

**Internship Training at MEDANTA MEDICLINIC CYBERCITY**

**GURGOAN, HARYANA**

**(1st Feb -30Th April, 2014)**

By

**Dr.Madhavi Sawaitul (PT)**

**Post-graduate Programme in Hospital & Health Management**

**2012-14**

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**PGDHM**

**2012-2014**



**International Institute of Health Management Research**

**Internship Training**

**At**

**MEDANTA MEDICLINIC CYBERCITY**

**“Preventive health assessment analysis for Corporate lifestyle”**

**By**

**Dr.Madhavi Sawaitul**

**Under the Guidance of**

**Ms. Anupama Sharma**

**Post Graduate Diploma in Hospital and Health Management**

**Year 2012-14**



**International Institute of Health Management Research**

**New Delhi**

(Completion of Dissertation from respective organization)

The certificate is awarded to

**Dr.Madhavi Sawaitul**

In recognition of having successfully completed her  
Internship in the department of Preventive health checkup department  
and has successfully completed her Project on  
**"Preventive health assessment analysis for corporate lifestyle"**

**Date from 1<sup>st</sup> Feb, 2014 to 30<sup>th</sup> April, 2014**

At

**MEDANTA MEDICLINIC CYBERCITY**

She comes across as a committed, sincere & diligent person who has a  
strong drive & zeal for learning

We wish her all the best for future endeavors

**Training & Development**

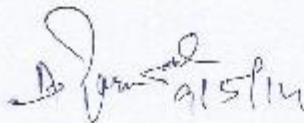
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### TO WHOMSOEVER MAY CONCERN

This is to certify that Dr. Madhavi Sawaitul student of Post Graduate Diploma in Hospital and Health Management (PGDHM) from International Institute of Health Management Research, New Delhi has undergone internship training at Medanta Mediclinic Cyher-city from 1<sup>st</sup> Feb, 2014 to 30<sup>th</sup> April, 2014.

The Candidate has successfully carried out the study designated to her during internship training and her approach to the study has been sincere, scientific and analytical.

The Internship is in fulfillment of the course requirements.  
I wish her all success in all his future endeavors.



Dr. A K. Agarwal  
Dean, Academics and Student Affairs  
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Ms. Anupama Sharma  
Asst. Professor  
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### Certificate Of Approval

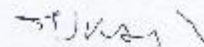
The following dissertation titled "**PREVENTIVE HEALTH ASSESSMENT ANALYSIS FOR CORPORATE LIFESTYLE**" at "**Medanta mediclinic cybercity**" is hereby approved as a certified study in management carried out and presented in a manner satisfactorily to warrant its acceptance as a prerequisite for the award of **Post Graduate Diploma in Health and Hospital Management** for which it has been submitted. It is understood that by this approval the undersigned do not necessarily endorse or approve any statement made, opinion expressed or conclusion drawn therein but approve the dissertation only for the purpose it is submitted.

Dissertation Examination Committee for evaluation of dissertation.

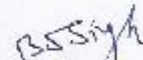
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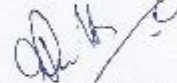
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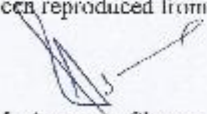
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### Certificate from Dissertation Advisory Committee

This is to certify that **Dr. Madhavi Sawaitul**, a graduate student of the **Post- Graduate Diploma in Health and Hospital Management** has worked under our guidance and supervision. She is submitting this dissertation titled **"PREVENTIVE HEALTH ASSESSMENT ANALYSIS FOR CORPORATE LIFESTYLE"** in partial fulfillment of the requirements for the award of the **Post- Graduate Diploma in Health and Hospital Management**.

This dissertation has the requisite standard and to the best of our knowledge no part of it has been reproduced from any other dissertation, monograph, report or book.

  
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**INTERNATIONAL INSTITUTE OF HEALTH MANAGEMENT RESEARCH,  
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**CERTIFICATE BY SCHOLAR**

This is to certify that the dissertation titled **"PREVENTIVE HEALTH ASSESSMENT ANALYSIS FOR CORPORATE LIFESTYLE"** and submitted by Dr. Madhavi Sawaitul Enrollment No. PG/12/043 under the supervision of Ms. Anupama Sharma for award of Postgraduate Diploma in Hospital and Health Management of the Institute carried out during the period from 1<sup>st</sup> Feb, 2014 to 30<sup>th</sup> April, 2014 embodies my original work and has not formed the basis for the award of any degree, diploma associate ship, fellowship, titles in this or any other Institute or other similar institution of higher learning.

  
Signature  
(Dr. Madhavi Sawaitul)

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## Feedback Form

Name of the Student: Dr. Madhavi Sawaitul

Dissertation Organization: Medanta Mediclinic Cyber-city , Gurgaon

Area of Dissertation: Operations

Attendance: Full, Regular

Objectives Achieved: Successfully completed the project on "**Preventive health assessment analysis for Corporate lifestyle**"

Deliverables: Patient service management.

Strengths: Good Inter-personal skills, Analytical & presentation skills  
Result oriented, Dedicated & hard working to complete the given task

Suggestions for Improvement: Time management.

Date: 7<sup>th</sup> May, 2014

Place: Gurgaon, Haryana

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*"Best is the Least We Can Do"*

## **Acknowledgement**

I owe a great debt to all the professionals at Medanta mediclinic cybercity , Gurgaon, Haryana for sharing generously their knowledge and time, which inspired me to do our best during my internship training.

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## Abstract

### **Background:**

Poor life-style includes, poor diet, lack of exercise, smoking, excess alcohol, poor sleep, stress due to heavy workload. Several factors are resulting in the increasing burden of lifestyle disease which include longer average life span, rising income, increasing tobacco consumption, decreasing physical activity and increased consumption of unhealthy food. The underlying attributable factors that cause these diseases are a complex web of social, economic and cultural changes which are inevitable in this era of urbanization and globalization. The urban people are having less physically active life-style, more exposure to products and technologies that could be unhealthy for them.

### **Objective:**

The objective of the study is to assess to understand the risk factors associated with non-communicable diseases and life-style disorders and the concept of health promotion

### **Methods and materials:**

A cross-sectional study was done in medanta mediclinic cyber-city Gurgaon . The survey asked 16 questions to ascertain major risk factor for lifestyle diseases.

### **Result:**

In corporate employee results , especially 75% age group below 40 suffering from life style diseases which indicate very unhealthy life style habits and workload. For them health awareness and promotion strategies should implement. To increase life expectancy of people and productivity of corporate organization.



**Conclusion:**

The cardiovascular mortality and hospitalisation will be largely concentrated in the prime working age group and the cost of hospitalisation is expected to increase substantially in coming years. This calls for mobilising resources, increasing access to health insurance and devising strategies for the prevention, control and treatment of cardiovascular diseases in India.

## LIST OF ABBREVIATIONS

- 1) PHP- Preventive health package
- 2) PCS- Patient care service department
- 3) IPD- In Patient Department
- 4) ISO – International Organization for Standardization
- 5) HIS- Hospital Information System
- 6) TPA- Third Party Administrator
- 7) GDA- General duty assistant
- 8) FO- Front office staff.
- 9) MRD- Medical Records Department
- 10) OT- Operation theatre
- 11) MTF – Medical Tourism Facilitator
- 12) M Visa – Medical Visa
- 13) CTVS- Cardio Thoracic Vascular Surgeries
- 14) ICU- Intensive Care Unit
- 15) IPS-International Patient Services
- 16) EMO- Emergency Medical Officer
- 17) CAD – Coronary Artery Disease
- 18) BLS- Basic Life Support
- 19) HR- Human Resource
- 20) NRI – Non Resident Indian
- 21) CT scan – Computerized Tomography Scan
- 22) IT – Information Technology

# Internship Report

## ORGANIZATION PROFILE

Medanta – The Medicity is one of India's largest multi-specialty institutes located in Gurgaon, a bustling town in the National Capital Region. Founded by eminent cardiac surgeon, Dr. Naresh Trehan, the institution has been envisioned with the aim of bringing to India the highest standards of medical care along with clinical research, education and training. Medanta is governed under the guiding principles of providing medical services to patients with care, compassion, commitment.

Spread across 43 acres, the institute includes a research center, medical and nursing school. It has 1250 beds and over 350 critical care beds with 45 operation theatres catering to over 20 specialties. Medanta houses six centers of excellence which will provide medical intelligence, cutting-edge technology and state-of-the-art infrastructure with a well-integrated and comprehensive information system.

Medanta – The Medicity brings together an outstanding pool of doctors, scientists and clinical researchers to foster collaborative, multidisciplinary investigation, inspiring new ideas and discoveries; and translating scientific advances more swiftly into new ways of diagnosing and treating patients and preventing diseases. A one-of-its-kind facility across the world, Medanta through its research integrates modern and traditional forms of medicine to provide accessible and affordable healthcare.

## Vision & Values

"The Institute is governed under the guiding principles of providing affordable medical services to patients with care, compassion & commitment.

