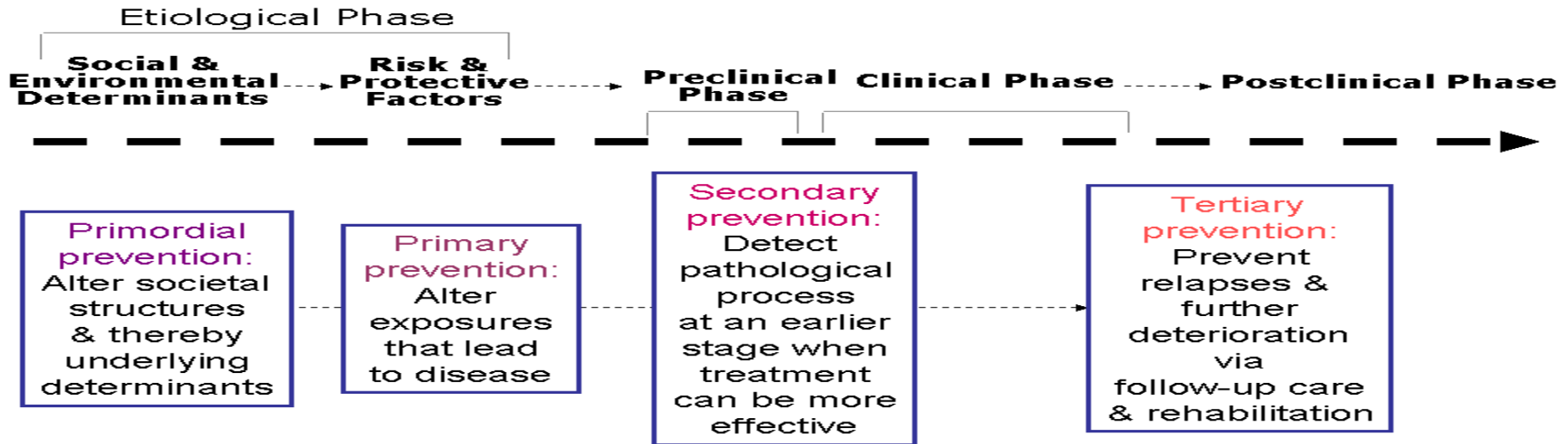


# PREPARING A TAILORED PHE PACKAGE FOR A PGH EMPLOYEE

# Objectives

1. Provide a framework to use when preparing a tailored periodic health exam package
2. Discuss each component of the framework
3. Use the framework on a sample case

# Clinical Course of a Disease, linked to prevention stages



**COPC**

**PERIODIC HEALTH EXAM**

Every consultation  
is an opportunity for prevention and the  
promotion of health

## Definition of Health (WHO)

Physical  
well-being

HEALTH

Mental  
well-being

Social  
well-being

# Physical well-being

- Genetic make up
- Lifestyle



# Mental health

- Mental health has been defined variously by scholars from different cultures
- Concepts of mental health include:
  - subjective well-being
  - perceived self-efficacy
  - autonomy
  - competence
  - Inter-generational dependence
  - self-actualization of one's intellectual and emotional potential

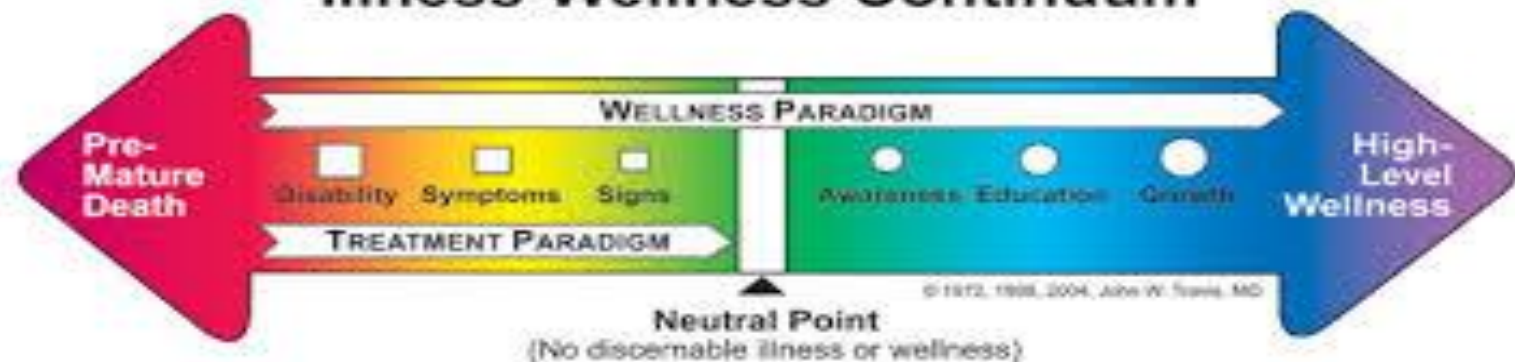
# Social well being

- Social health is defined as: how a person gets along with other people
- A person's level of support from people and institutions around them
- How well a society does at offering every citizen the equal opportunity to obtain access to the goods and services critical to being able to function as a contributing member of society



