

SINGAPORE'S GATEWAY EVENT

23 APRIL 04

ORCHARD HOTEL

***Health Promotion in the
Primary Healthcare Setting:
the NHGP's Experience***

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Scope of Presentation

- ***Fundamentals of Health Promotion as basis for Health Promotion and Disease Prevention strategies in NHG Polyclinics***
- ***Background to National Healthcare Group Polyclinics***
- ***Health Promotion Activities in NHG Polyclinics***

***Fundamentals of Health
Promotion as basis for Health
Promotion and Disease
Prevention strategies in NHG
Polyclinics***

Key Underlying Principles

- ***Health and illness are part of a continuum
Not a dichotomy***
- ***Understanding and seeking the
determinants of illnesses is crucial for the
prevention and effective management of
diseases***

Key Underlying Principles ***.... (contd)***



This will enable

- the well maintain good health***
- the acute sick recover quickly***
- those with chronic diseases control and stabilize their conditions well and prevent progression to complications***

Key Underlying Principles ***.... (contd)***

- ***Well controlled chronic disease helps***
prevent hospitalisation
reduce healthcare costs
improve the quality of life of those afflicted
improve the physical and mental well-being of the patient, his family and society as a whole

Levels of Health Promotion

- ***Primordial prevention*** – prevent the entrenchment of risk factors to disease in risk – free groups e.g. children
- ***Primary prevention*** – good treatment and control of risk factors to diseases. Done in primary care

Levels of Health Promotion ***..... (contd)***

- ***Secondary prevention*** – good treatment and control of diseases to prevent complications after the disease has occurred. Done in primary care and in hospitals

Key Considerations

- ***Enhancing and maximizing strategies for good care for individuals and patients in the community, is***
 - ***undisputably the most cost-effective approach to improving health, and***
 - ***one which generates the maximum returns for investments in health.***
- ***The family physician plays a major role***

Continuum Healthcare need of individuals

Wellness

Maintain and promote good health through Health Promotion / Screening / Self Care

Acute Illness

Early detection, correct diagnosis, treat well. Health promotion. Refer to hospital if Emergency

Chronic Illness

Early detection, correct diagnosis, good treatment of disease and risk factors. Health promotion / self care / self empowerment

Hospitals

Not well managed - progress to complications

Stabilise and return to primary care for good care – strong health promotion/ self care/ self empowerment

Family Physicians in the Community

Leading Causes of *DEATH* in Singapore

Leading Cause of Death in Singapore, 2002			
<i>Rank</i>	<i>Cause of Death</i>	<i>Number</i>	<i>Percent</i>
1	Cancer	4,430	28.0
2	Heart Diseases	3,828	24.2
3	Pneumonia	2,072	13.1
4	Cerebrovascular Disease	1,392	8.8
5	Injuries	1,060	6.7
6	Diabetes Mellitus	427	2.7
7	Nephritis, Nephrotic Syndrome & Nephrosis	253	1.6
8	Septicaemia	111	0.7
9	Bronchitis, emphysema & Asthma	111	0.7
10	Chronic Liver Disease & Cirrhosis	95	0.6
	Total	15,820	100.0

Leading Causes of Hospitalisation in Singapore

Leading Cause of Hospitalisation in Singapore, 2002			
<i>Rank</i>	<i>Cause of Hospitalisation</i>	<i>Number</i>	<i>Percent</i>
1	Accidents, Poisoning & Violence	35,530	9.2
2	Heart Disease	23,944	6.2
3	Cancer	22,013	5.7
4	Cerebrovascular Disease	10,041	2.6
5	Pneumonia	9,269	2.4
6	Complications related to Pregnancy	8,496	2.2
7	Infections of Skin & Subcutaneous Tissue	7,724	2.0
8	Intestinal Infections	6,952	1.8
9	Benign Neoplasms	6,565	1.7
10	Unspecified Urinary Tract Infection & Haematuria	6,565	1.7
	Total	386,200	100

