

## The Significance of Routine Medical Checkups On Quality of Life

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### Abstract:

Routine medical checkups are crucial for maintaining and enhancing quality of life by enabling early detection and prevention of health conditions. This study explores the significance of routine health examinations, highlighting their role in preventing diseases, managing existing conditions, and improving overall well-being. The shift from reactive to proactive healthcare underscores the importance of regular checkups in identifying risk factors and health issues before they progress into severe conditions. Regular health assessments help in managing chronic diseases, such as heart disease, diabetes, and cancer, by providing timely intervention and treatment, thus improving prognosis and reducing healthcare costs. Basic home health checks, such as monitoring dental health, diet, physical activity, skin conditions, and weight, play a foundational role in preventive care. However, despite the benefits, challenges such as financial constraints, limited healthcare access, and inadequate health infrastructure persist. Recommendations include collaborating with healthcare providers and community stakeholders to overcome these obstacles, leveraging modern methods like mobile health clinics, and promoting medical outreach programs. Additionally, fostering a positive attitude among healthcare workers and implementing healthcare system reforms to reduce waiting times are essential for enhancing the effectiveness of routine medical checkups. By addressing these issues, healthcare systems can better support individuals in maintaining their health and improving their quality of life.

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## Introduction

In previous decades, medical consultations were predominantly driven by the presence of illness or imminent health crises. However, contemporary health paradigms increasingly emphasise preventive care, driven by a growing public awareness of health management. Individuals today are not only more informed but also proactive about maintaining their health through preventive measures. This shift reflects a broader trend towards adopting healthier lifestyles, including balanced diets, regular physical activity, and overall wellness strategies. The practice of regular medical checkups has become a cornerstone of this preventive approach. Modern healthcare professionals advocate for routine examinations as a strategy to preemptively address potential health issues. Regular checkups are instrumental in identifying and mitigating health problems before they escalate into serious conditions. This proactive approach enhances the probability of early detection and timely treatment, which is crucial for preventing complications and improving overall health outcomes (American Heart Association, 2023).

A routine medical checkup typically involves a comprehensive review of an individual's health status, including a detailed medical history, physical examination, and necessary screenings. The World Health Organization (WHO) underscores that routine checkups are vital for detecting asymptomatic diseases early, thereby facilitating early intervention (WHO, 2020). The transition from a reactive to a preventive healthcare model has been linked to improved life expectancy and quality of life. For instance, in Nigeria, life expectancy increased from 46 years in 1990 to 55.2 years in 2018, reflecting advancements in health practices and medical care (World Health Organization, 2018). Globally, life expectancy has generally risen due to improved healthcare practices, with predictions indicating further increases in both developed and developing countries (Lomborg, 2020). In particular, preventive measures such as regular medical checkups are seen as critical in reducing the burden of chronic diseases. Chronic conditions such as hypertension, diabetes, and various cancers are prevalent and pose significant socio-economic challenges (Moser et al., 2009). Periodic health examinations help manage these conditions effectively, reducing both morbidity and mortality rates (Damiani et al., 2012).

Routine medical checkups are not merely about addressing current symptoms but are integral in assessing general health and preventing future illnesses (Sox, 2013). They help in the early identification of chronic diseases, thus enabling timely and effective management. Research highlights that socio-economic factors, such as lower income levels, are associated with higher risks for cardiovascular diseases and diabetes, making regular checkups even more crucial for these populations (Lampert, 2010). Despite the known benefits, the uptake of routine medical checkups varies significantly. In Nigeria, awareness of periodic medical checkups is high, with studies showing that around 74.9% of individuals are aware of the concept. However, the actual practice is relatively low, with only 48.2% of those aware engaging in frequent checkups (Eke et al., 2012; Ilesanmi et al., 2015). This disparity highlights the need for enhanced educational efforts and accessible healthcare services to encourage more consistent participation in preventive health measures.

This study aims to examine the significance of routine medical checkups in promoting preventive healthcare and overall wellbeing, evaluate the economic implications including



cost-effectiveness and healthcare resource utilization associated with preventive care, and propose strategies to enhance adherence to routine checkups. These strategies will encompass health education, outreach programmes, policy interventions, and reforms within the healthcare system to ensure better engagement and effectiveness in preventive health practices.