Putting wellness into action...  
in your clinical practice

## Illness-Wellness Continuum



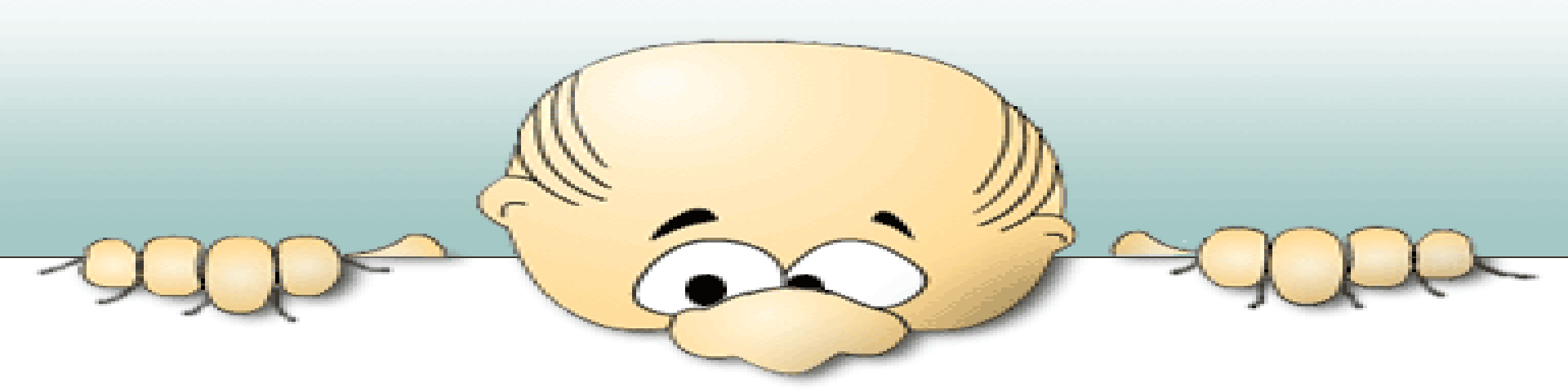
# Self-care

**Self-care is the practice of consciously doing things that preserve or improve your mental or physical health**

BMI Health Care

**We have long known that some 80 percent of health is determined by factors *outside* of the doctor's office**

Jonas W. [2019] The Importance of Self Care in Chronic Illness Management



The key to preventive  
medicine is the  
identification of risk  
factors

# Risk Assessment

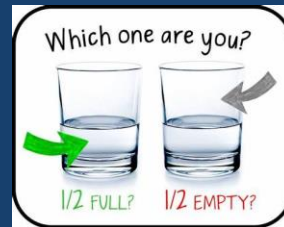


Risk assessment should include a range of **protective** as well as hazardous risk factors.



# Psychosocial Protective Factors [Adolescents and Adults]

- Optimistic outlook in life with a sense of purpose and direction
- Effective strategies for coping with challenges
- Perceived control over life outcomes
- Expressions of positive emotions
- Social integration and emotionally rewarding relationships
  - quality of relationships in the home (parent child and spousal ties) and the workplace (employer-employee and coworker relations)



# Preventive Health History

- GENERAL DATA [age, sex, gender, marital status, occupation, living arrangements]
- CURRENT MORBIDITIES AND STATUS including MEDICATIONS
- FAMILY HISTORY [3-generation genogram]
- LIFESTYLE [focus on 10 behaviors]
- IMMUNIZATION HISTORY



# LIFESTYLE

- DIET (fat, fiber, sugar, salt, caffeine, water )
- PHYSICAL ACTIVITY inclusive of exercise
- SLEEP (quantity/ quality )
- TOBACCO (active, passive) [never, ever, current]
- ALCOHOL (quantity/quality/ frequency)
- SEXUAL ACTIVITIES – Gender orientation
- STRESS and COPING BEHAVIOR
- PERSONAL HYGIENE – hand washing , COVID-19 precautions
- ENVIRONMENTAL exposure: home and work
- OCCUPATION



PHE is:

A group of tasks designed either to determine the risk of subsequent disease or to identify disease in its early symptomless state

-Feightner et al., 1995

The idea of a single annual exam appropriate for everyone was discarded in favor of individualized exams tailored to each person's unique risk for disease.

# Periodic health exam

- Lifestyle
- Screening for early detection
- Vaccination
- Chemoprevention

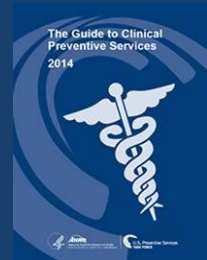
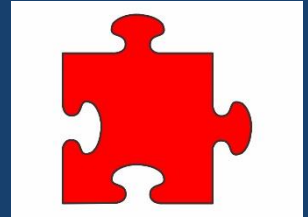


# Lifestyle

PHYSICAL	MENTAL	SOCIAL
Food and nutrition	Perceived self efficacy	Family
TOBACCO & ALCOHOL	Knowledge & skills = competence	Friends
Physical activity & sleep	Subjective well being – sense of “happiness”	Other relationships and significant others
Personal hygiene	Coping mechanisms whether adaptive or maladaptive	Access to health resources
Sexual activities		
Work hazards/environment		

