



PRIMARY CARE SUPER CLINIC: A DOCTOR AT THE WORKPLACE

Modern firms are devoting ever increasing attention to healthcare for employees. Some are doing so by providing the care of a general practitioner for their employees directly at the workplace.

The possibilities of premium healthcare for employees are continually being extended. In addition to mandatory occupational healthcare, which is stipulated by the law, firms are offering their employees benefits such as meals, vouchers for sports facilities or swimming pools, various well-being programmes or exercise at the workplace. "Recently a new model of company healthcare has emerged abroad, entitled Primary Care Super Clinic. It consists in the fact that companies set up a doctor's surgery at the workplace, which provides employees not only with occupational healthcare services, but also standard or also now premium medical care of a general practitioner," describes Dr. Pavel Šnajdr from the Program Health Plus clinic. This new model has spread rapidly also to the Czech Republic, where it was first introduced into practice by Program Health Plus. At present the clinic is providing Primary Care Super Clinic services to one of the large multinational companies operating in the Czech Republic.

MORE TIME FOR EACH CLIENT
Healthcare within the framework of the Primary Care Super Clinic has large advantages for both employees and employers. Thanks to this model, firms can positively influence the scope and quality of healthcare for employees, who do not need to travel to their doctor and wait in the waiting room, and instead have their general practitioner available immediately at the workplace. "Although Czech healthcare is well equipped technically



and in terms of personnel, doctors in a rush with a large number of patients have little time for each patient. This doesn't apply in the case of Primary Care Super Clinic, because the number of patients is lower than in a standard surgery, since it ensues from the number of company employees, and the doctor has sufficient time for all of them," explains Dr. Pavel Šnajdr. The time gained can be utilised to interview the client in depth and thus precisely target individual prevention, thanks to which it is possible to effectively avert the progression of work-related illnesses or diseases of affluence. "If health complaints appear in patients, the doctor is able to co-ordinate comprehensive diagnosis and therapy with specialists from various fields, who are members of the medical team of the Program Health Plus clinic," he adds.

LOW COSTS, LARGE BENEFITS
Primary Care Super Clinic can ensure complex healthcare services including targeted psycho-

logical counselling or preventive programmes of various types, depending only on the demands and requirements of the given company. "This model makes sense for any company with 600 or more employees. A general practitioner's surgery needs about 1600 to 1800 patients or more in order to survive. If a company surgery operated for 600 to 1200 employees, it would be possible to devote more time to them and provide them with far better quality healthcare. The lower income from the health insurance company would be compensated for by the contribution from the employer, and I'm convinced that this amount would be negligible for many firms," states Dr. Šnajdr. Meanwhile, the benefit for employees and employers alike could be immense. After all, good physical and psychological health influences the business results of the entire company. In addition, within the framework of health policy it is possible to provide healthcare also for family members of employees.

INTRODUCTION

Dr. Vladislav Mrzena,
orthopaedic surgeon,
Program Health Plus

FOR A LIFE WITHOUT PAINKILLERS

It could be said that the world of the 21st century has been hit by an epidemic of pains of the muscular system. According to estimates, chronic pain of the back, limbs and other parts of the body afflicts approximately 10% of the population in developed countries, and the majority of people suffer acute pain of varying intensity from time to time. One of the main causes is lifestyles which are not beneficial to the human muscular system.

At fault above all are insufficient physical activity and the increasing level of obesity in society, though these are not the only causes. In a number of professions there is an excessive burden placed on various parts of the muscular system, which is insufficiently compensated for and may therefore result in pain in the back, joints or head, or the onset of a number of diseases. At the same time, however, health complaints may cause people to attempt to rectify the situation by a sudden burst of excessively demanding physical activities, for which their bodies are not prepared without training.

Program Health Plus employs a team of three experienced orthopaedic surgeons, who provide a broad spectrum of care for children and adults in the field of prevention, diagnosis and treatment of illnesses and disorders of the muscular system. Thanks to this they are capable of providing help in the case of any orthopaedic complaints.

If you suffer from pain which impairs your quality of life and limits you in your working activity or personal life, visit the orthopaedics department at Program Health Plus. We are here for you.

Dr. Vladislav Mrzena

NEWS

HEALTHCARE FOR MICROSOFT EMPLOYEES

The Program Health Plus clinic has established co-operation with the company Microsoft s.r.o. Since 1 March Program Health Plus has been providing occupational health services, as well as an individual healthcare programme for all employees, who shall thereby gain access to the full spectrum of medicine. The programme covers the services of a personal doctor who ensures the comprehensive organisation of healthcare, including targeted prevention, diagnosis and treatment, and co-ordinates care with specialists in more than 20 specialist medical fields who operate within the premises of the clinic. Microsoft employees can also enrol their family members in the programme.



VACCINATION AGAINST TICK ENCEPHALITIS

Before the hot season commences, we recommend that patients consider vaccination against tick encephalitis. This insidious viral infection of the brain is contracted from infected ticks, with symptoms similar to flu and potentially fatal consequences. Over the last five years this pathology has afflicted more than 2 700 people in the Czech Republic. The Czech Republic ranks among the countries with the highest numbers of infected ticks, but only one quarter of the population is vaccinated. The vaccine against tick encephalitis is highly effective at up to 99%, and minimises the risk of infection. Should you be interested in this vaccination, make an appointment at any time with your personal doctor for children and adults.





