We chose for this study simple random sample

This study was started in march of 2013 to December 2013

Use for gather information self-administrated Questionnaire which is distributed by electronic form we ask the participant about their social life and income by month to make relation between these things and PME And self-administered questionnaire was divide into three sections :

Personal data.

History of illness .

Opinion and final vision of periodic medical examination (see Index)

Data Collection team was Contain five student:-

1. Ibrahim Al muhaidib
2. Osama Alateeq
3. Osama Al-nefisah
4. Ahmed Al mutawwam
5. Abdullah Alharmaly

Analyze data by SPSS program:-

Traditional systematic review of papers which are :

- Periodic Medical Examinations
- General health checks in adults for reducing morbidity and mortality from disease
- Primary health care physicians views on periodic health evaluation in Saudi Arabia
- Guidance Notes on Medical Examinations for Workers engaged in Hazardous Occupations in Industrial Undertakings
- The importance of periodic medical examinations for the promotion of workers'

Literature review:-

Periodic Medical Examinations (Disease Detection and Health Promotion):-

RODNEY R. BEARD, M.D., San Francisco

The medical examination of persons who have no medical complaints is a procedure that has different purposes than the traditional diagnostic examination. These include not only the detection of incipient disease but the evaluation of the adjustment of the individual to his environment and an assessment of his personal hygiene. It should be concluded by a discussion of what has been found, and by positive, persuasive advice and education which will lead to better health.

Interest in such work and competence for it are not found in every physician. Physicians who do not want to acquire such competences should recognize the fact and refer such work to others who are prepared to cope with it. Inept,

incomplete health examinations disappoint the patient and make the physician uncomfortable; thorough, constructive examination and counseling is satisfying and profitable to both
CALIFORNIA MEDICINE

References:-

1. American Medical Association: Periodic Health Examinations: A Manual for Physicians (3rd Revision), American Medical Association, Chicago, 1947.
2. Commission on Chronic Illness: Chronic Illness in the United States, Vol. I, Prevention of Chronic Illness, Harvard University Press for The Commonwealth Fund, Cambridge, Mass., 1957.
3. Mock, H. E.: Industrial medicine and surgery, a resume of its development and scope, J. Indust. Hygiene, 1:251, 1919.
4. National Health Education Committee: Facts on Major Killing and Crippling Diseases in the United States Today, National Health Education Committee, New York, 1957.
5. Roberts, Norbert J., in The Early Detection and Prevention of Disease, John Hubbard, editor, McGraw-Hill, New York, 1957.

General health checks in adults for reducing morbidity and mortality from disease:-

Krogsbøll LT, Jørgensen KJ, Grønhøj Larsen C, Gøtzsche PC Background General health checks are common elements of health care in some countries. These aim to detect disease and risk factors for disease with the purpose of reducing morbidity and mortality. Most of the commonly used screening tests offered in general health checks have been incompletely studied. Also, screening leads to increased use of diagnostic and therapeutic interventions, which can be harmful as well as beneficial. It is, therefore, important to assess whether general health checks do more good than harm.

Objectives:-

We aimed to quantify the benefits and harms of general health checks with an emphasis on patient-relevant outcomes such as morbidity and mortality rather than on surrogate outcomes such as blood pressure and serum cholesterol level.

Referans:-

1. Physical examination/ and ((annual or GP or periodic or yearly or routine).ti. or ((primary adj2 (care or healthcare)) or primary
2. health\$ or general practitioner? or general practice or family doctor? or family practice? or family physician?).ti,ab.) (2073) (health check\$ or healthcheck\$ or annual physical? or annual medical or medical check\$ or primary care check\$ or wellness check\$ well care or wellcare or well woman or well visit?).ti. (806) ((annual or periodic or regular or routine or yearly) and (check\$ or check-up? or health\$ exam\$ or health evaluation? or medical
3. exam\$ or physical? exam\$ or wellness check\$ or GP visit? or physician? visit? or doctor? visit? or office visit?).ti. (886) ((annual or yearly) adj2 (medical? or physical?).ti. (267) ((annual or yearly) and visit?).ti. (28) (preventive? and (care check\$ or checkup? or check-up? or visit? or exam\$ or family doctor? or GP or family physician? or general practitioner?).ti. (769)
4. or/1-6 [Annual Checkups --Combine with filters only] (4074)
5. 7 not (cannabis or alcohol\$ or abuse or narcotics or addiction?).ti. (4019)
6. Physical examination/ (27194)
7. (check-up? or checkup?).ti,ab. (8444)

Primary health care physicians views on periodic health evaluation in Saudi Arabia:-

N .ALROWAIS , T. KHOJA , M . ALFARRA and N . ALNAHEDH

The attitude and beliefs of primary health care physicians regarding periodic health evaluation is critical to determining the most effective and acceptable means for delivering recommended clinical preventive services. We aimed to evaluate the views of primary health care physicians in Saudi Arabia on periodic health evaluation. A self-administered and pre-tested questionnaire was sent to 1235 physicians randomly selected throughout the country. About 90% of the physicians would recommend periodic health evaluations to all or some clients while 10% would not. Almost all (95%) of the physicians were aware of the benefits and costs of periodic health examinations, and

were willing to carry it out. Their enthusiasm for performing many items during examinations should be encouraged.

