



**HEALTH SCREENING AND WELLNESS AT
COVENANT UNIVERSITY.**

HEALTH AND WELLNESS

- ▣ **Health** is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.
- ▣ **Wellness** is an active process of becoming aware of and making choices toward a healthy and fulfilling life. It is a dynamic process of change and growth towards a healthy life.
- ▣ **Health is the goal while wellness is the action that achieves that goal.**

DIMENSIONS OF WELLNESS

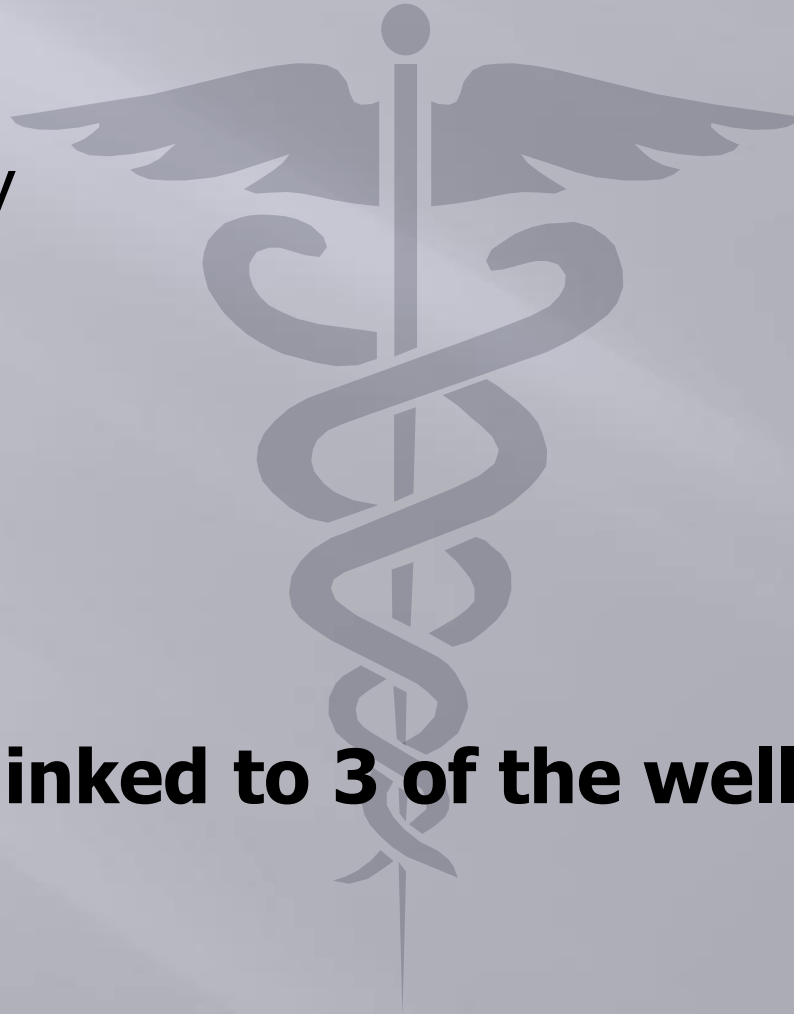
- ▣ Spiritual
- ▣ Intellectual
- ▣ Emotional
- ▣ Physical
- ▣ Environmental
- ▣ Financial
- ▣ Occupational
- ▣ Social



COVENANT UNIVERSITY

- ▣ Core-Values
 - Spirituality
 - Possibility Mentality
 - Capacity Building
 - Integrity
 - Responsibility
 - Diligence
 - Sacrifice

Each core value is linked to 3 of the wellness dimensions, at the least.



HEALTH SCREENING

- ▣ **Health screening is important** for everyone. It involves the use of tests, physical examinations or other procedures to detect disease early in people who look or feel well.
- ▣ It is different from diagnostic tests which are done when someone is already showing signs and/or symptoms of a disease.
- ▣ These form the cornerstone of early detection methods and vary according to age, sex, family health and history.
- ▣ It is as important as exercising regularly. It is almost as important as eating right in helping you maintain a disease free lifestyle.