## Mission

"Our mission is to deliver world class health care by creating institutes of excellence in integrated medical care, teaching and research. We aspire to create an ethical & safe environment to treat all with respect and dignity."

## Beliefs:

- Integrity
- Compassion
- Transparency
- Affordability
- Futuristic medical practice
- Professionalism

## **Medanta-Institutes,Divisions & Departments**

Medanta has 9 multi-specialty institutes and over 20 specialty divisions and departments, including:

### **Institutes**

- Medanta Heart Institute
- Medanta Institute of Neurosciences
- Medanta Bone & Joint Institute
- Medanta Kidney & Urology Institute
- Medanta Cancer Institute
- Medanta Institute of Critical Care & Anesthesiology
- Medanta Institute of Digestive & Hepatobiliary Sciences
- Medanta Vattikuti Institute of Robotic Surgery
- Medanta Institute of Liver Transplant & Regenerative Medicine
- 

### **Divisions**

- Division of Endocrinology & Diabetes
- Division of GI & Bariatric Surgery
- Division of Peripheral Vascular & Endovascular Sciences
- Division of ENT & Head Neck Surgery
- Division of Gynaecology & Gynaec Oncology
- Division of Internal Medicine
- Division of Mental Health & Quality of Life
- Division of Ophthalmology
- Division of Plastic, Aesthetic & Reconstructive Surgery
- Division of Radiology & Nuclear Medicine
- Division of Chest clinic

### **Departments**

- Department of Dental Surgery
- Department of Integrative Medicine & Holistic Therapies
- Department of Rheumatology & Clinical Immunology
- Department of Dermatology
- Department of Pathology and Laboratory Medicine
- Department of Pediatric Gastroenterology, Hepatology and Liver Transplantation
- Department of Physiotherapy and Rehabilitation
- Department of Respiratory & Sleep Medicine
- Department of Transfusion Medicine (Blood Bank)
- Medanta Emergency and Trauma Care
- Medanta Breast Service
- Pharmacy



## **Technology**

- 256 Slice CT
- Brain Suite, Intra-Operative Imaging Operating Theater
- Da Vinci Robot for Minimal Invasive Surgery
- Artis- Zeego Endovascular Surgical Cath Lab
- 4 Linear Accelerators (provision for IGRT/ IMRT) (radiation surgery)
- Tomotherapy
- Integrated Brachytherapy Unit with remote controlled HDR
- 3.0 Tesla MRI
- PET CT
- Gamma Camera
- Digital X-Ray, Fluoroscopy, Bone
- Densitometry
- 3D and 4D Ultra Sound
- Digital Mammography

## **International Patient Services**

Medanta provides international patient services, which includes all medical and non-medical services for the patients. The air-ambulance can be called in cases which require emergency evacuation and pick up for medical attention.

### **Recognitions:**

**NABH** -Medanta has been recognized with NABH standards i.e. the hospital is accredited by ISQua (International Society for Quality in Healthcare).

**JCI** -Medanta received JCI accreditation in 2013, which is considered the gold standard in global health care as JCI consultants are the most skilled and experienced in the industry

### **Awards**

Medanta received the Healthcare Excellence Award for being the Multi Super Speciality Hospital and Research Centre of the year 2013

Medanta won the Best Multi Specialty Tertiary Hospital award in the year 2013 in an event organized by VCCircle.

Dr. Naresh Trehan was felicitated with the certificate of excellence in the field of cardiovascular and cardiothoracic surgery.

### **Milestones**

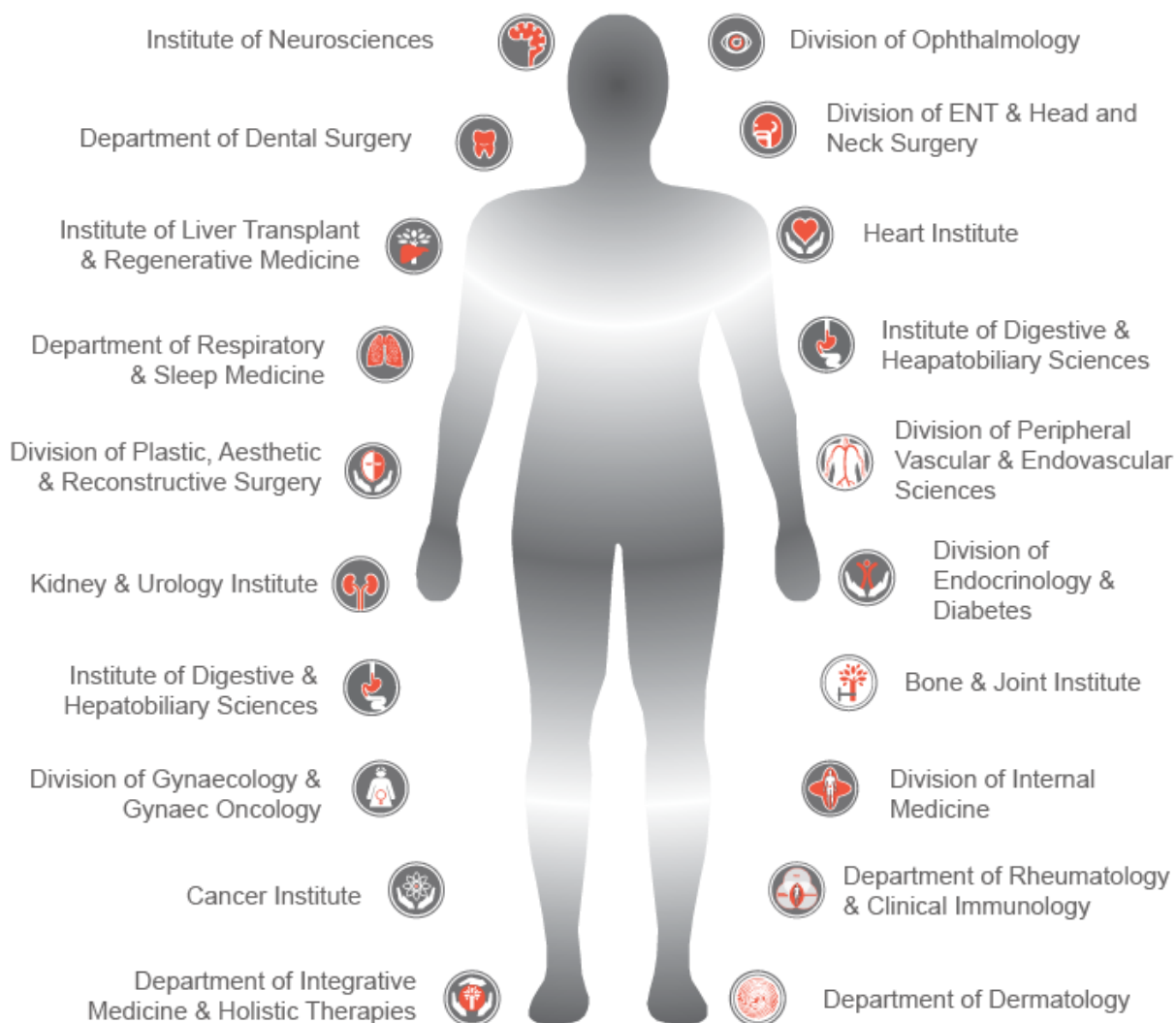
#### **Flying Doctors India**

In June 2013, Medanta launched India's first state-of-the-art Air Ambulance, Flying Doctors India. Flying Doctors is first of its kind in the country with a noble cause attached with it. Its "PILATUS PC-12" aircraft is a dedicated air ambulance that can transfer any patient, anytime, anywhere from India and abroad with a goal to provide critical care at the time of transit.

## Medanta Mediclinic Cybercity

In keeping with our mission to deliver superlative healthcare, Medanta has partnered with DLF and launched the Medanta Mediclinic in DLF Cybercity, building 10 C. The Mediclinic, an extension of our commitment to provide medical excellence, is a multi-super speciality clinic and outpatient facility that will deliver healthcare services to corporates in Cybercity. With over 2.5 lakh individuals working everyday in Cybercity, premium corporate healthcare is essential. Thus, as DLF's official health partner, Medanta will care for the health and safety of every single member of the DLF Cybercity workforce.