LEADING CONDITIONS SEEN AT PRIMARY MEDICAL CARE CLINICS BY SECTOR, 2001

Rank	Private General Practice Clinics		Public Sector Primary Medical Care Clinics	
	Disease Condition	% of Total Attendances	Disease Condition	% of Total Attendances
	Total Attendances (in millions) = 13.73		Total Attendances (in millions) = 2.36	
1	Upper Respiratory Tract Infections	30.4%	Upper Respiratory Tract Infections	24.2%
2	Hypertension	8.2%	Hypertension	18.1%
3	Dermatological Disorders	6.1%	Diabetes Mellitus	9.8%
4	Diarrhoeal Diseases	6.0%	Arthritic Conditions and Rheumatism	5.0%
5	Arthritic Conditions and Rheumatism	5.5%	Diarrhoeal Diseases	4.0%
6	Asthma and Bronchitis	3.0%	Dermatological Disorders	3.8%
7	Diabetes Mellitus	2.9%	Perinatal Jaundice	2.1%
8	Gastritis	2.7%	Disorders of Lipid Metabolism	1.7%
9	Disorders of Back	1.6%	Asthma and Bronchitis	1.6%
10	Conditions of Female Genital Tract	1.5%	Sprains	1.5%
	Ill-defined Causes of Morbidity	7.8%	Ill-defined Causes of Morbidity	4.3%
	Other Disease Conditions	24.3%	Other Disease Conditions	23.9%

Note: Figures exclude all "well visits" i.e. health assessments, preventive care etc.

Source: 2001 Survey on Primary Medical Care in Singapore



Leading Causes of Death and their Risk Factors

National Healthcare Group
POLYCLINICS

Cause of Death Lifestyle Risk Factors	Cancers				Heart Disease	Stroke	Diabetes	HPT	Pneumonia (Hyposcho)	HIV/ AIDs/ STDs
	Lung	Breast	Colo rectal	Cervical						
Smoking	●			●	●	●	●		●	
Unhealthy Diet		●	●		●	●	●	●	●	
Sedentary Lifestyle		●	●		●	●	●	●		
Obesity		●	●		●	●	●	●		
Diabetes					●	●				
HPT					●	●				
Ageing	●	●	●	●	●	●	●	●	●	
Unhealthy Promiscuous Behaviour				●						●

Components for Health Promotion

- ***Preventive and therapeutic*** medicine – to reduce morbidity and premature mortality
- ***Education*** – provide knowledge and develop the necessary self skills
- ***Social and Behaviourial*** change – encourage and motivate individuals to adopt healthy behaviour involves a complex relationship between behaviour, knowledge, attitudes and beliefs
- ***Empowerment*** – individuals to gain skills and confidence to identify their own concerns and to be motivated to make the necessary changes

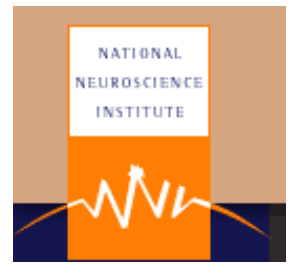
Background to National Healthcare Group Polyclinics

Background to National Healthcare Group Polyclinics

- ***At start of new Millennium (Oct 2000) public sector healthcare system divided into 2 large Health Clusters***
 - ***the Singapore Health Services and***
 - ***the National Healthcare Group***
- ***Each Cluster comprised public sector Polyclinics (primary care) Hospitals (secondary and tertiary care) and Specialist Centres***

Background to National Healthcare Group Polyclinics (contd)

- ***Aim of 2 Clusters was to develop a vertically - **integrated patient-centred and seamless healthcare service for Singaporeans*****
- ***National Healthcare Group (NHG) Polyclinics is the primary care arm of the National Healthcare Group***



Background to National Healthcare Group Polyclinics (contd)

- ***NHG Polyclinics is made up of 9 large Polyclinics which function as one-stop family health centres providing the full spectrum of primary care to all members of the family, from newborns up to the elderly***
- ***Each Polyclinic has 60 to 70 staff comprising the healthcare team – 10 to 15 doctors, 25 to 30 nurses (care managers, nurse counsellors, nurses), dietitians, podiatrists. Medico-social workers, patient service assistant, record keepers and health attendants***



Ang Mo Kio



Bukit Batok



Choa Chu Kang



Clementi



Jurong



National Healthcare Group
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Hougang



