

OCCUPATIONAL HEALTH & EMPLOYEE WELLNESS

OVERVIEW (2020)

As a priority, our goal is to ensure optimum support to our clients to promote good health amongst the workforce. 2020 has been a difficult year for both employers & employees. COVID-19 has taken a toll on all of us but there is light at the end of the tunnel. Let's continue to be strong mentally and adhere to all COVID-19 safety protocols.

OUT PATIENT CLINICS

2020 saw a decline in clinic attendance due to lockdown and other COVID-19 restrictions.

The OPD saw a lot of upper respiratory tract infections. The chronic disease spectrum showed trends which could be attributed to the lockdown restrictions. The inactivity and restrictions led to increases in certain parameters such as;

- Blood pressure
- Blood cholesterol
- Blood sugar
- Uric acid
- Body mass index

EMERGENCIES

Most emergencies seen this year were managed at the clinic with subsequent discharge without further referrals.

OCCUPATIONAL HEALTH

- Pre-employment medicals continue to follow the five (5) steps process;
 1. Medical history & physical examination
 2. Relevant laboratory investigations.
 3. Chest X-ray imaging
 4. Review of all findings and results above.
 5. Issuance of health certificate.
- Food and beverage staff annual screening for hotels were conducted with AMA certification. Hotels serves in 2020 are;
 1. La palm Royale Beach Hotel
 2. Marriott Hotel
 3. Movenpick Ambassador Hotel
 4. Accra City hotel
- Periodic medicals were conducted for BOST employees nationwide. Staffs of KPMG were also taken through periodic medicals.

NOISE POLLUTION

Let's ensure our hearing is intact as the cities continue to get busier & noisier. We encourage audiometric screening as we go through 2021. Hearing deficits can then be promptly addressed.

HEALTH EDUCATION

As always, we continue to send health tips on WHO health days. The Health talks this year was mostly on COVID-19 with a few other chronic health topics. Some of the client companies taken through health education are;

- Access Bank
- Zenith Bank
- British American Tobacco
- Global Media Alliance
- Marriott Hotel
- BOST
- Donewell Insurance
- Toyota Ghana

FIRST AID/CPR TRAINING

Due to the pandemic and emphasis on physical distancing, first aid trainings were put on hold.

MOBILE CLINIC/OUTREACH

The introduction of our mobile clinic services enhanced service delivery this year as well; Healthcare brought to the doorsteps of our clients. Clients in Tema, Akosombo, Buie, Savelugu and Bolgatanga were all reached. We encourage client companies to take advantage of this service for convenience and cost efficiency. The mobile service has on board ECG, SPIROMETRY & AUDIOMETRY setups.

ADVICE TO ALL EMPLOYEES

- ❖ Employees should indulge in safe, adequate and regular physical activity/exercise during the festive season and beyond.
- ❖ Employees should avoid stress at work.
- ❖ Employees should get home early after work and avoid late eating.
- ❖ Employees should get enough sleep/rest.
- ❖ Employees should avoid eating high caloric foods which lead to obesity.
- ❖ Employees should take advantage of our free health education and health tips.
- ❖ Employees with chronic diseases should strive to be compliant.

2021

We humbly appeal to all HR managers to continue to create platforms for regular health education on topical health issues. And kindly note, these health education talks continue to come at no extra charge.

It is highly recommended that HR managers/employers institute programs that will bring down stress at the work place and also promote health of employees. And encourage employees to work within their stipulated working hours so they can go home early and have enough rest.

We continue to encourage HR managers to impress on new recruits to report no later than a week before start of employment for their pre-employment medicals.

We continue to remind employees to use Total House Clinic as the primary point of call before referral. This will control cost.

Total House Clinic appreciates the partnership in providing affordable, quality and efficient healthcare to your staff and dependents. In the coming year, we hope together we can improve on this. Thank you.

**"WE WISH YOU A MERRY CHRISTMAS AND
PROSPEROUS NEW YEAR!!**