### The DLF Cybercity Medanta Mediclinic shall offer access to :



### Diagnostic Services :

Avail Medanta's pioneering diagnostic services including:

#### Laboratory tests

- Sample collection for all lab tests
- Office & Home Sample collection service

#### Radiology

- X-ray
- Ultrasound

#### PFT (lung function test)

#### Cardio-pulmonary diagnostics

ECG  
TMT  
ECHO  
Stress ECHO

### Executive Health Check-ups

The customized and thorough executive health check-ups and wellness programsme :

- |                                    |                         |
|------------------------------------|-------------------------|
| 1) Basic Health Check .            | 4) Whole body – Women.  |
| 2) Executive health check – Women. | 5)Whole body – Men.     |
| 3) Executive health check – Men .  | 6)Pre-employment check. |

### Specialty Clinics

Run by a team of multi-disciplinary experts to ensure an integrated treatment approach:

- |                                  |                             |
|----------------------------------|-----------------------------|
| 1. Heart Disease Reversal Clinic | 5. Hypertension Clinic      |
| 2. Diabetes Clinic               | 6. Obesity Clinic           |
| 3. Men's Health Clinic           | 7. Women's Health Clinic    |
| 4. Stress reduction Clinic       | 8. Stomach Disorders Clinic |

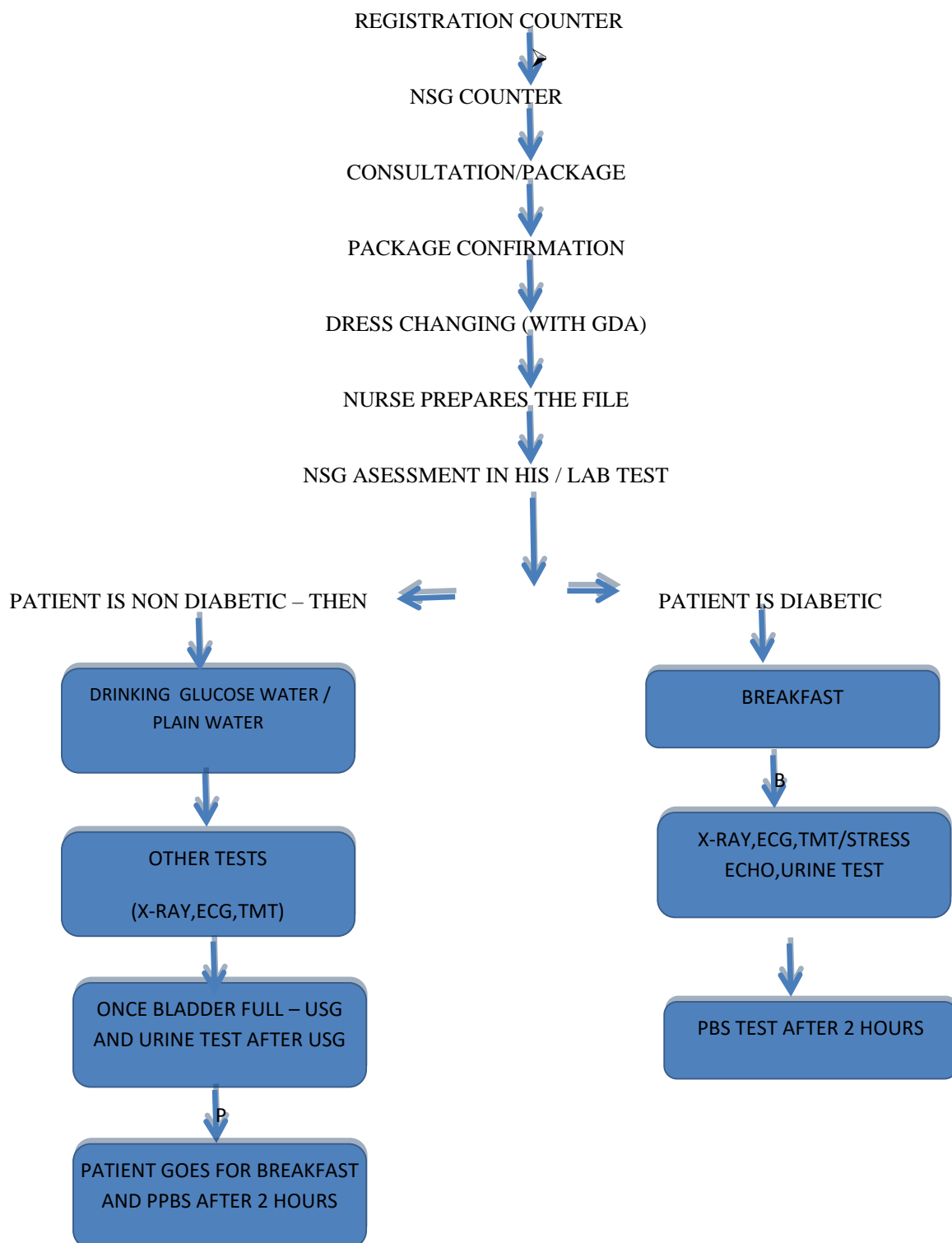
### Medical Emergencies

As DLF's health partner Medanta will be providing Cybrcity's 2.5lakh individuals life-saving medical emergency response in any corporate situation. Our dedicated fleet of ambulances between Cybrcity and Medicity and our emergency response management at the Cybrcity Mediclinic are equipped to handle any medical emergency

### Tele-Medicine Centres

Mediclinic also provide any location in India access to primary & secondary health centres through our various Tele-Medicine Centres.

## PATIENT FLOW CHART



After every tests co-coordinator brings back the patient to registration counter and report collection on next day

- Respective departments has to give the reports to nursing counter and nurse has to collect lab reports and give the receiving sign .
- Completed files will be counter checked by the nurse in charge and keep it in reception under lock and key.
- Handing over the reports to patient by receptionist only after entering in report hand over register. if patient needs consultation guide them to consultation room

## Tasks Performed:

The Patient Services will be expected to develop, organise and manage the day to day delivery of services to our patients including the reception area of the practice. The post holder will implement agreed policies and consider the introduction of new services to ensure the quality and efficiency of services we deliver. Responsible for managing the team of receptionists and ensuring their development. The post holder is responsible to the Practice Manager, but will also liaise closely with all the partners, Nurse Manager and Data Quality & IT Manager.

### Objective:

- To study the process flow of the department.
- To observe the deviations in each step of the flow.
- To give recommendations for improvement of current process.

## Key Learning's during Dissertation Training:

### 1. Management of Patient Services

- To undertake the day to day management of reception services.
- To ensure that existing reception and administrative systems are functioning efficiently.
- To monitor these systems and make suggestions for improvement.
- To maintain the timetabling arrangements for all clinical appointments.

### 2. Maintenance of the Reception and Waiting Area

- To ensure that the reception and waiting areas are comfortable and there are suitable means to display and make information for patients available.
- To ensure that the waiting rooms, reception area and storage areas are kept clean and tidy.
- To liaise with the Practice Manager / Office Administrator regarding any maintenance work identified in the patient and reception areas.
- To implement practice policies and procedures regarding health and safety in reception and waiting areas.
- To have a clear understanding of telephone systems, daytime and out of hours

### 3. Information Management

- To act as the lead with regard to the development of the computerized appointments system. To liaise with the Data Quality/IT Manager to identify any maintenance issues regarding the appointments system

### 4. Health and Safety responsibilities

The post-holder will assist in promoting and maintaining their own and others' health, safety and security as defined in the practice Health & Safety Policy

### 5. Equality and Diversity

- Acting in a way that recognizes the importance of people's rights, interpreting them in a way that is consistent with practice procedures and policies, and current legislation
- Respecting the privacy, dignity, needs and beliefs of patients, carers and colleagues
- Behaving in a manner which is welcoming to and of the individual, is non-judgmental and respects their circumstances, feelings priorities and rights.



## **6. Personal Development and responsibilities**

- To strive to maintain quality within the practice and to alert other team members and line manager to issues of quality and risk.
- To assess own performance and take accountability for own actions, either directly or under supervision.
- To contribute to the effectiveness of the team by reflecting on own and teams performance and making suggestions to improve and enhance activities.
- To work effectively with individuals in external agendas to meet patient needs.
- To effectively manage own time, workload and resources.

## **7. Communication**

- Communicate effectively with other team members
- Communicate effectively with patients and carers
- Recognize people's needs for alternative methods of communication and respond accordingly.
- Support colleagues and visitors when they are distressed / angry by behaving appropriately; recognizing your limitations and seeking assistance from others

## **8. Contribution to the Implementation of Services**

Apply practice policies, standards and guidance

- Discuss with other members of the team how the policies, standards and guidelines will affect own work
- Participate in audit where appropriate.

# Dissertation Report

## INTRODUCTION

Wellness....

Wellness is an interactive process of becoming aware and practicing healthy choices to create a more successful and balanced lifestyle. Physical wellness is not gained overnight; it is cultivated over time.

Physical wellness involves understanding that eating well, exercise and healthy lifestyle choices are important; that making healthy lifestyle choices today will affect how you feel tomorrow, how long you live, and perhaps more importantly the quality of your life.

Corporate Wellness is a uniquely specialized, highly qualified resource bank. When you turn to Corporate Wellness, you are connecting with a partner that can understand your requirements and help you deliver wellness programs that save time and money, conserve valuable staff resources and offer your employees high-quality employee health and wellness services.

Our society has evolved in a remarkable way from nomadic hunters to health conscious civilians. With progression we have everything at our disposal today. Medical science has been transformed with regard to facility and innovation. Yet, health-related issues continue to be the prime concern. They are getting more complicated as our lifestyle is becoming more versatile than ever. The relationship between changing lifestyle and health improvement is already established and there is a wealth of literature to support it. Several key variables predict positive lifestyle changes across multiple health domains. More specifically, past health behavior, demographics, personality traits, social support, family functioning, ongoing contact with healthcare providers and an individual's social ecology or network predict lifestyle change and adherence to lifestyle interventions.