Toa Payoh



Woodlands



Yishun

Health Promotion Activities in NHG Polyclinics

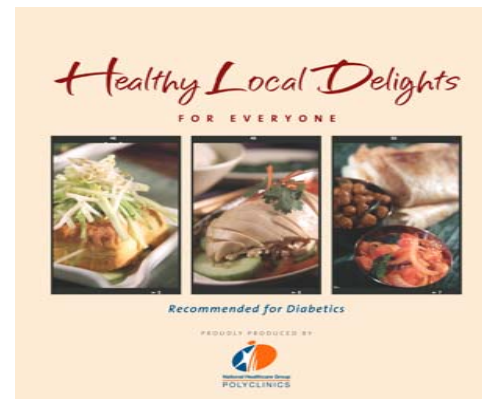
Health Promotion Activities in NHG Polyclinics

Undertaken at 3 levels

- ***Individual level – at all patient contacts and by all members of healthcare team – doctors, care managers, nurse counsellors, footcare nurses, dieticians, podiatrists***
- ***Group level –through structured group talks and interactive workshops for priority conditions to the health profile of Singaporeans***
- ***Support group level – through facilitated activities by health personnel, harnessing peer support from patients, relatives and carers.***

Health Promotion Activities in NHG Polyclinics (contd)

All supported with informative and persuasive material in the form of pamphlets, patient self guidance booklets, e.g. diabetes or HPT care, healthy cooking, audios and videos to enhance health education, self skills and self empowerment of patients



Health Promotion Activities in NHG Polyclinics..... (contd)

● *Individual Patient Counselling*

- *commences with doctor giving*

brief, relevant authoritative health education advice (e.g. smoking history /advice) and

Refer patient to appropriate member of healthcare team

- *Relevant member of healthcare team (care manager, nurse counsellors, footcare nurse, dietitians, podiatrists) follows up with counseling including customized lifestyle advice with the patient as partners, screening and assessment of conditions, imparting of selfcare skills and empowerment and also appropriate treatment and tracking of the follow-up as needed.*

Health Promotion Activities in NHG Polyclinics..... (contd)

● Structured Group Talks and Interactive Workshops

- updated health education presentation materials in priority health areas, namely :***

Hypertension

Asthma

Antenatal Care

Healthy aging

Common Women Cancers

Menopause & HRT

Care of Newborn

Stress Management

Understanding Diabetes

Heart Diseases & its prevention

Common Ailments in Children

Child Growth & Development

Childhood Immunization

Physiology of Pregnancy

Breast Self Examination

Breast Feeding

- all nurse presenters have undergone formalized training in effective presentation, audience layout, use of change of state, music at appropriate intervals and supportive material.***

Health Promotion Activities in NHG Polyclinics..... (contd)

Support Groups

Set up and active in all 9 Polyclinics for Diabetes, Hypertension and Asthma.

Involves activities such as:

- Talks given by Drs/Nurses***
- Active participation by support group I.e. patients, families***
- Quizes***
- Cooking demonstrations / Visits to market, foodcourt***
- Physical Activity***
- Sharing of Experiences and active interaction amongst support group members***

Health Promotion Activities in NHG Polyclinics..... (contd)

- ***Community Outreach Activities***
 - ***NHG Polyclinics provide talks at community venues, e.g. CCs, Schools, Libraries, upon request***
 - ***Involved in active community outreach e.g. during SARS to inform public about the disease, how it is transmitted and self-help strategies for public to protect themselves against the disease and its spread***



Health Promotion Activities in NHG Polyclinics..... (contd)

● Community Outreach Activities..... (contd)

- NHG Polyclinics host annual open house days to inform the community and public about conditions of importance, their control and prevention and screening and other services available in Polyclinics e.g. travel medicine information.***
- NHG Polyclinics support National Health Campaigns e.g. World Diabetes Day, Breast Cancer Awareness Month, No-Smoking Month etc.***



Health Promotion Activities in NHG Polyclinics..... (contd)

Disease Prevention

● Immunisation

- NHG Polyclinics administer the government's *National Childhood Immunisation Program* covering immunisation against Hepatitis B, BCG, Diptheria, Tetatinus, Whooping Cough, Polio, Mumps, Measles and Rubella (Only Diptheria and Measles are compulsory)

Given from birth with booster for relevant immunisation at 18 months. Except for Hepatitis B, all are given free.

