



HEALTH CHECK

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WHAT SITUATIONS REQUIRE A HEALTH CHECK?

- ❖ Routine
- ❖ Pre-school admission
- ❖ Pre-employment including domestics, food handlers
- ❖ Mandatory job requirement
- ❖ Visa/Immigration requirement
- ❖ Pre-marriage
- ❖ Pregnancy – antenatal care
- ❖ Follow-up to treatment or miracle
- ❖ Epidemics e.g. Ebola, Covid

WHAT ARE THE STEPS FOR A HEALTH CHECK?

- ❖ History
- ❖ Physical Examination
- ❖ Blood tests
- ❖ Urine tests
- ❖ Stool tests
- ❖ Samples/biopsies – skin snips/scrapings, nail clippings, hair, swabs, aspiration, wedge/trucut
- ❖ Ultrasound scan, X-rays, MRI, CT

HISTORY

- ❖ Particularly important for children, the elderly and those with disabilities e.g. the blind
- ❖ Why is the patient in the clinic?
- ❖ If there is an ailment was it of sudden onset or has it been long-standing?
- ❖ Is there a possibility of spreading to others?
- ❖ Is patient on any medication? For how long?

PHYSICAL EXAMINATION

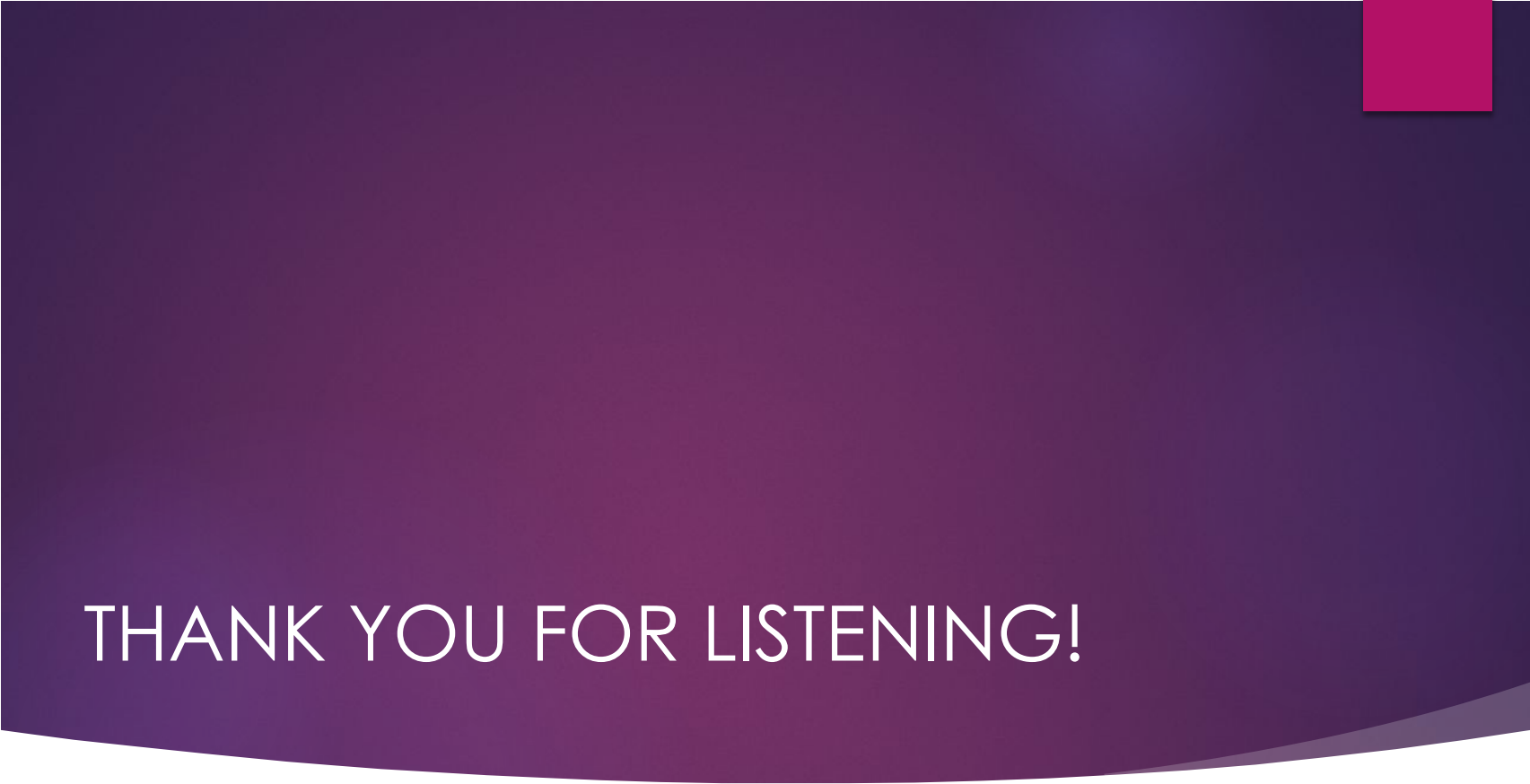
- ❖ This is crucial. The man who has a delay in diagnosis of say prostate cancer on his death bed will not ask you why you did not do the most exotic tests on him. He will ask you 'Doctor why did you not put a finger in my bum(anus)?'
- ❖ Beware of the patient with a diagnosis from 'Dr. Google' or his great aunt. Many years ago a prominent Nigerian died from lung cancer. It transpired that he had simply been intimidating his doctor by asking for bottle upon bottle of cough mixture without submitting himself to examination or investigation.
- ❖ The presence of defence wounds or injuries in various stages of healing may indicate domestic abuse
- ❖ Check blood pressure, temperature, pulse and weight

WHICH TEST?

- ❖ This will vary from one patient to another depending on need and financial capacity
- ❖ BASIC MINIMUM
 - ❖ Full blood count
 - ❖ Blood group
 - ❖ Urinalysis
 - ❖ Blood sugar
 - ❖ Chest Xray
- ❖ FOR PATIENTS OVER 45 YEARS:
 - ❖ MEN – PSA
 - ❖ WOMEN – Cervical smear, Mammography and/or breast ultrasound, Colonoscopy or CT abdomen

WHAT TO DO WITH THE RESULTS

- ❖ Ignore or don't go back
- ❖ Pray
- ❖ Get a second opinion
- ❖ Pray
- ❖ Commence treatment
- ❖ Pray



THANK YOU FOR LISTENING!

Please let me know if you have any questions.