Genetically, Indians are more prone to lifestyle disorders and they occur at a very young age. Obesity, lack of physical activity and exercise, mental stress and tension, pollution, alcohol and smoking- these are the major culprits. Interestingly, more than half of the issues can be resolved by just one essential practice- prevention.

In India, rapid urbanization and globalization mainly contribute towards increased number of people suffering from life-style disorders. Despite strong evidence of the magnitude of this burden to human health, national and global actions remain inadequate to tackle the preventability of its causes, and the threat it poses. India is now home to the largest population of diabetic cases in the world, where 30 million are affected. This number is expected to grow to 57 million by 2025.

The burden of cardiovascular disease is rising in India. Compared to all other countries, India suffers the highest loss in potentially productive years of life due to deaths from cardiovascular disease in people aged 35-64 years (9.2 million years lost in 2000). By 2030, this loss is expected to rise to 17.9 million years.

Health Information of India, 2005 has identified six key sets of “risk factors” responsible for a major share of adult non-communicable disease morbidity and premature mortality.

These are:

- i. Cigarette use and other forms of tobacco use in various forms
- ii. Alcohol abuse
- iii. Failure or inability to obtain preventive health services
- iv. Life-style changes (easy dietary patterns, physical inactivity)
- v. Environmental risk factors
- vi. Stress factors

The levels of education and training of health care providers of diverse categories were enhanced as relevant to chronic disease prevention, surveillance, and management. Keeping this in view the training programme was organized to enhance the capacity of health professionals in the management of life-style disorders.

DLF Cybercity, India’s largest integrated business district and Dr. Naresh Trehan led Medanta have jointly collaborated to make DLF Cybercity a self-sustained workplace by launching The Medanta Mediclinic in building 10C, DLF Cybercity. The launch of the Medanta Mediclinic facility in DLF Cybercity is in accordance with DLF’s mission to deliver **unmatched facilities to the massive workforce of DLF Cybercity.**

A multi-super speciality clinic and outpatient facility is an extension of Medanta – The Medicity in Gurgaon, which will deliver excellent healthcare facilities to every single individual in Cybercity district. The Medanta Mediclinic was inaugurated by Dr. Naresh Trehan and Mr. Amit Grover, National Director – Offices. The clinic is located on the ground floor of building 10C and is spread across an area of 6216 sq. ft.

It will provide immediate **emergency care and day care facility** to the Cybercity employees. The service offerings will include consultation with Medanta’s expert doctors from over 30 facilities, diagnostic services, speciality clinics which will be run by leading experts to focus on specific health issues, medical emergencies and executive health checkups.

Speaking on the occasion, \*Mr. Ramesh Sanka, Managing Director, Rentco\*, said, “DLF Cybercity is home to many global MNC’s and Fortune 500 companies, with over two lakh workforce. We felt that presence of a super-speciality healthcare center to handle any emergency and availability of experts for immediate consultancy within the business district was a necessity. We are thankful to Dr. Trehan to give impetus to the idea and for accepting our request to open The Medanta Mediclinic in DLF Cybercity.” Commenting on the launch, \*Dr. Naresh Trehan, Chairman & Managing Director\*, Medanta – The Medicity said, “Medanta Mediclinic at DLF Cybercity is an extension of our vision to provide the highest standard of medical services accessible for all.

The clinic is a multi super-specialty clinic and day-care facility, set up as an extension of our flagship hospital in Gurgaon. It is the immediate emergency care and conveniently located one-step wellness destination for the urban population working at DLF Cybercity. Besides having a team for medical emergencies, the Mediclinic will also provide direct access to Medanta’s world renowned doctors.” The opening of the Mediclinic will prove an efficient appendage to DLF Cybercity as this fulfills the vision and commitment of DLF for delivering exceptional facilities to the business district.

## RATIONALE OF THE STUDY

*“Increasing prevalence of lifestyle diseases: high time for action”*

In DLF Cyber-city , Gurgaon is hub of corporate offices ,almost 2.5 lakh employees are working in this area. Form last 3 years growth of corporate employee is tremendous. The burden of cardiovascular disease is rising in the Cyber-city day by day due to unhealthy lifestyle habits and workload .Last year ,amount 2.5 lakhs employee 22% young employee die due to heart attack those are below age 40 year.

So, need of study to find out cause and implement good health among the corporate employee by assessing their preventive health checkup result by comparing their lifestyle habits and age group.



## GENERAL OBJECTIVE

*“Preventive health assessment analysis for corporate lifestyle.”*

### Specific Objectives

- To Understand the risk factors associated with non-communicable diseases and life-style disorders
- To Understand the concept of health promotion
- Management of life style disorders.

### Scope of the study.

To sensitize and enhance the capacity of the health personnel in the management of life-style disorders.

## Review of literature

1. World Health Organization (WHO). Sedentary lifestyle: a global public health problem. The WHO's World Health Report 2002 identified five important risk factors for non-communicable disease in the top ten leading risks to health. These are raised blood pressure, raised cholesterol, tobacco use, alcohol consumption, and overweight. It has been estimated that if the primary risk factors were eliminated, 80% of the cases of heart disease, stroke and type 2 diabetes and 40% of cancers could be prevented. Interventions targeting the main risk factors could have a significant impact on reducing the burden of disease worldwide. Efforts focused on better diet and increased physical activity have been shown to control the prevalence of NCDs.
2. Workplace Wellness Programs Can Generate Savings By Katherine Baicker, David Cutler, and Zirui Song .doi: 10.1377/hlthaff.2009.0626HEALTH AFFAIRS 29, NO. 2 (2010) Amid soaring health spending, there is growing interest in workplace disease prevention and wellness programs to improve health and lower costs. In a critical meta-analysis of the literature on costs and savings associated with such programs, we found that medical costs fall by about \$3.27 for every dollar spent on wellness programs and that absenteeism costs fall by about \$2.73 for every dollar spent. Although further exploration of the mechanisms at work and broader applicability of the findings is needed, this return on investment suggests that the wider adoption of such programs could prove beneficial for budgets and productivity as well as health outcomes.

3. Preventive Health Programme Understanding Preventive Health Check market dynamics, competition benchmarking and recommendations for product and process improvement. by ASHISH KUMAR GUPTA PGDM 2009-11 in 2009 – 09DM028 Birla Institute of Management Technology .

Physical wellness involves understanding that eating well, exercise and healthy lifestyle choices are important; that making healthy lifestyle choices today will affect how you feel tomorrow, how long you live, and perhaps more importantly the quality of your life.

Corporate Wellness is a uniquely specialized, highly qualified resource bank. When you turn to Corporate Wellness, you are connecting with a partner that can understand your requirements and help you deliver wellness programs that save time and money, conserve valuable staff resources and offer your employees high-quality employee health and wellness services.

Our society has evolved in a remarkable way from nomadic hunters to health conscious civilians. With progression we have everything at our disposal today. Medical science has been transformed with regard to facility and innovation. Yet, health-related issues continue to be the prime concern. They are getting more complicated as our lifestyle is becoming more versatile than ever. The relationship between changing lifestyle and health improvement is already established and there is a wealth of literature to support it. Several key variables predict positive lifestyle changes across multiple health domains.

Genetically, Indians are more prone to lifestyle disorders and they occur at a very young age. Obesity, lack of physical activity and exercise, mental stress and tension, pollution, alcohol and smoking- these are the major culprits. Interestingly, more than half of the issues can be resolved by just one essential practice- prevention.