### **Overview of Quality of Life**

Quality of life (QoL) is a multifaceted concept that encompasses the general well-being of individuals and societies, taking into account physical health, mental health, social relationships, and environmental factors. The World Health Organization (WHO) defines quality of life as an individual's perception of their position in life within the context of the culture and value systems in which they live, and in relation to their goals, expectations, standards, and concerns (World Health Organization, 2020). This definition highlights the subjective nature of QoL, emphasizing that it extends beyond mere health status to include personal and societal factors. A comprehensive understanding of quality of life involves several dimensions. Physical health is a fundamental component, often measured through indicators such as life expectancy, functional capacity, and the prevalence of chronic diseases (Diener et al., 2020). For instance, individuals with good physical health typically report a higher QoL due to their ability to engage in daily activities without significant limitations. Conversely, chronic illnesses or disabilities can detract from one's quality of life by limiting physical function and causing discomfort or pain.

Mental health is another critical dimension of QoL. Psychological well-being, including emotional stability, cognitive function, and the absence of mental disorders, significantly affects overall quality of life. Studies have shown that mental health issues, such as depression and anxiety, can substantially lower QoL by impairing individuals' ability to enjoy life, maintain relationships, and perform daily activities (Huppert, 2009). Therefore, effective mental health care is essential for enhancing QoL. Social relationships play a vital role in determining QoL. Social support from family, friends, and community can provide emotional comfort, practical assistance, and a sense of belonging, which are crucial for overall well-being (Holt-Lunstad et al., 2015). Positive social interactions and supportive relationships have been linked to improved mental and physical health outcomes, whereas social isolation and loneliness can have detrimental effects on QoL.

Environmental factors also contribute significantly to quality of life. These include living conditions, access to clean air and water, safety, and availability of recreational and cultural activities. A high-quality environment can enhance well-being by providing a safe and pleasant living space, opportunities for social engagement, and resources for physical and mental health maintenance (Wilkinson & Marmot, 2003). Conversely, adverse environmental conditions, such as pollution and inadequate housing, can negatively impact health and overall quality of life. Economic factors are intertwined with quality of life as well. Financial stability and access to resources can affect an individual's ability to secure healthcare, education, and other necessities that contribute to a higher QoL (Winkleby et al., 2006). Socioeconomic disparities often lead to variations in quality of life across different population groups, with lower-income individuals frequently experiencing poorer health outcomes and reduced access to opportunities that enhance QoL.



The concept of quality of life is also central to public health and policy-making. Governments and health organisations use QoL indicators to assess the effectiveness of health interventions and to guide the allocation of resources (Bago d'Uva et al., 2008). For example, improvements in healthcare infrastructure, education, and social services are often evaluated based on their impact on QoL metrics. Quality of life is a multidimensional construct that reflects the interplay of physical health, mental health, social relationships, environmental conditions, and economic factors. Understanding and improving QoL requires a holistic approach that addresses these various aspects. Efforts to enhance QoL must consider both individual and societal factors, recognising that a comprehensive approach is essential for fostering well-being and ensuring that all individuals can lead fulfilling and healthy lives.

### **Overview of Routine Medical Checkups**

Routine medical checkups are fundamental to preventive healthcare, aiming to identify and address potential health issues before they escalate into serious conditions. These checkups, often referred to as preventive or wellness visits, involve comprehensive assessments of an individual's health status, including physical examinations, laboratory tests, and screenings. They are designed to detect diseases early, manage existing health conditions effectively, and promote overall well-being (American Academy of Family Physicians, 2022). The primary objective of routine medical checkups is early detection and prevention. By identifying health issues before symptoms appear, these checkups enable timely intervention, which can significantly reduce the risk of severe complications and improve health outcomes. For example, regular screenings for conditions such as hypertension, diabetes, and various cancers can help in the early diagnosis and management, thereby lowering the incidence of advanced disease stages and improving prognosis (U.S. Preventive Services Task Force, 2020).