References:-

1. Jones RJ . medical evaluation of health persons , journal of American medical
2. Frame PS , Carlson SJ . A critical review of periodic health screening critical part.4 selected miscellaneous diseases , Journal of family practice , 1975

Guidance Notes on Medical Examinations for Workers engaged in Hazardous Occupations in Industrial Undertakings:-

Occupational Health Service The prevention of occupational diseases calls for a multi-disciplinary approach. While health hazards should be controlled at source by engineering measures such as enclosure and effective ventilation, there are other complementary control measures including administrative control, use of suitable personal protective equipment (PPE), education, training and supervision of workers

environmental monitoring and health surveillance This booklet aims to introduce the concept of health surveillance to employers and employees and provide practical guidance on medical examinations for workers engaged in certain hazardous occupations in industrial undertakings.

Health Surveillance:-

Health surveillance is basically a process of monitoring the health status of persons to determine departures from normal health, so as to identify potential problem areas and the effectiveness of existing preventive strategies. Medical examination is a common means of conducting such Surveillance

Objectives of Medical Examinations:-

- 1- To detect early abnormalities and prevent workers from developing occupational diseases Many occupational diseases are chronic in nature, having minimal early signs and Symptom example nose induced hearing loss and pneumoconiosis

1- Lead exposure

↓

2- Inhibition of certain enzymes
in red blood cells

↓

3- Asymptomatic
lead poisoning

↓

4- Early detection, treatment
and appropriate preventive
actions can stop progression
to lead poisoning

To verify the effectiveness of existing preventive strategies:-

The detection of index cases of over-exposure or early diseases in medical examinations will alert the employer concerned to review and enhance appropriate, the existing preventive and control measures to protect other workers from being affected by the health hazards.

To provide occupational health education and advice to workers:-

Medical examination is a good opportunity for doctors to educate workers of the health risks

Periodic Medical Examinations:-

Periodic medical examinations aim to detect susceptible workers for whom corrective actions are required before they develop overt occupational diseases. For example, a lead worker with a high blood lead level should be suspended from work temporarily to stop further exposure to

lead and to receive necessary medical treatment. Meanwhile, safety and health measures at work should be reviewed for necessary remedial actions. The frequency of periodic medical examinations depends on the nature of the occupational hazards. For most hazardous exposures, however, these examinations are conducted annually.

Medical Examination Requirements:-

The requirements of medical examinations depend on the nature of the hazardous exposures of workers. In general, the doctor will take a detailed occupational and medical history, conduct a physical examination and prescribe a range of ancillary laboratory and/or radiological investigations such as urine test, blood test, X-ray, lung function test and audiometric test.

Reference:-

Occupational Health Service
Labor Department
Hong Kong
March 2004

The importance of periodic medical examinations for the promotion of workers' health in the 21st century:-

Taskinen H.

Organization of periodic medical examinations for workers in XXI century should correspond to requirements of swiftly developing production. Successful future of periodic medical examinations necessitates regular disclosure of new aspects of those requirements and long-term planning of their application to working environment.

Reference:-

[PubMed-indexed for MEDLINE]

Result:-

The mean age(table 1) of the participant was 24.29 while the Median was 22 also the Std. Deviation \pm 5.392(table 1-1) with 72% of them were male(table 1-2) , 97.3% Saudi(table 1-3) and 62.7 % were single(table1-4), 68% had Bachelor(table 1-5) . 61% less than 5000RS(table 1-6) as income by month and 62.7% of them was hospitalization(table 1-7) while 13.3% of them had lung diseases (table 1-8)and 29.3% had previous operation (table 1-9).

77.3 of them did not do PME (table 1-10) while 73.3% of them know its important (table 2-1) also 89.3% of them think the PME is overall for all population (table 2-2) and last thing we Put some table for some data does not effect on ours study

Table 1:-

Age	Frequency	Percent
14	1	1.3
18	4	5.3
19	3	4.0
20	7	9.3
21	16	21.3
22	9	12.0
23	7	9.3
25	4	5.3
26	4	5.3
28	4	5.3
30	4	5.3
31	3	4.0
32	1	1.3
33	1	1.3
34	5	6.7
38	1	1.3
42	1	1.3
Total	75	100.0

Table 1-1:-

Mean	24.29
Median	22.00
Std. Deviation	± 5.392
Range	28
Minimum	14
Maximum	42

Table 1-2:-

Gender	Frequency	Percent
Male	54	72.0
Female	21	28.0
Total	75	100.0

Table 1-3:-

Nationality	Frequency	Percent
Saudi	73	97.3
Non-Saudi	2	2.7
Total	75	100.0

Table 1-4:-

Data	Frequency	Percent
Married	28	37.3
Single	47	62.7
Total	75	100.0

Table 1-5:-

Edu – level	Frequency	Percent
Master	4	5.3
Bachelor	51	68.0
high school	18	24.0
intermediate	2	2.7
Total	75	100.0