Immunised children tracked and defaulters actively called and followed up – to ensure high level of herd immunity against these important infectious diseases

Health Promotion Activities in NHG Polyclinics..... (contd)

Disease Prevention (contd)

● Immunisation (contd)

- NHG Polyclinics also administer the **Enhanced Childhood Immunisation Programme.*****

Covers immunisation against chickenpox, Hib, meningococcal meningites, DPTa, IPV.

Given at request of parents and charges are levied.

Health Promotion Activities in NHG Polyclinics..... (contd)

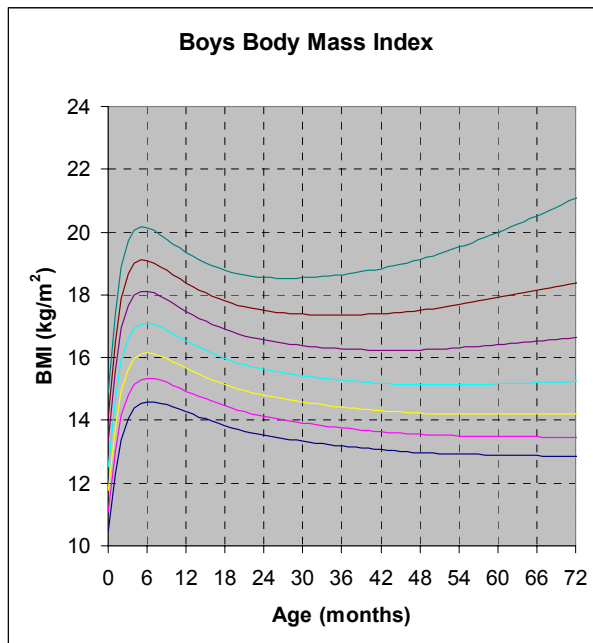
Disease Prevention (contd)

● Screening for Early Disease

- In children, the **Childhood Developmental Assessment Programme** is carried free of charge on all children at all immunisation visits and at 3 and 4 years of age.

Assessment done by nurses, doctors with active involvement of parents

- Screening is to detect early deviations from normal physical and developmental growth, for early referral treatment or stimulation as needed
- To support the developmental growth programme, NHG Polyclinics in 2001 produced updated **BMI and Head circumference Anthropometrics Standard Reference Growth Charts for children aged 0 to 6 years.**



Health Promotion Activities in NHG Polyclinics..... (contd)

Disease Prevention (contd)

● Screening for Early Disease

There are several other well-established screening programmes conducted on an organised basis in NHG Polyclinics

These includes:

- Opportunistic Screening

The screening of all 40 years and above who come to Polyclinics for any reasons, for Diabetes, HPT and Obesity (based on findings from National Health Survey results – Prompts from NHGP’s IT system)

- Active service provider for Government’s “Check Your Health Programme

Health Promotion Activities in NHG Polyclinics..... (contd)

Disease Prevention (contd)

- ***Screening for Early Disease (contd)***
 - ***Breast Cancer Screening by Mammography – a nationally supported programme***
 - ***Cervical Cancer Screening – a nationally supported programme***
 - ***Antenatal Screening – for HIV (nationally supported programme) Anaemia, Thalassaemia***
 - ***Family Planning – for health of mothers and newborns***

Health Promotion Activities in NHG Polyclinics..... (contd)

Disease Prevention (contd)

- ***Screening for Early Disease (contd)***
 - ***Diabetes Retinal Photography – using digital retinal photographs***
 - ***Diabetes Footcare Services***
 - ***HSDP Projects such as Eye Screening of the Elderly for Glaucoma, Cataracts and Visual Activity, Diabetic Footcare Screening and Treatment to prevent amputation***
 - ***DOT programme for control and elimination of TB in Singapore – STEP Programme***

This outlines the Health Promotion Programme in NHG Polyclinics.

As a frontline family healthcare provider, NHG Polyclinics is well positioned to help Build a Healthy Singapore

THANK YOU