Routine checkups typically include a thorough physical examination, assessment of medical history, and a series of screenings tailored to the individual's age, sex, and risk factors. Physical exams often involve measuring vital signs, such as blood pressure, heart rate, and body mass index, to evaluate overall health. Medical history reviews help identify personal and family health risks that may require further investigation or monitoring (Morrison et al., 2019). Screenings during routine checkups are crucial for identifying asymptomatic conditions that could lead to serious health problems if left unchecked. Common screenings include blood tests for cholesterol and glucose levels, mammograms for breast cancer, Pap smears for cervical cancer, and colonoscopies for colorectal cancer (American Cancer Society, 2021). These tests are designed to detect diseases in their early stages when they are most treatable.

The benefits of routine medical checkups extend beyond the detection of diseases. Regular checkups provide an opportunity for healthcare providers to offer preventive advice and lifestyle recommendations. These might include guidance on diet, exercise, and smoking cessation, which are crucial for maintaining health and preventing chronic conditions (Joffe, 2022). Furthermore, routine visits allow for the monitoring of ongoing health conditions, adjusting treatment plans as necessary, and ensuring that vaccinations are up to date. Routine checkups also play a significant role in managing chronic diseases. For individuals with conditions such as diabetes or heart disease, regular monitoring is essential for managing symptoms, preventing complications, and adjusting treatments as needed. Consistent follow-up



care helps in maintaining optimal health and preventing exacerbations that could lead to hospitalisation or severe health crises (Morrison et al., 2019).

Despite the clear benefits, the uptake of routine medical checkups varies significantly across different populations. Factors influencing participation include access to healthcare, socioeconomic status, and health literacy. In many cases, barriers such as cost, lack of insurance, and limited availability of healthcare services can hinder individuals from seeking regular medical care (Chen et al., 2021). Addressing these barriers is crucial for improving health equity and ensuring that preventive care is accessible to all. Routine medical checkups are a vital component of preventive healthcare that facilitate early detection of diseases, management of chronic conditions, and promotion of overall health. By providing comprehensive assessments, screenings, and preventive advice, these checkups help individuals maintain good health, reduce the risk of serious health issues, and improve quality of life. Ensuring that more people have access to and engage in regular checkups is essential for enhancing public health and achieving better health outcomes across populations.

### **Knowledge and Practice of Routine Health Checkup**

The knowledge and practice of routine health checkups play a crucial role in preventive healthcare, with substantial variations observed across different populations and regions. Research has consistently shown that while awareness of routine medical checkups is relatively high, the practice of regular checkups often falls short.

A study by Eke et al. (2012) provides valuable insights into the awareness of periodic medical checkups among different demographics. The study revealed that approximately 74.9% of participants were aware of periodic health examinations. Notably, all female respondents and 67.9% of male respondents were aware of such checkups. The primary sources of information about these checkups were friends (61.2%) and mass media (18.2%). The most commonly recognized type of medical checkup was the general examination (60.7%), followed by blood pressure measurement (55.4%). This indicates a significant level of awareness about basic health evaluations, though the extent of understanding regarding different types of checkups remains varied.

In contrast, a study by Umuerrri and Aiwuyo (2020) in Delta State highlighted a discrepancy between knowledge and practice. Despite a high prevalence rate of hypertension and good knowledge of medical checkups among respondents, the practice of routine checkups was notably poor. This finding aligns with observations from the World Health Organization (2019), which noted that while awareness of preventive measures is growing, actual participation in routine health evaluations often lags behind.

Olayinka, Omotoso, and Ibidun (2015) investigated the knowledge of medical checkups in South-West Nigeria and found that among 144 respondents who had heard of medical checkups, 68 (47.2%) believed that checkups should be conducted only when one is healthy. The study also found that 50% of respondents recognised general examination as a type of medical checkup, whereas only 4.6% were aware that blood sugar testing could be part of routine checkups. Regarding the frequency of checkups, 67.6% of respondents preferred having checkups every six months. Overall, 79.2% of those aware of periodic checkups had undergone at least one checkup, demonstrating a significant gap between knowledge and consistent practice.



Similarly, Tahira, Muhammad, and Shahzad (2017) assessed awareness among students from medical and non-medical institutions and found that 63% of the students had knowledge about periodic medical examinations. Among medical students, 68% were aware of such checkups, compared to 61% among non-medical students. This suggests that while awareness is reasonably high, especially in academic settings, the practice may not always reflect this awareness. Hoebel, et al (2014) conducted a study on the determinants of health check attendance using data from the German Health Update. The study revealed that although the majority of respondents had good knowledge about health checkups, their practice was poor. This highlights a common issue where awareness does not necessarily translate into action, a problem that is not confined to any specific region or country.