## Limitations

**Inclusion Criteria:** Corporate employee below 50 year age

**Exclusion Criteria:** Corporate employee above 50 year age.

## METHODOLOGY

**Study area** : Medanta mediclinic cybercity,Gurgoan,Haryana

**Study population** : Corporate Employee.( below age 40) .

**Sample size**: 75

**Sampling method** Non probability randome sampling

**Study design** Cross Sectional & analytical Study

**Data collection tool** : Patient assessment form and report portal(Annexure A)

**Type of data & Source of data** Qualitative data from Primary source

**Study Period** March -April 2014

**Statistical software used for data analysis** MS Excel 2007

**Inclusion Criteria**: Corporate employee below 40 year age

**Exclusion Criteria**: Corporate employee above 40 year age.

## Data Analysis and Interpretation

Table 1: Sample size

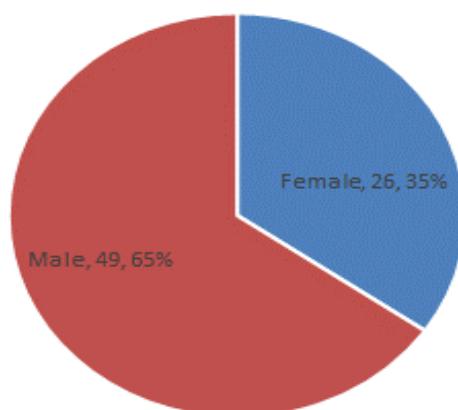
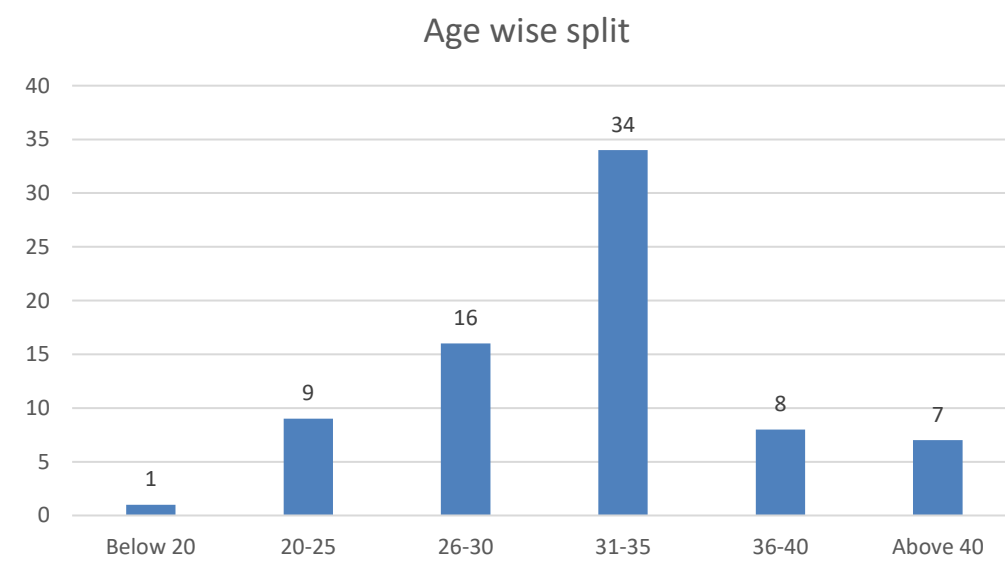
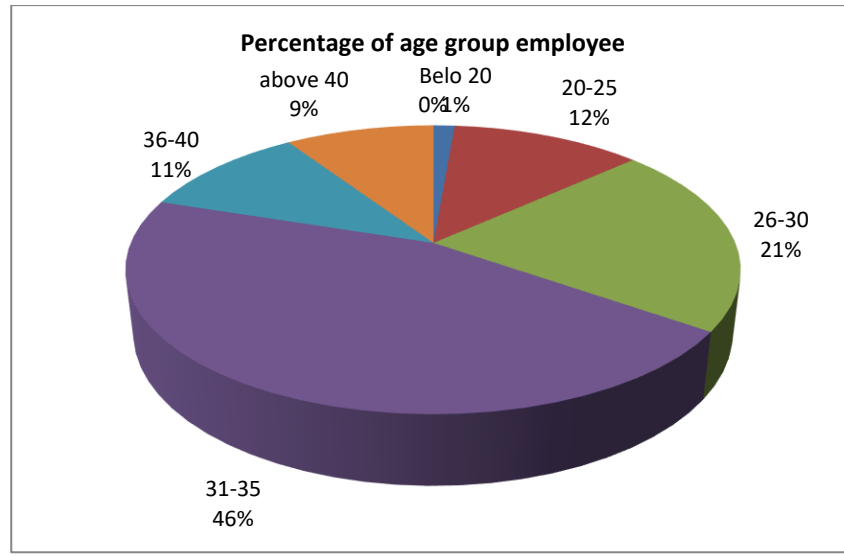


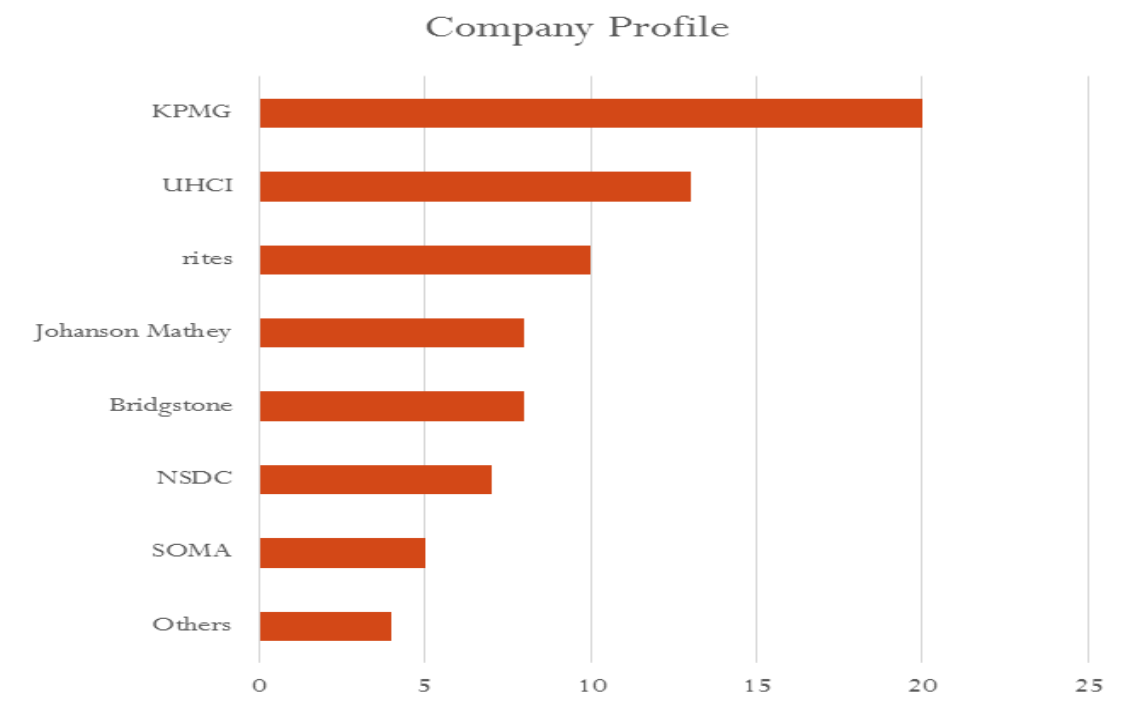
Table 2: Age group.



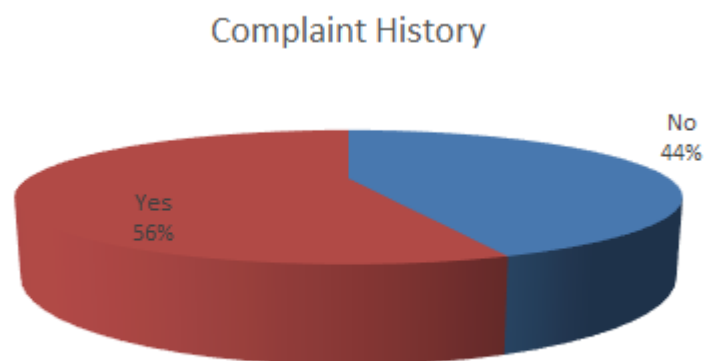
**Table 3: Percentage of age group employee**



