

Analysis of the Innovation and Practice of Health Examination and Health Management Service Model

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Abstract: With the continuous improvement of people's living standards, people's requirements for health are getting higher and higher, and health examination has played a more and more important role in people's lives. If only rely on the traditional way to carry out health management, it will make the pace of health management stagnate. Based on this, the authors analyzed and discussed the innovation of health examination and health management service modes based on their practice. **Methods:** A total of 400 subjects who underwent physical examination in our hospital in 2015 were selected. The ages of the subjects ranged from 24 to 76 years old, with an average age of 50 years old. The health management service model and the effect of innovation were analyzed. **Results:** The comparative experiment showed the difference between the effect of the health management mode and the health management mode. The incidence of poor physical performance of different patients after the health management mode was significantly lower than that before the implementation of the health management service mode. **Conclusion:** The results show that health examination management can improve the existing health management model.

Keywords: Health examination; Health management; Service mode; Innovative practice

Introduction

Medical services need to face multi-level and multi-faceted requirements, so medical staff must establish a good people-oriented management and service concept in the process of medical care, and constantly implement humanized service in the work. In terms of the medical achievements of a hospital in recent years, most of the achievements come from the hospital carrying out humanized service and adhering to people-oriented in the actual work process.

1. Materials and Methods

1.1 Clinical data

A total of 400 people who underwent physical examinations in our hospital in 2015 were selected. The age of the physical examination personnel was 24-76 years old, with an average age of 50 years.

1.2 Method

1.2.1 Establishment of digital-physical examination files

After the physical examination of the physical examination personnel, the health status of the physical examination personnel can be managed at any time through the results of the physical examination, and the physical problems of the patients can be predicted in time. Therefore, the hospital is required to establish a digital management file, organize the clinical data of the relevant personnel, and back up the information. The hospital should also require physical examination doctors to accurately sort out and back up all kinds of data of physical examination personnel, and understand the dynamic situation of patients in time.

1.2.2 Intervention management

Intervention management means that medical staff need to take intervention measures to deal with patients' physical problems at work. Commonly mentioned interventions include: correcting patients' bad eating behavior habits, that is, asking patients to control their diet and try to avoid high-calorie foods; Patients are encouraged to exercise regularly, and medical examiners are encouraged to adopt a scientific and healthy lifestyle.

1.3 Fast medical channel

Guests who need medical treatment after a physical examination can directly see a doctor or be hospitalized through the fast medical channel. The advantages of the integration of medical care and health management are highlighted, and good social and economic benefits are generated.

1.4 Points to pay attention to during physical examination:

1.4.1 Establish a harmonious and relaxed atmosphere for the physical examination

When conducting a physical examination, attention should also be paid to the layout of the physical examination center. For example, the hospital is required to have relatively independent places for health examination and waiting places, with a total construction area of no less than 400 square meters, and the use area of each independent examination room is no less than 6 square meters. For example, water dispensers and disposable paper cups should be set up in the physical examination hall, as well as fixed places for physical examination personnel to rest. Medical staff should always keep smiling and use civilized language during the physical examination, which will help to create a relaxed and harmonious scope of physical examination.

1.4.2 The focus of the physical examination

In the process of physical examination must pay attention to the separation of men and women. Privacy protection should be done to avoid the phenomenon of "peri-diagnosis". Medical staff should strictly follow the requirements when conducting the whole section and blood collection.

2. Results

The incidence rate of adverse reactions was higher than 90% before and after the experiment. After the implementation of the health service management model in the experimental group, the incidence rate of adverse reactions in the physical examination personnel was significantly reduced, maintained at about 70%. By comparing the relationship between the experimental group and the control group, it is not difficult to find that after the implementation of the health management model, the incidence of adverse reactions in the physical examination personnel was significantly reduced.

3. Discussion

In real life, getting a health checkup helps to help the patient live a healthy life. The main reason is that health management can help people to provide a preventive treatment measure, thereby improving the cure rate of the patient's condition. However, the premise is that the physical examination personnel summarize, analyze, and organize the patient's information before the physical examination. At the same time, it is also necessary to establish effective digital management files for patients, so that medical staff can have a general understanding of the ecological status of patients just by analyzing the data. As well as reasonable advice on diet and exercise. In general, people need to carry out any activity based on ecological health, the body is the basis of all life activities, and the use of physical examination technology to check the status of the holy body is a commonly used means of health detection, and this method is more and more important because of its simple operation and no negative impact on people's body. Therefore, regular physical examination is helpful to help people improve their awareness of health and actively prevent adverse reactions and other conditions in the body. In order to establish a correct outlook on life, and the analysis of the results of the physical examination can help patients to develop appropriate life, exercise and other intervention measures to improve the standard of life. For example, in this study, the authors selected 100 cases of physical examination personnel, the incidence of adverse reactions and health problems in the physical examination personnel was significantly different from that of the people who did not receive physical examination. Through the comparison of the incidence of health problems after the implementation of the health management service mode, it is proved that health management helps improve the cure rate of epidemics and sudden diseases.

4. Conclusion

At present, physical examination is the main measure commonly used in China to prevent diseases, and it is beneficial to find and diagnose the disease in time. Therefore, hospitals must control each step of quality control in the actual work process, integrate the humanized management mode and scientific application technology into the management of physical examination, change people's traditional concepts, actively prevent diseases, and improve the recovery rate of patients.

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