

ABSTRACT

The burden of disease caused by NCDs is on the rise and the economy of a developing country tends to crack under the mounting cost of treating these diseases. More cost benefits were observed by preventing NCDs. The affinity of NCDs is more towards males of productive age groups, who contribute to the countries wealth. The projected figures in the incidence of hospitalisation due to these diseases show an exponential increase in Sri Lanka. Although Sri Lanka has a NCDs control programme for women, men are still a marginalised group in regard to this. Office of Arachchikattuwa Medical Officer of Health (MOH) tries to bring justice to male gender by conducting a well men clinic as an opening for combating NCDs among men.

This study attempts to describe service functions and utilization pattern of the newly implemented well men clinic in Arachchikattuwa Medical Officer of Health area. A descriptive cross sectional study design was used to achieve the objectives. There were 279 eligible study participants registered to the well men clinic. The services provided at the Arachchikattuwa well men clinic include measuring of anthropometric dimensions, clinical examination, laboratory investigations and referrals to relevant institutions. Using an interviewer administered questionnaire and two record sheet based questionnaires data was collected from study participants and existing clinic records. The study was conducted from March to September 2006.

Fourteen clinic sessions conducted during the study period revealed the following findings. Mean duration of a clinic session was approximately 4 hours. There were 34%

referrals made among which 62.7% complied seeking treatment. However back referrals received were 9.6%. Majority of the utilizers were in the 40-44 age group (20.3%). They were Sinhalese (90.7%) and mostly married (93.9%). Majority were in the low socio-economic groups with low education level. The proportions with risk factors identified were; family history of a NCD (48.4%), smoking (37.3%), alcohol users (68.1%), overweight and obesity (20.8%), high WHR (42.7%), high blood pressure (12.5%) and urine sugar suggestive of diabetes mellitus (6.5%). Those with already diagnosed diabetes mellitus and hypertension were 10.7% and 8.2% respectively. Potential hypertensives detected were 9.32% and potential diabetics detected were 2.9%.

The WHR levels and alcohol use demonstrated a statistically significant distribution among the age groups at $p < 0.05$ level. The distribution of BMI levels among different education groups and monthly income categories was statistically significant at $p < 0.05$ level.

The well men clinic is useful in detecting men with risk factors and NCDs. It was evident from the study that majority of the users were those with risk factors who would be benefited. There are areas to be improved in terms of health education, use of better screening investigations, referral follow-ups and back referrals. Improvements in the information system may be able to cater to the needs of a NCD surveillance mechanism.