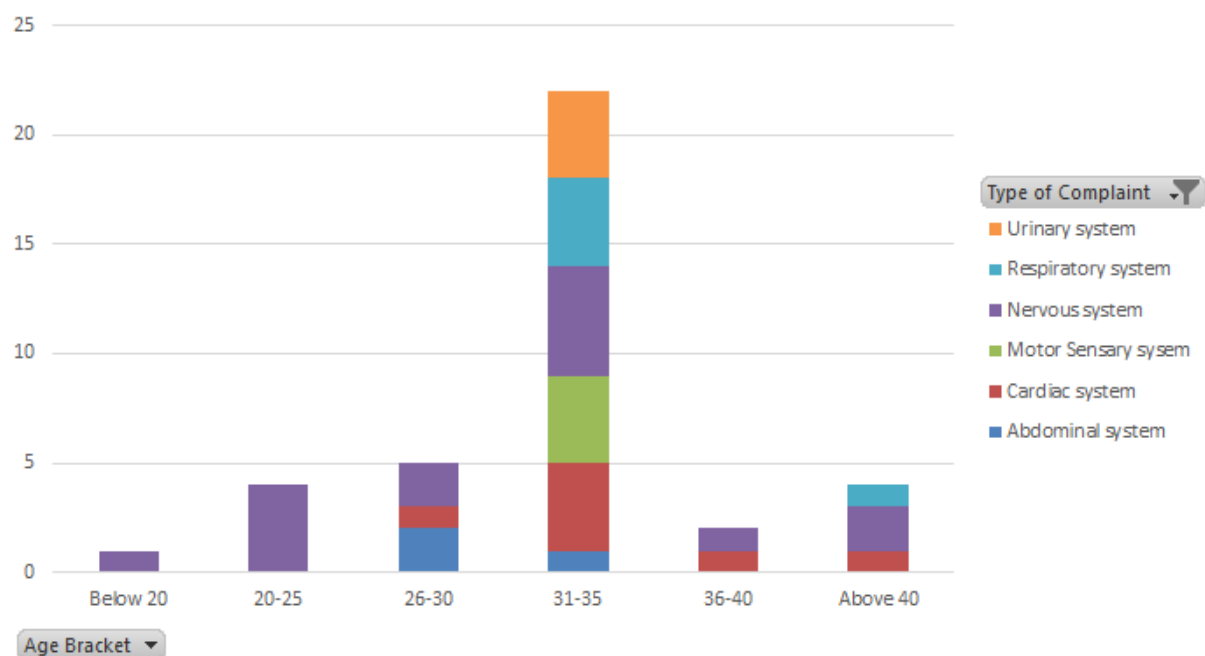
**Table 4: Company profile**



**Table 5: Past medical History among corporate employee.**

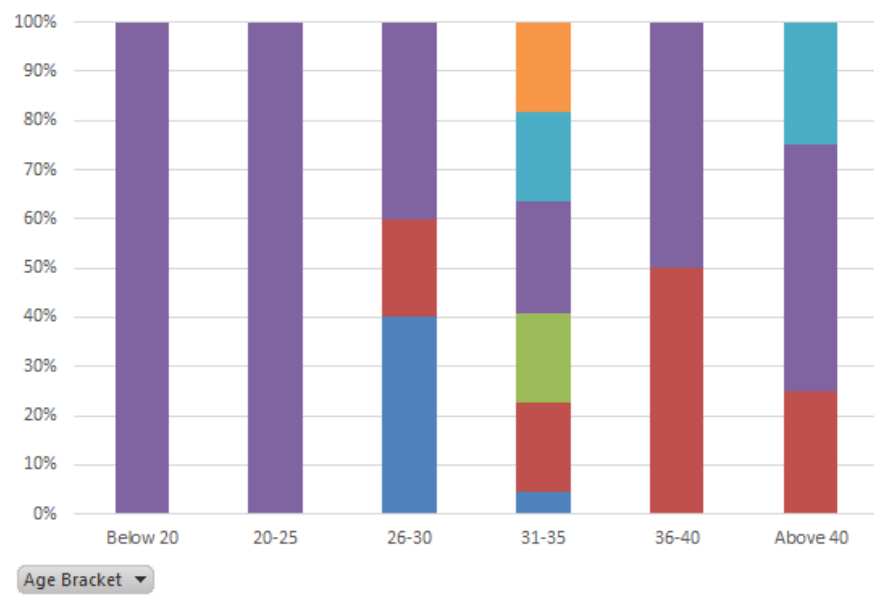


**Table 6: Different age group with past medical history.**





**Table 7: Percentage of different age group with past medical history.**



**Table 8: Percentage of alcohol user according to age group**

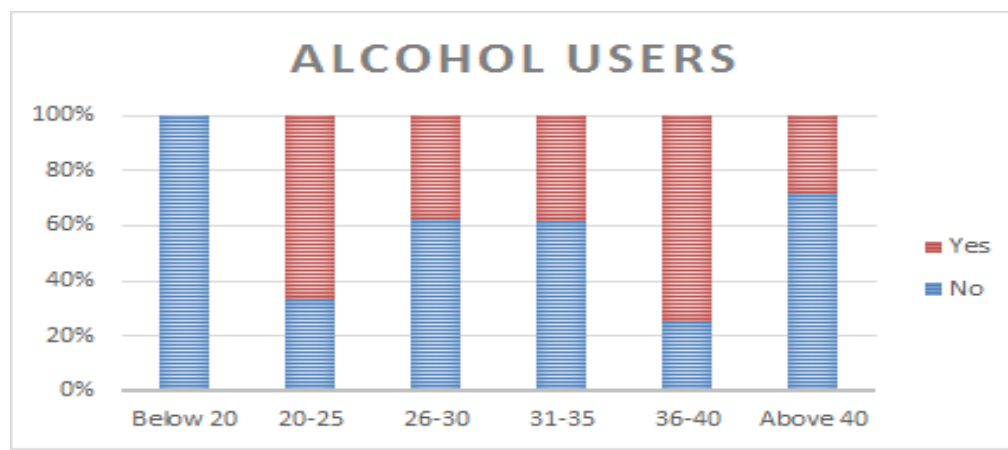


Table 9: Percentage of tobacco user according to age group

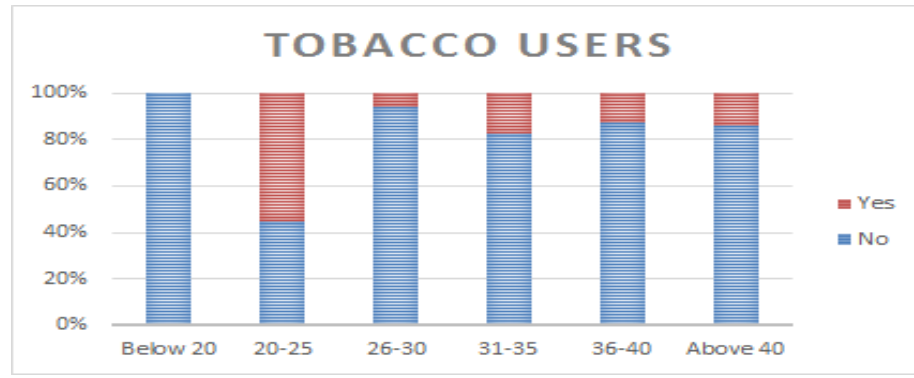
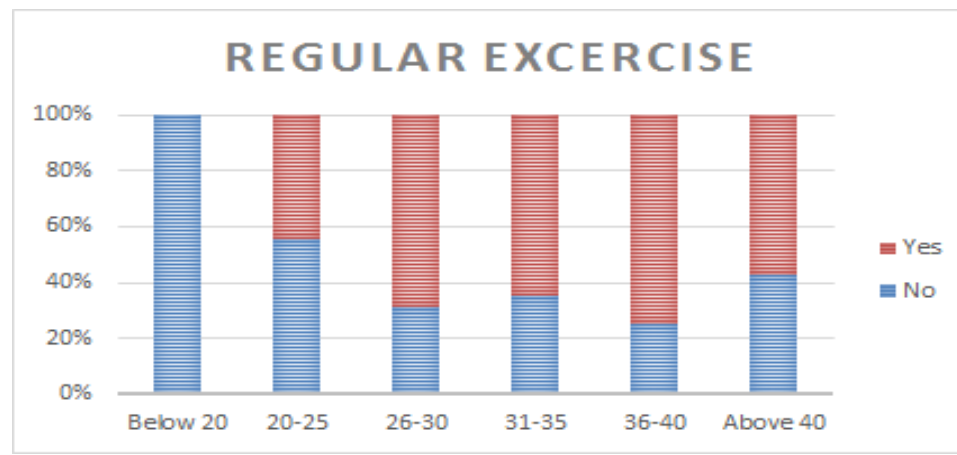
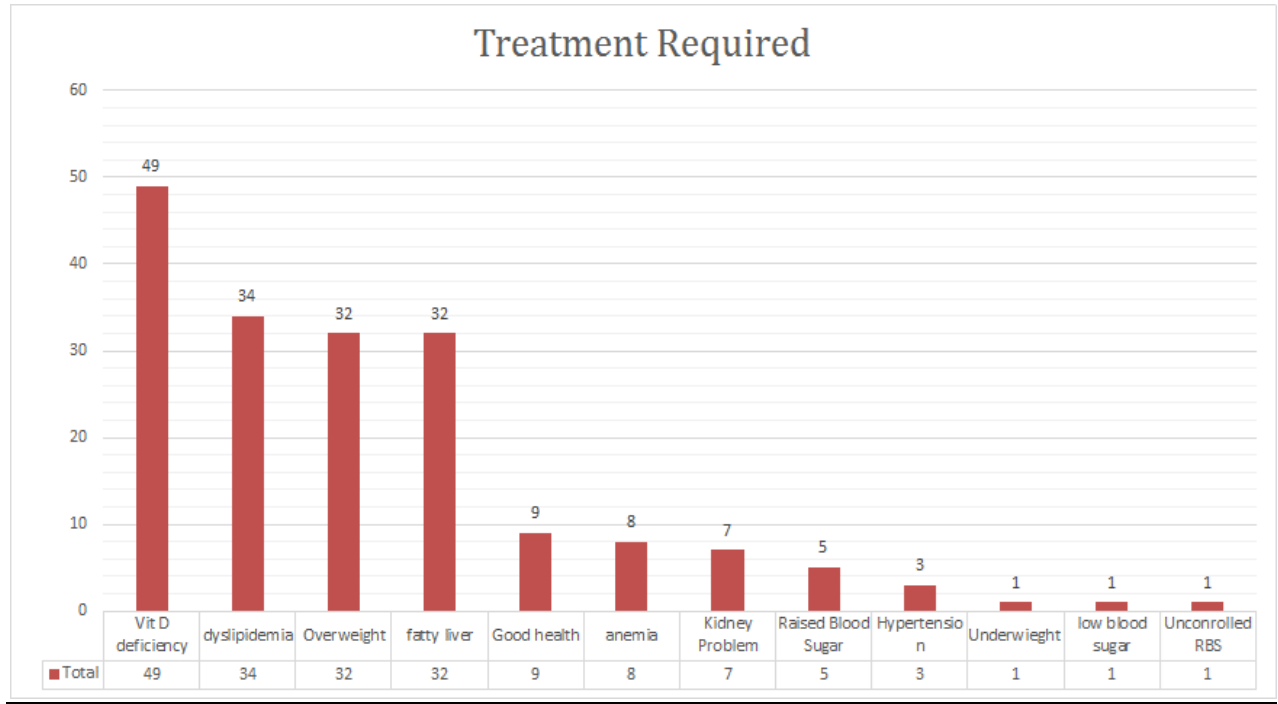


