

Let's be Healthy-an Exploration on the Effectiveness of Professional Consulting Service of the "Health Day" Program

Community Health Center, Mackay Memorial Hospital Tamsui Branch, New Taipei City, Taiwan
Tsu-Hsueh Huang R.N. Ta-Chuan Hung M.D. Lee-Hua Laio R.N.

Introduction

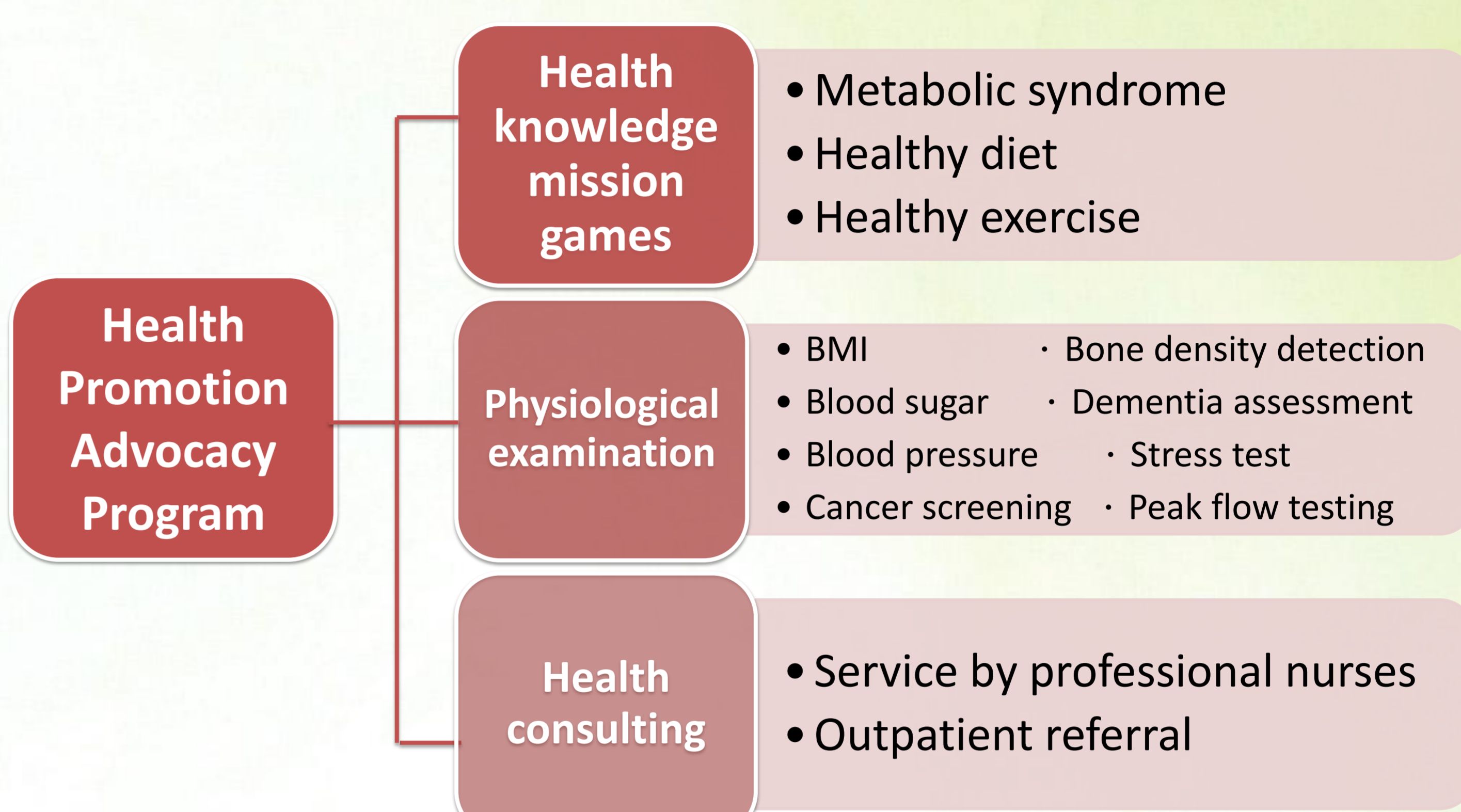
Since 2011, the entire cost-free activities on the "Health Day" were held in our hospital lounge from May to November every year. The people in the community are encouraged to participate in diversity activities including health promotion seminars, health knowledge mission games and the physical check-ups, and the professional consulting service arranged at the last stop. We hope that above activities can increase knowledge of health self-care in the community.