Table 1-6:-

Income by month	Frequency	Percent
less than 5000 SR	46	61.3
5000 - 10000	19	25.3
more than 10000 SR	10	13.3
Total	75	100.0

Table 1-7:-

Hospitalization	Frequency	Percent
Yes	28	37.3
No	47	62.7
Total	75	100.0

Table 1-8:-

Lung diseases	Frequency	Percent
Yes	10	13.3
No	65	86.7
Total	75	100.0

Table 1-9:-

Operation		Frequency	Percent
	Yes	22	29.3
	No	53	70.7
	Total	75	100.0

Table 1-10:-

Past PME		Frequency	Percent
	Yes	17	22.7
	No	58	77.3
	Total	75	100.0

Table 2-1:-

Important		Frequency	Percent
	Yes	55	73.3
	No	20	26.7
	Total	75	100.0

Table 2-2:-

Overall		Frequency	Percent
	Yes	67	89.3
	No	8	10.7
	Total	75	100.0

Other tables does not effect on our study we put it to more information :

Heart diseases		Frequency	Percent
	No	75	100.0

Liver diseases		Frequency	Percent
	No	75	100.0

Kidney diseases		Frequency	Percent
	No	75	100.0

DM		Frequency	Percent
	Yes	1	1.3
	No	74	98.7
	Total	75	100.0

HTN		Frequency	Percent
	Yes	2	2.7
	No	73	97.3
	Total	75	100.0

Other diseases		Frequency	Percent
	yes	10	13.3
	No	65	86.7
	Total	75	100.0

PP PME		Frequency	Percent
	Yes	24	32.0
	no	51	68.0
	Total	75	100.0

Treatment PME		Frequency	Percent
	yes	70	93.3
	no	5	6.7
	Total	75	100.0

Specific PME		Frequency	Percent
	yes	13	17.3
	no	62	82.7
	Total	75	100.0

Discussion:-

- We found in our study that the participation of men more than women and most of them were young.
- 73.3% of the participation they know the importance of PME. However, most of them they did not do it, So we search about the reason and we found that the salary it can be one of the problems.
- Most of our participation there salary was less than 5000 SR (61.3%) and 82.6% of them they did not perform PME.
- 10.7% of the participation they think that the PME is not for all community.

Conclusion:-

We found in our study the number of participation was high in two categorical from the question:

1. Those who performed PME.
2. have a good awareness

The goal of screening and evaluation is to prevent the onset of disease or the worsening of an existing disease. And we can say this research covered the importance and type and target people and recommendation of periodic medical examination

Recommendation:-

- ❖ Increase educational campaigns to increase awareness of all segments of society by health organization.
- ❖ Provide PME in all primary health care centers.
- ❖ Facilitate the procedures of PME.
- ❖ Create a special department for follow-up for patient of chronic diseases in primary health care centers.
- ❖ Using modern technology to facilitate access to health services.

Limitation:

- ❖ The absence of the overall concept for the evaluation process
- ❖ The absence of enough time to prepare a research by using the program
- ❖ Difficulty to entering data to SPSS
- ❖ Lack of alternatives plans to solves the problems
- ❖ Lack of previous experience

Acknowledgement:-

We thank all those who helped us in research.

- ❖ Dean of college of medicine : Khalid alqemezi
- ❖ Supervisor of subject : Abdullah alrabeah
- ❖ Who participated us in the research and Questionnaires
- ❖ Brothers ammaralssayg to facilitated understand SPSS program and electronic Technique

References:-

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2. <http://health.yahoo.net/galecontent/periodic-health-examination>
3. <http://www.ncbi.nlm.nih.gov/pubmed/11019539>
4. <http://www.labour.gov.hk/eng/public/oh/ENG.pdf>
5. <http://www.ncbi.nlm.nih.gov/pubmed/11556036>
6. <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD009009.pub2/abstract>

Index:-**Personal data:-**

Age : Marital Status :
 Sex : Nationality:
 Education Level: Monthly income:
 Occupation :

History of diseases:-

1. Have you ever been hospitalization?
2. Do you suffer from heart diseases ?
3. Do you suffer from lung diseases ?
4. Do you suffer from liver diseases?
5. Do you suffer from kidney diseases?
6. Do you suffer from diabetes mellitus?
7. Do you suffer from hypertension ?
8. Have you ever been ?
9. Do you suffer from other diseases?
10. 10-If the answer yes please say the diseases.....

Periodic health examination:-

1. Have you ever been done PHE
2. If answer yes IS PHE related with diseases
3. Do you Realizes the important of PHE
4. Do Thought the PHE give high chance in treatment
5. Do you think the PHE related only with diseases
6. Do you think the PHE Comprehensive for all population
7. What is opinion about PHE and important