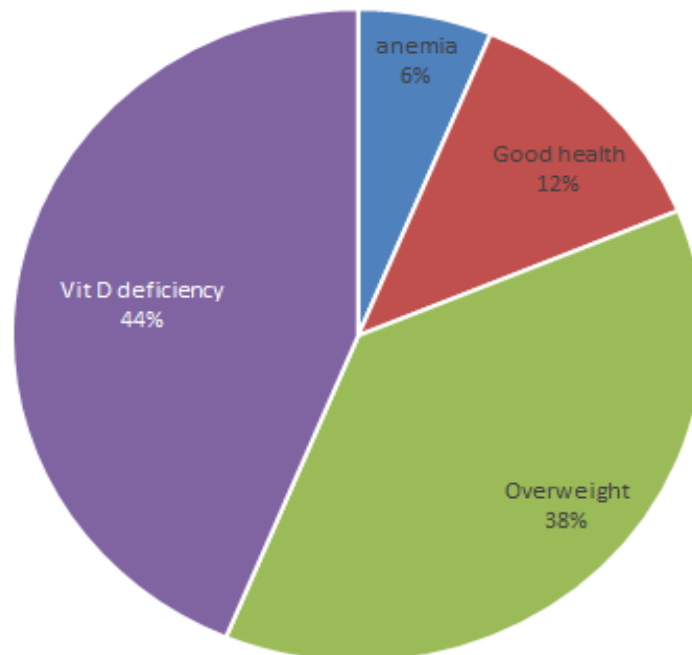
Table 10: Percentage of regular exercise according to age group



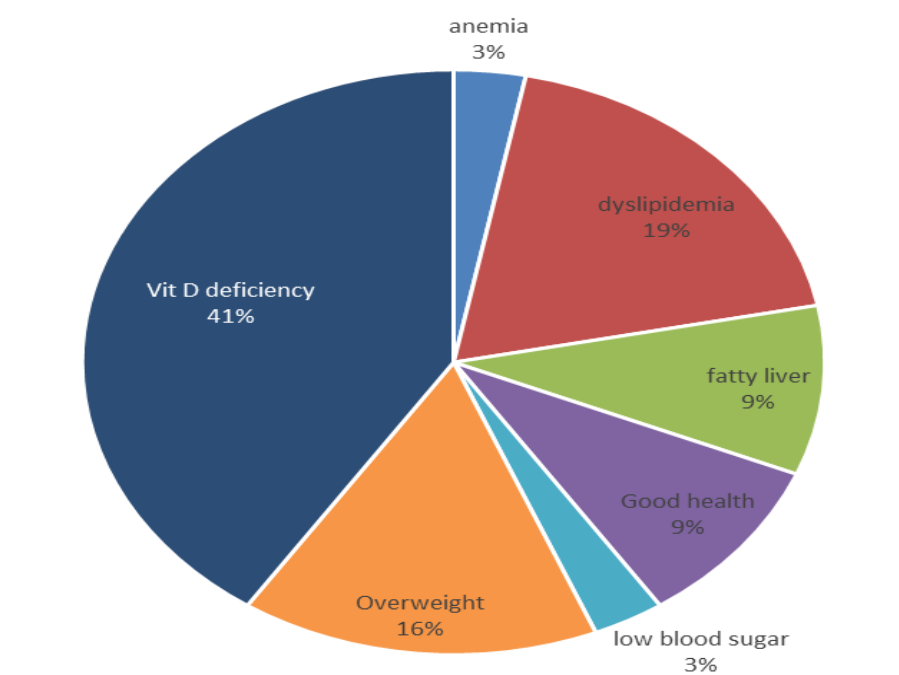
**Table 11: Health Assessment result**



**Table 12: Health assessment result (age group 20-25)**



**Table 13: Health assessment result (age group 26-30)**



**Table 14: Health assessment result (age group 31-35)**

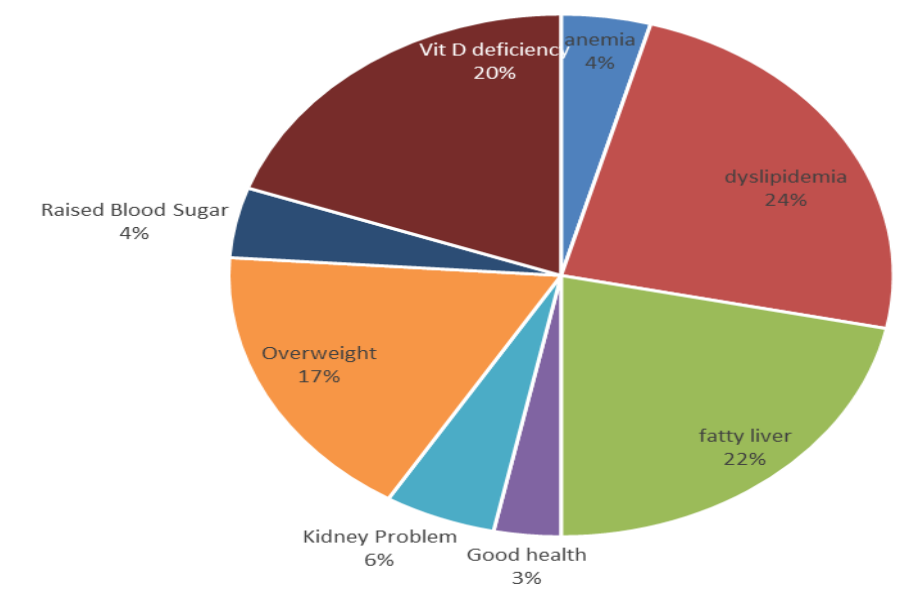
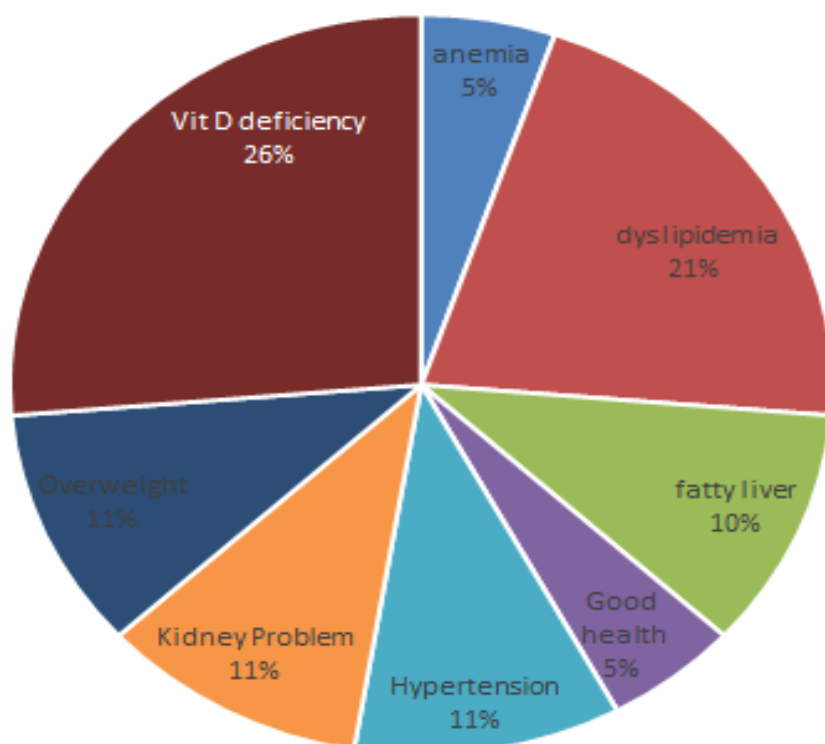


Table 15: Health assessment result (age group 36-40)



### Discussion:

In this study , total sample of employee is 75 ,among that 35% (n= 26)are female and 65% (n=49)male. There are 5 age group in study , maximum age group employee are between 31-40 year is around 46% (n=34) . There are many big corporate company in cyber-city among them 65% employee are coming health check-up from KPMG, UHCI & RITES.

There are 56% employee has medical past history among them maximum has cardiac system and nervous system(table 8). As comparing day to day habit of employee , maximum 75% employee are alcohol user among age group 20-25 and 36-40(table 9.) , 55% smoking among 20-25 age group , minimum percentage of regular exercise are 20-25 age group.