Purpose / Methods

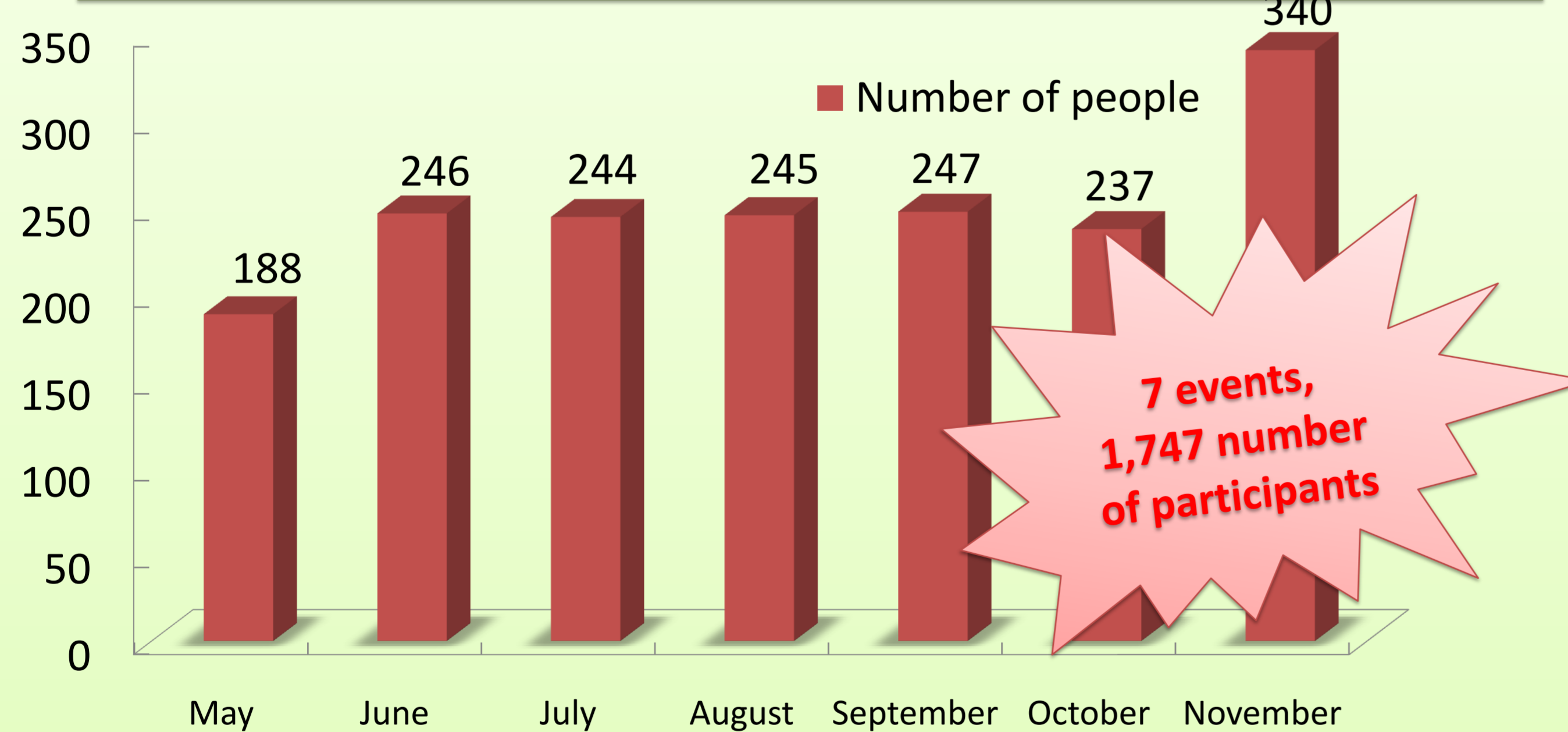
Multiple activities are setup by hospital co-operated with health promotion Advocacy program of Health Promotion Administration on "Health Day" from May to November, in 2014. The activities are as follows: the mission games including knowledge in metabolic syndrome, healthy diet and exercise; the physiological examination including BMI, blood pressure, blood sugar, bone density detection, stress test, pulmonary peak flow test, dementia assessment, and cancer screening. Finally, we provide the health consulting service by community nurses and outpatient referral when necessary.

