

# Screening processes

## Tutor's Handbook



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## Introduction

This short handbook will provide you with some additional information about the importance of regularly checking on your health.

This handbook will be useful in promoting positive mental health with members of your local health network. Thanks to reading this handbook you will know more about most certain way to prevent health problems – screening processes- which help in early identification and elimination of many health issues.

## Do your check-ups even if you feel well

Many of us avoid check-ups when we consider that "nothing is wrong with us." And this is often the case. Often, however, it helps detect diseases and ailments at their initial stage or help us find out the causes of constant fatigue, poor hair and nails. Why is it worth going to regular examinations?

According to medical recommendations, regardless of age, this kind of general tests should be done once a year. We are talking about blood counts, blood sugar tests and urine tests. After forty, to this

packet we should be add cholesterol testing.

At least once a year, it is worth going to a doctor who will conduct a medical history, examine our general condition (including blood pressure and pulse) and order routine tests (blood count, urine test). Thanks to this, we can detect the initial stages of many diseases.

For people who are 50 years or older, it is advisable to take blood pressure measurements 4 times a year or even more often, and at least once a year test sugar and cholesterol level, ECG and vision tests, and every 2-3 years morphology, urinalysis, chest X-ray and abdominal ultrasound, and thyroid hormone levels. Woman are advised to do also cytology and mammography.

## What is included in screening processes

Screening tests are used to indicate the likely presence or absence of a disease or condition in people, who are not presenting symptoms.

Screening processes usually includes basic laboratory tests like:

- morphology,
- OB,

- glucose,
- electrolytes,
- urea and creatinine,
- cholesterol,
- urine tests

And those test should be make at least once a year regardless your age or gender.

Of course, there are some test that should be done only if you are part of the risk group.

For example women should remember about doing following tests:

- Mammography (as prevention of breast cancer)
- general gynecological examination
- Cytology
- Breast self-examination (also as prevention of breast cancer)
- Chest X-ray
- Sugar level
- Cholesterol level

Or seniors should, besides already mentioned tests remember about doing X-ray of the chest an check their bone densitometry, or men after 50 y.o. – about prostate exam.

The purpose of screening processes is to detect diseases that do not give clear symptoms.

Therefore, these tests are performed at certain intervals, so we can monitor the patient's health on an ongoing basis.

By performing simple and non-invasive tests, we can find out if the patient can suffer from hypertension, diabetes, atherosclerosis, heart disease, lung disease, and even cancer: breast, breast.

Precise recommendations for preventive examinations can be obtained from your primary care physician.

## How to use this Resource with your Local Health Group?

This handbook presents information on the topic of importance of screening processes. It helps us understand how easy process of spreading infectious diseases can be stopped by following simple tips mentioned in that handbook.

Reviewing this handbook before each session with the group will help you to lead a discussion about the topic.

In the resources you will also find a PowerPoint presentation which will help you to explain the topic to your group and start a conversation with them.

## Group Activity

After you have shared the digital resource and the PowerPoint presentation with your

group, you can start a group discussion asking if all group members following questions:

- Can you say that you are keep up to your medical check-ups schedule?
- If not, are you going to keep it that way after this session? Why or why not?
- Would you prefer to google your symptoms or go to the doctor? Why?
- How do you behave when you are afraid that you may carry some infectious disease, even if you almost have any symptoms?

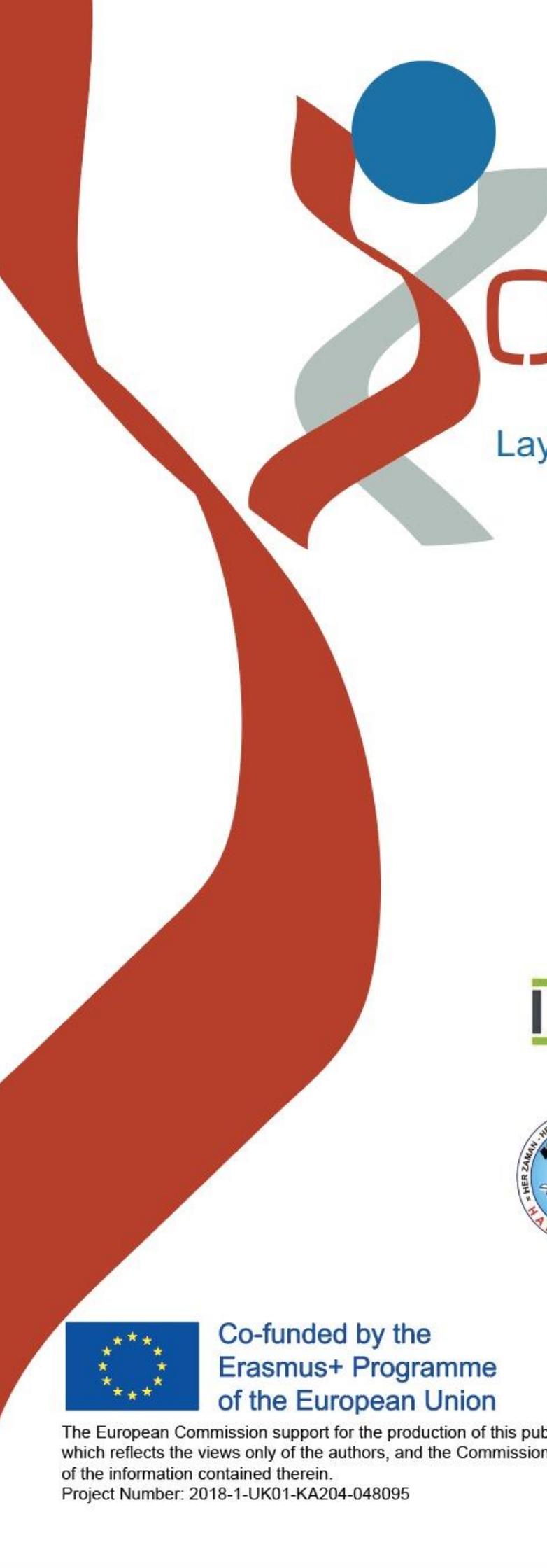
Once they are finished ask them to divide into pairs and do some roleplaying. One

person chooses to impersonate one of following types:

- A person who hates going to the doctor and ignores small symptoms of any disease until it get serious,
- A person who thinks that having a healthy life style is enough to prevent any kind of disease and believes only in natural medicine.

The other person is trying to convince he or her to change her or his mind.

When they finish, ask them to swap roles. They are allowed to change scenario.



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Co-funded by the  
Erasmus+ Programme  
of the European Union

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Project Number: 2018-1-UK01-KA204-048095