

Service functions and utilization pattern of a newly implemented well men clinic in a selected MOH area

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This study attempts to describe service functions and utilization pattern of the newly implemented well men clinic in Arachchikattuwa Medical Officer of Health area. A descriptive cross sectional study design was used to achieve the objectives. Fourteen clinic sessions conducted during the study period revealed the following findings. Mean duration of a clinic session was approximately 4 hours. There were 34 percent referrals made among which 62.7 percent complied seeking treatment. However back referrals received were 9.6 percent. Majority of the utilizes were in the 40-44 age group (20.3 percent). They were Sinhalese (90.7 percent) and mostly married (93.9 percent). Majority were in the low socioeconomic groups with low education level. The proportions with risk factors identified were family history of a NCD (48.4 percent), smoking (37.3 percent), alcohol users (68.1 percent), overweight and obesity (20.8 percent), high WHR (42.7v), high blood pressure (2.5 percent) and urine sugar suggestive of diabetes mellitus (6.5 percent). Those with already diagnosed diabetes mellitus and hypertension were 10.7 percent and 8.2 percent respectively. Potential hypertensive's detected were 9.32 percent and potential diabetics detected were 2.9 percent. The well men clinic is useful in detecting men with risk factors and NCDs. It was evident from the study that majority of the users were those with risk factors who would be benefited. There are areas to be improved in terms of health education, use of better screening investigations, referral follow-ups and back referrals. Improvements in the information system may be able to cater to the needs of a NCD surveillance mechanism.