Results

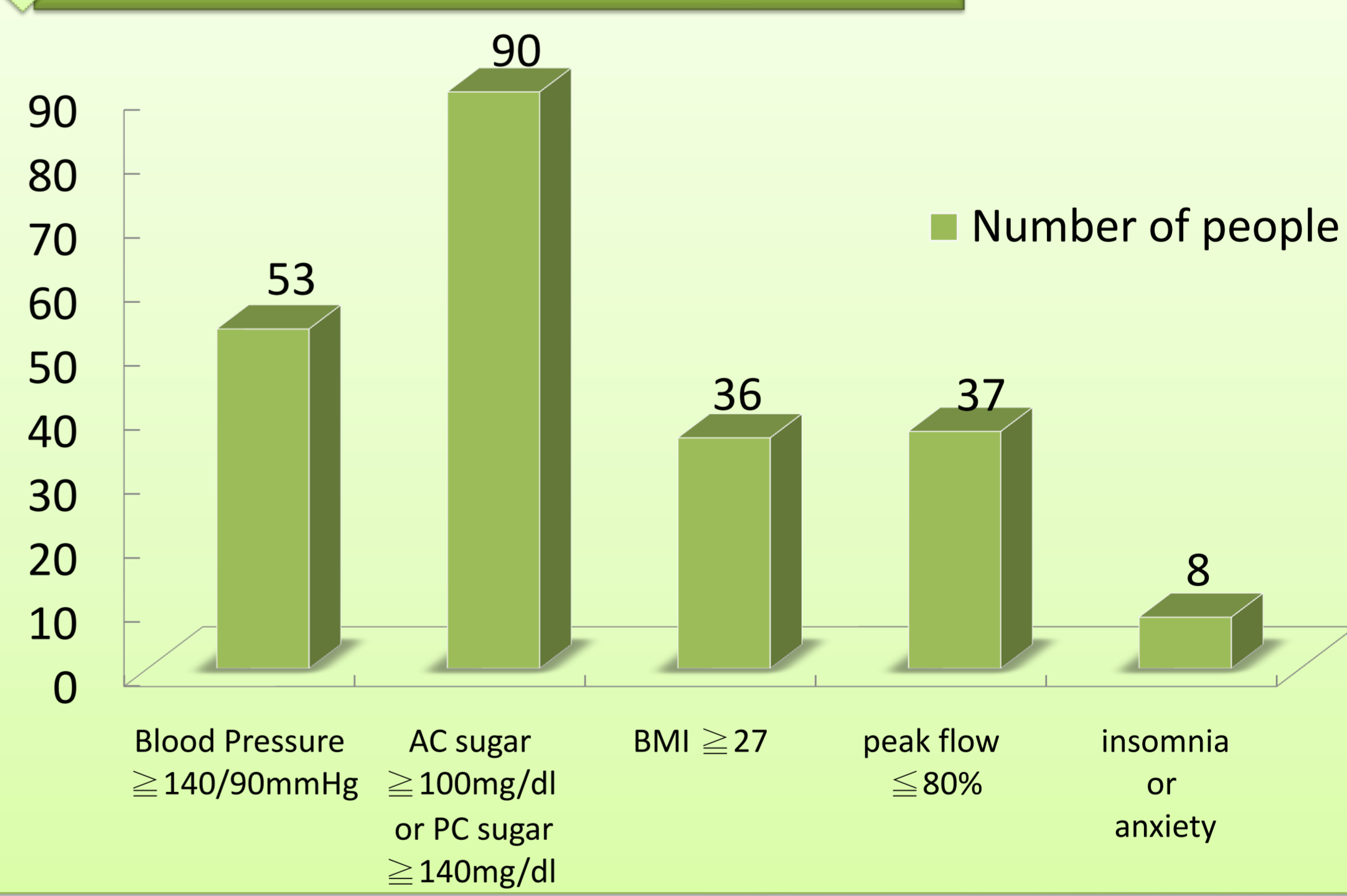
A total of seven Health Day programs were held, with 1747 people participated, A total of 304(17.4%) participants took health consulting service. Among these services, 53 (17.4%) people with blood pressure $\geq 140/90$ mmHg , 90(29.6%) people with AC sugar ≥ 100 mg/dl or PC sugar ≥ 140 mg/dl, 36(11.8%) people with BMI ≥ 27 , 37(12.2%) people with peak flow $\leq 80\%$ and 8(2.6%) people with reported insomnia or anxiety, etc. 22(7.2%) people with outpatient referral, and 21(6.9%) people with referral service of weight loss class in community.



2014 May-November
Number of Participants in Health Day Program



Health Consulting Category



Care Services

Project	Service count
Health consulting	304
Outpatient referral	22
Referral weight loss class in community	21



Conclusions

The hospital is not only a place for disease treatment, but for promoting community health. The MacKay Memorial was partnered with the Government on "Health Day" to provide a wide range of themes advocacy, interesting mission games and free health examinations which attracted many community people to participate actively. By providing professional consulting service, the program heightens the health promotion awareness, and lets people pay more attention to their health conditions that achieves the purpose of "early detection and early treatment"