After health check-up assessment result, among 75 employee major 4 results has maximum like 51% employee has Vitamin D deficiency, 34% has dyslipidemia , 32% has overweight, 32% has fatty liver. According to many review of literature, these above 4 are major risk factor for lifestyle diseases especially cardiac problem.

As per age group wise study finding , between age group 20-25 has 44% Vit D deficiency & 38% overweight(table 12) , between age group 26-30 has 41% Vit D deficiency ,19% dyslipidemia ,16% overweight(table 13) , between age group 31-35 has 20% Vit D deficiency ,24% dyslipidemia , 22% fatty liver ,17% overweight(table 14) , between age group 36-40 has 26% Vit D deficiency ,21% dyslipidemia ,11% overweight, hypertension, kidney problem.(table 15) .

## **Recommendations:**

### **Health awareness Events:-**

Health awareness events comes in many different forms ,but the main purpose is to encourage employee to take preventive measure to avert the onset or worsening of an illness or disease and to adopt healthier lifestyle.

Health awareness in workplace is an investment for more important asset , for employee of corporate organisation. Studies have shown that employees are more likely to be on job and performing well when they are in optimal physical and psychological health. Employees are also more likely to be attracted to , remain with ,and value a company that values them.

Health awareness in the workplace also improve company productivity; as per study recommendations are to conduct following events at workplace-

- Health camp
- Health Talk by specialists
- Trainings & workshops
- Complimentary Ambulance services, only in case of emergency.

### **Management of tobacco, alcohol and drug abuse**

- Describe the health affects of tobacco abuse and its management by health professionals in different settings.
- Describe the management of alcohol and drug abuse.
- Describe initiatives being undertaken for “Cessation activities” under National Tobacco Control Programme

### **Counseling for management of life-style disorders**

- Explain various techniques of counseling.
- Organize counseling sessions (for tobacco abuse and alcohol, and physical activity).

**Stress Management**

- Practice a few techniques of stress management.
- Provide a few tips for stress management in general.

**Prevention of life-style disorders: Role of diet and exercises.**

- Explain the importance of physical activity.
- Perform simple yoga exercise.
- Suggest and develop a strategy for initiating physical activities.
- Explain the importance and role of diet in prevention and management of life-style disorders in different age groups (causes, treatment and management).
- Describe Healthy food habits.



### Conclusion:

Risk factors such as a person's background; lifestyle and environment are known to increase the likelihood of certain non-communicable diseases. They include age, gender, genetics, and behaviours such as smoking, unhealthy diet and physical inactivity which can lead to hypertension and obesity, in turn leading to increased risk of many NCDs. Most NCDs are considered preventable because they are caused by modifiable risk factors.

The WHO's World Health Report 2002 identified five important risk factors for non-communicable disease in the top ten leading risks to health. These are raised blood pressure, raised cholesterol, tobacco use, alcohol consumption, and overweight.

It has been estimated that if the primary risk factors were eliminated, 80% of the cases of heart disease, stroke and type 2 diabetes and 40% of cancers could be prevented.

Interventions targeting the main risk factors could have a significant impact on reducing the burden of disease worldwide. Efforts focused on better diet and increased physical activity have been shown to control the prevalence of NCDs

In corporate employee results , especially 75% age group below 40 suffering from life style diseases which indicate very unhealthy life style habits and workload. For them health awareness and promotion strategies should implement. To increase life expectancy of people and productivity of corporate organization.

The cardiovascular mortality and hospitalisation will be largely concentrated in the prime working age group and the cost of hospitalisation is expected to increase substantially in coming years. This calls for mobilising resources, increasing access to health insurance and devising strategies for the prevention, control and treatment of cardiovascular diseases in India.

## References:

1. World Health Organization (WHO). Sedentary lifestyle: a global public health problem. Available from URL: <http://www.who.int/hpr/physactiv/sedentary.lifestyle1.shtml>
2. Workplace Wellness Programs Can Generate Savings By Katherine Baicker, David Cutler, and Zirui Song .doi: 10.1377/hlthaff.2009.0626HEALTH AFFAIRS 29, NO. 2 (2010)
3. Preventive Health Programme Understanding Preventive Health Check market dynamics, competition benchmarking and recommendations for product and process improvement. by ASHISH KUMAR GUPTA PGDM 2009-11 in 2009 – 09DM028 Birla Institute of Management Technology
4. Akhil Kant Singh, Ankit Maheshwari, Nidhi Sharma, Anand K. Lifestyle associated risk factors in adolescents, Indian Journal of Pediatrics, 2006, 73, 901.
5. Chaddha SL, Gopinath N, Shekhawat S (1997) Urban-rural differences in the prevalence of coronary heart disease and its risk factors in Delhi. Bulletin of the World Health Organization 75 .
6. Umesh Kapil, Preeti Singh. Pattern of chronic diseases amongst corporate employee in developing countries, Department of Human Nutrition, All India Institute of Medical Sciences, India. Current science 2005, 88, 109
7. Adeyi O, Smith O, Robles S (2007) Public Policy and the Challenges of Chronic Noncommunicable Diseases. World Bank. Available: <http://siteresources.worldbank.org/INTPH/Resources/PublicPolicyandNCDsWorldBank2007FullReport.pdf> Accessed 2010 May 1.

## Annexure A

### Patient Health Check

#### A. Personal Information

\*First Name: \_\_\_\_\_ Middle Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

\*Gender: Male/Female

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

\*Phone number: \_\_\_\_\_ E-Mail \_\_\_\_\_

**Ethnicity**    ☐ Indian    ☐ African    ☐ East Asian    ☐ White    ☐ Other \_\_\_\_\_

**Language**    What is your main spoken language? \_\_\_\_\_

I need an Interpreter/ Translator    ☐ Yes    ☐ No

#### B. Reason for Visit

Are you here for,    A routine check    ☐

Specific Complaint    ☐

Please select complaint if any,

<b>General</b>	Fever		<b>Respiratory system</b>	Cough	
	Body-aches			Breathlessness	
				Sputum	
				Throat pain	
<b>Cardiac system</b>	Chest pain		<b>Nervous system</b>	Headache	

	Leg swelling			Dizziness	
	Palpitation			Fits / Seizure	
<b>Abdominal system</b>	Pain			Loss of consciousness	
	Vomiting		<b>Motor Sensory System</b>	Joint Pains	
	Loose stools			Joint swelling	
	Wt loss			Muscular Pains	
	Jaundice		<b>Urinary system</b>	Burning in urine	
	Black stools			Frequent urination	
	Blood in stool			Blood in urine	

Any Other/ Details,

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### C. Personal Habits

#### Tobacco:

1. Have you ever used tobacco?    ☐ Yes                      ☐ No                      (If No, skip to Alcohol )
2. In which way you have used tobacco?    Chewing/ Smoking
3. Do you currently use tobacco?    ☐ Yes                      ☐ No (If No, skip to Alcohol )  
     If you smoke cigarettes, how many/day? \_\_\_\_    What year did you start? \_\_\_\_

If you chew tobacco, how many/day?\_\_\_\_\_ What year did you start?\_\_\_\_\_

### **Alcohol:**

1. Do you drink alcoholic beverages?      ☐ Yes      ☐ No (If No, skip to [Exercise](#) )  
If yes, \_\_\_\_\_ number of pgs

Times per week....., Times per month....., Less than once in month.....

### **Exercise :**

Do you exercise?      ☐ Yes      ☐ No (If No, skip to [Nutrition](#))

If yes,      ☐ Light      ☐ Heavy

\_\_\_\_\_ minutes, \_\_\_\_\_ times a week

### **Nutrition**

1. **My appetite is** very poor   poor   average   good   very good

2. **Food tastes** very poor   poor   average   good   very good

3. **I eat** less than one meal a day  
one meal a day

two meals a day

three meals a day

more than three meals a day

4. **When I eat**

I feel full after eating only a few mouthfuls

I feel full after eating about a third of a meal

I feel full after eating over half a meal

I feel full after eating most of the meal

I hardly ever feel full

## Sleep and Mood

Do you sleep well?            ☐ Yes            ☐ No

Choose the best answer for how you have felt over the past week: (can select more than 1 options)

Contented.

In good spirits most of the times

Dropped many of your activities and interests

Sad

Helpless

Depressed

### **D. History**

**Do you have any past medical history ?**

**Approximately when diagnosed    / Year**

**Diabetes            Yes / No            .....**

**High Blood Pressure Yes / No            .....**

**Stroke            Yes / No            .....**

**Osteoporosis            Yes/No            .....**

**Epilepsy            Yes / No            .....**

**Asthma            Yes / No            .....**

**Allergies            Yes / No            .....**

**Eczema**      **Yes / No**      .....

**Jaundice**      **Yes/No**      .....

**Depression /**      **Yes / No**      .....  
**Anxiety**

**Tuberculosis**      **Yes / No**      .....

**Thyroid diseases**      **Yes / No**      .....

**Heart related problem** **Yes / No**      .....

**Kidney related problem** **Yes / No**      .....

**Cancer**      **Yes / No**      .....