USEFUL TECHNIQUES IN PHYSIOTHERAPY

People visit a physiotherapist with various complaints. Physiotherapist Edita Lachmanová describes a number of techniques used in physiotherapy, and reveals who they are capable of helping.

Frequent causes of pain and disorders of the muscular system include insufficient physical activity, obesity, excessive burdening of various muscle groups and poor patterns of mobility. "People today have learned unhealthy mechanisms: contracted abdomen, sagging shoulder blades or buttocks. But this is in conflict with what is natural and healthy for humans. Another problem is that the majority of people do not fully breathe properly. Instead of breathing from the diaphragm they breathe from the upper chest, by which they burden their neck muscles and sag in the shoulders, resulting in instability of the torso," explains Edita Lachmanová.

TAILOR-MADE THERAPY

When a patient visits a physiotherapist, it is necessary to determine the cause of the complaints and select an approach which will help resolve the problem. "I often use the Mechanical Diagnosis and Therapy (MDT) approach. This is a highly complex system which enables us to determine the cause and configure precisely tailor-made, targeted therapy," she describes. The method is useful for example in the case of blockage and prolapses of the cervical, thoracic and lumbar spine, or for headaches. Another frequently used technique is Dynamic Neuromuscular Stabilisation (DNS). "During therapy the ideal positioning is attained, as well as the ideal biomechanical load in the individual joints ("centration"), with the result that the muscles work more effectively and efficiently without the risk of overburdening or damage," she adds. Dynamic Neuromuscular Stabilisation is designated for all people with complaints of the muscular system, children from the age of 5 and top

sportspeople. Another method is sensorimotor stimulation, in which nerve receptors in the joint capsules, muscles, tendons and ligaments (proprioceptors) are utilised. Upon the stimulation of these receptors, muscles and muscle chains are activated in order to achieve correct body posture and fixation of correct mobility patterns. For women with disorders of the menstrual cycle or women who are unable to conceive, the Ludmila Mojžíšová method brings excellent results in releasing various blockages. In the case of back pain, injury to joints, shoulders or other injuries, the effective method of kinesio taping is used, which is very popular also with sportspeople.

AN IMPROVEMENT AT ANY AGE

Physiotherapy methods can be used for all age groups, from children to senior citizens. "In care for clients I use a combination of all the known techniques. Regardless of the patient's age, it's always possible to resolve or at least minimise the complaints. Usually it applies that the earlier a patient comes to a physiotherapist with a problem, the quicker and easier it is to resolve it," concludes Edita Lachmanová. However, it is always the case that even when the physiotherapist configures the best possible therapy for the patient, it works only when the patient makes a sufficient effort to abide by the recommendations and perform the relevant exercises.

The full interview with Edita Lachmanová on physiotherapy techniques can be found on the website www.programhplus.cz.

FOR MOBILITY WITHOUT PAIN AND LIMITATION



Pain, disorders or diseases of the muscular system can have a highly negative impact on quality of life. For this reason we focused on the most common orthopaedic problems in children and adults, together with Dr. Vladislav Mrzena, orthopaedic surgeon at Program Health Plus.

Orthopaedics covers several different diagnoses. What kind of complaints do clients visit you with most often?

Orthopaedics is engaged in the prevention, diagnosis and treatment of diseases and disorders of the muscular system, of which there are a great many. Within the framework of paediatric orthopaedics, care for the development of the legs is a significant element. Certain congenital defects can appear in children, and during growth we often encounter for example defective body posture, scoliosis or other disorders. For this reason we continually monitor the development of children to check that it has a regular course. If any abnormality begins to manifest itself, we try to set the child's development back on the right track.

And what kind of complaints to adults suffer from?

In adults the main problem is arthritis. In women arthritis of the knees is manifested far earlier, and naturally there is also arthritis of the hips, which affects men and women approximately equally. In the case of arthritis we act mainly in order to prevent the condition from progressing, thus treatment concerns halting its development. In addition to arthritis, in orthopaedics we often address the consequences of various post-traumatic, post-operation or post-inflammatory conditions and many other problems.

The full interview with Dr. Mrzena is available on the website www.programhplus.cz.

LOST YEARS OF HEALTHY LIFE

Among the most common health complaints suffered by the Czech, European and worldwide population are lower back pains.

A study compiled by the American research institute IHME (Institute for Health Metrics and Evaluation) points to the immense dimensions of the problem of pains in the lower part of the spine. The DALY (Disability Adjusted Life Year) parameter, used by the World Health Organization, serves as a measure. The value of one DALY represents one lost year of healthy life, which covers damage to quality of life as a consequence of illness. The results of the study may appear somewhat abstract, because they cover the population of the entire planet, which is why the figures are within the realm of millions (see graph). Despite this, according to experts they represent extremely cautionary values.

A PROBLEM FOR TWO OUT OF THREE PEOPLE

Pain of the lower back afflicts people of all age categories, from children to senior citizens, but is suffered most frequently by people in the age range from 35 to 54 years. Although a number of risk factors have been detected, such as age, obesity, height, workload or depression, the causes of lower back pain remain unclear. Non-specific lower back pains affect people worldwide, but the incidence is markedly higher in developed countries, where the lifelong prevalence is estimated at 60–70%. Therefore, two out of three people may be affected during the course of their life. According to doctors, in prevention a large role is played by a healthy lifestyle and sufficient physical activity.

ABSOLUTE NUMBER OF YEARS OF HEALTHY LIFE AFFECTED BY LOWER BACK PAIN BY AGE