BENEFITS OF REGULAR SCREENING

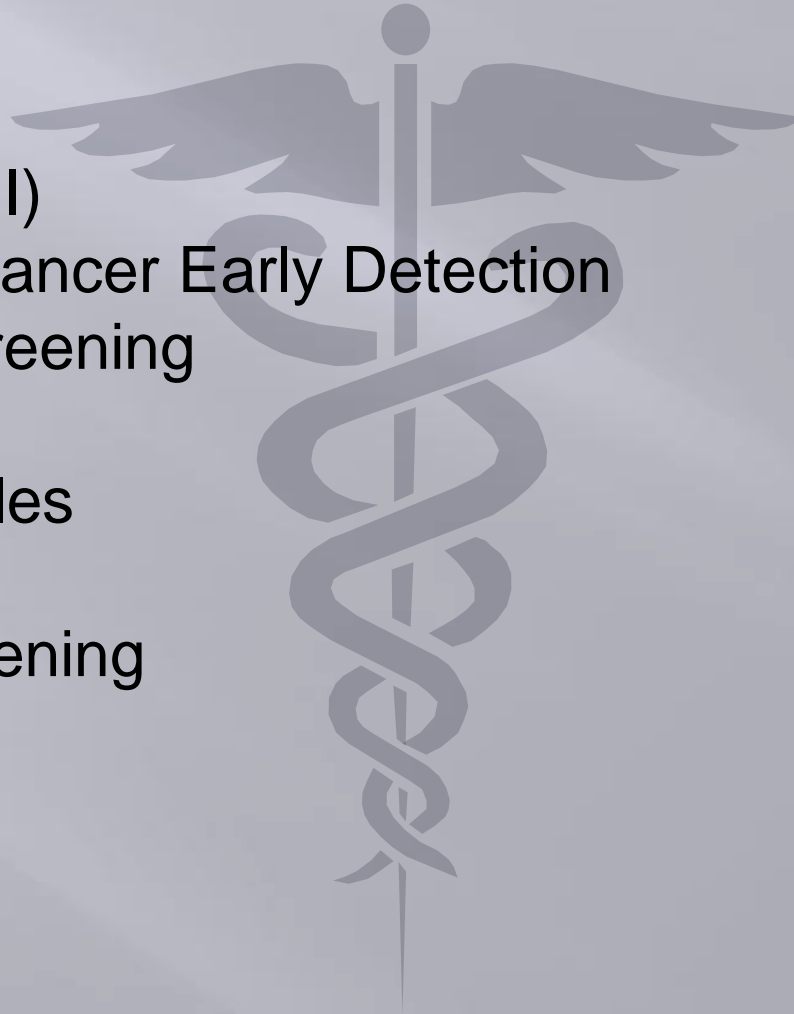
- ▣ Regular health exams and tests can help identify health problems before they start.
- ▣ They can also help in early disease detection, when your chances for treatment and cure are better.
- ▣ Medical counsel can be given to help advise patients on how they can work towards avoiding any impending health problems because of their lifestyle.
- ▣ It is cost effective on the long run. It is said “Prevention is better (and cheaper) than cure”.

HEALTH SCREENING IS FOR ALL

- ▣ As unlikely as this may seem, everyone, however healthy they might look, need regular health check-ups.
- ▣ Medical experts suggest that a full body screening is essential for everyone, irrespective of age and fitness status.
- ▣ In healthy people, a more selective approach to disease prevention may be adopted instead of a full body check-up.

ESSENTIAL TESTS AND SCREENINGS

- Cholesterol
- Diabetes
- High Blood Pressure
- Body Mass Index (BMI)
- Breast and Cervical Cancer Early Detection
- Colorectal Cancer Screening
- Oral Health
- Immunization Schedules
- Skin Cancer
- Prostate Cancer Screening
- Viral Hepatitis
- HIV/AIDS



COVENANT UNIVERSITY MEDICAL CENTRE

- ▣ Dedicated to helping people achieve and maintain healthy lives and restoring wellness/health to maximum attainable levels.
- ▣ We offer preventive and curative care.
- ▣ The Medical Centre also has the capacity to carry out the aforementioned tests and screenings.

COVENANT UNIVERSITY MEDICAL CENTRE

- ▣ **Our services include the following:**
 - 24-hour General Outpatient Clinic and Emergency Service.
 - 24-hour Laboratory Services.
 - 24-hour Pharmaceutical Services for daily prescriptions and dispensing.
 - Dental Clinic (Mondays- Fridays).
 - Antenatal Clinic (Tuesdays).
 - Immunization (Wednesdays).
 - Family planning (Thursdays).
 - In-Patient Care: 80-bed ward (includes separate male and female wards).
 - Visual care: eye screening, prescription of eye glasses.
 - Surgical services.
 - 24-hour Ambulance Service.

REFERENCES

- ▣ Health. (2018). World Health Organization. <https://www.who.int/about/mission/en/>
- ▣ Check-ups are important – Family health. (2017, August 2). Centers for Disease Control and Prevention. <https://www.cdc.gov/family/checkup/index.htm>
- ▣ What is wellness? Student Health and Counseling Services. University of California, Davis. <https://shcs.ucdavis.edu/wellness/what-is-wellness>
- ▣ The importance of regular medical check-ups. (2018, June 5). Regency Medical Centre. <https://www.regencymedicalcentre.com/the-importance-of-regular-medical-check-ups/>