# SCREENING

- Identification of risk factors - risk assessment
  - Preventive health history
    - General data: age/ sex/ gender/ marital status / ethnicity
    - Current chronic morbidities
    - Family history
    - Lifestyle
- Evidence-based recommendations



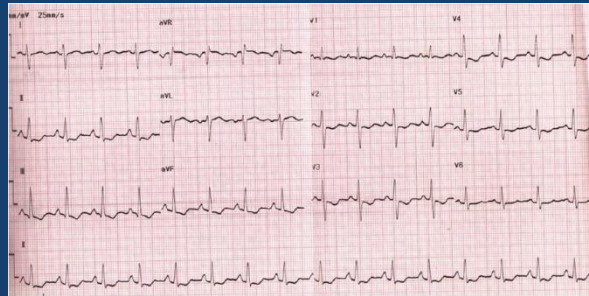
# Screening Criteria

- The condition should be an important health problem.
- There should be a treatment for the condition.
- Facilities for diagnosis and treatment should be available.
- There should be a latent stage of the disease.
- There should be a test or examination for the condition.
- The natural history of the disease should be adequately understood.
- There should be an agreed policy on whom to treat.
- The total cost of finding a case should be economically balanced in relation to medical expenditure as a whole.
- Case-finding should be a continuous process, not just a "once and for all" project

# Screening Tests



Cost-effective?





# Vaccination

- Childhood immunization
- Vaccine titers: hepatitis B/ chickenpox
- Recommendations by Philippine Foundation for Vaccination or CDC

# Chemoprevention

- Ongoing treatment for current morbidities
- Supplementations
- Chemoprophylaxis

**Design a tailored package based on risk  
assessment  
Include cost of exams**

# Sample Case

- 53 /F accountant with known hypertension currently controlled with Losartan 50 and Amlodipine 5 mg with good adherence
- One previous hospitalization for uncontrolled BP 10 years ago when diagnosis was made/ No surgeries
- G2P2 [2002] menopause at age 48
- Family history of hypertension both parents , no other heredo familial conditions
- Complete childhood immunization/ adult – 2 COVID-19 vaccines 2021 booster 2021
- Diet follows Pinggang Pinoy and DASH
- Nonsmoker, occasional alcoholic beverage drinker
- Lives with husband in a house in suburbs with youngest adolescent daughter. Older son married living with own family. Good family relations
- BMI = 24 normal physical examination since last check up three months ago

# Format of the presentation

- The employee general data
- Preventive Clinical History
- Lifestyle include recommendations if changes are needed
- Screening tests based on Risks identified
- Recommended vaccines cognizant of immunization history
- Chemoprevention in light of current risks and morbidities
- Cost of the package based on prevailing pay prices

# The Task

- You will be given the name and contact detail of the employee
- Coordinate/confirm schedule with said employee
- Do the interview and inform the said employee that you will need to present the recommendations to a UPHS consultant
- After confirmation with the consultant, inform the employee of the recommendations and ask employee have the tests done then to set up an appointment at the UPHS for the results of the screening tests

# PHEX SGD

- Schedule the session with your assigned UPHS consultant
- The schedule could either be a Thursday or Friday of the first week. You may have to follow the preferred time of the consultant. You are otherwise free for that day
- Submit a word document of the clinical history and PE of your employee patient to your preceptor for encoding to RADISH and to [kvillarante@up.edu.ph](mailto:kvillarante@up.edu.ph)



# PHILIPPINE GUIDELINES ON SCREENING, VACCINATION, AND LIFESTYLE ADVICE



These guidelines are intended for use of primary care providers.

Please fill up the fields below.

Age  Sex  Male  Female

Height  Weight

BMI

Smoking History  Yes  No  
Sexual Activity  Yes  No

Pregnant  Yes  No

Screening Strategy  Vaccination  Lifestyle Advice

Recommendations for  Recommendations Against  No Recommendations

## Strong recommendation

Strong recommendation means that desirable effects of intervention clearly outweigh undesirable effects.

Test & Disease	Frequency	Target Population	
History of Tobacco Smoking	every visit	Male or Female aged 19 years and above	<input type="button" value="Full Recommendation &amp; Evidence Summary"/>
History of Tobacco Smoking		Male or Female ages 13 to 18 years	<input type="button" value="Full Recommendation &amp; Evidence Summary"/>



# Prevention TaskForce



## Search For Recommendations

Enter the following information to retrieve recommendations from the USPSTF Preventive Services Database. When using this tool please read the specific recommendation to determine if the preventive service is appropriate for your patient. This tool is not meant to replace clinical judgment and individualized patient care.

Age

Year(s)

Weight

Kilograms

Height

Centimeters

Sex/Gender **i**

N/A

Female

Male

Pregnant

N/A

Yes

No

Tobacco User - ever

N/A

Yes

No

Sexually Active

N/A

Yes

No

Reset

Start



Topics



Bookmarks



Tools



Grades

any questions ?