Usman et al. (2016) examined periodic medical checkups among residents in three South-Western Nigerian states and found a high level of awareness but inadequate practice of routine health checkups. This underscores the need for increased efforts to bridge the gap between knowledge and practice. Effective awareness campaigns and educational initiatives could play a crucial role in improving the uptake of routine checkups and enhancing overall health outcomes.

Akande, Tanimola and Salaudeen (2004), in their study showed that most of the respondents (82.8%) had a medical examination since being employed in the hospital. Among those that had pre-employment medical examination done, only 14.1% had the examination done before assumption of duty. Two-thirds of those who did the medical examination did so just to satisfy the hospital management requirement. Only 20.6% of the respondents had ever had periodic medical examination (PME) while on employment of the hospital. Among those that ever-had PME, the mean number of times that they had periodic medical examination were 2.4. Knowledge of respondents had no significant effect on the practice of PME.

In summary, while there is a growing awareness of routine health checkups, the practice of these preventive measures remains inconsistent. Studies across various regions indicate that although individuals may be knowledgeable about the importance of checkups, actual participation often falls short.

### **Attitude Towards Routine Health Checkup**

The attitude of healthcare staff towards routine medical checkups is crucial in understanding the overall uptake and effectiveness of preventive healthcare practices. Research by Tahira et al. (2017) highlights several important aspects regarding staff attitudes and practices related to routine health checkups. Their study revealed that while awareness of routine medical checkups was widespread among respondents, with 100% of medical staff and 91.2% of non-medical staff acknowledging their importance, there were significant variations in practice and perceptions based on various demographic factors.

According to Tahira et al. (2017), all respondents were aware of the concept of routine medical check-ups. However, only 26.7% were familiar with existing routine check-up programs within their institutions. This disparity suggests a gap between awareness and participation. Among those who did engage in routine check-ups, the practice was more common among non-medical staff (36.3%) compared to their medical counterparts. The highest attendance was observed in individuals aged 25–34 years, with 37.1% participating in annual check-ups. Furthermore, a higher proportion of females (95.7%) attended medical





check-ups compared to males (90.7%). This gender disparity might reflect differing health priorities or access issues (Tahira et al., 2017).

Education level also played a significant role, with the highest proportion of routine check-up attendees having attained tertiary education. This finding aligns with the general understanding that educational attainment is associated with increased health awareness and better health-seeking behaviours (Pampel et al., 2010). The study highlighted that the majority of staff, both medical and non-medical, perceived routine check-ups as important. However, a notable minority of non-medical staff (8.9%) did not share this view.

Cost emerged as the primary barrier to routine check-ups, with 72.4% of respondents identifying it as a significant obstacle. This finding is consistent with previous research which has found that financial constraints are a major barrier to accessing preventive healthcare services (Hunt, Adamson, Hewitt, & Nazareth, 2011). The need for affordable healthcare and the creation of intensive awareness campaigns, especially targeting males and addressing misconceptions about health checkups, is crucial for improving participation rates. In addition, Eke et al. (2012) found that over 90% of respondents had high expectations regarding the effectiveness of medical checkups in detecting diseases early. Specifically, 92.8% believed that most diseases could be detected earlier through routine check-ups, and 94.4% felt that early detection improves prognosis. This high level of belief underscores the perceived value of routine check-ups in preventive health care.

The study by Eke et al. (2012) also highlighted that most respondents valued thorough medical examinations, with 90.5% considering history taking and 92.5% valuing physical examinations as essential components of routine check-ups. Furthermore, a significant majority (94.5%) preferred that check-up results be explained by a doctor, reflecting the importance of professional interpretation in understanding health conditions. Tahira et al. (2017) also reported on the sources of information about medical examinations among staff. Internet sources were cited by 28% of respondents, while 22% relied on health workers for information. Despite these sources, 33% of respondents admitted to ignorance about the importance of routine check-ups. Additional barriers included busy schedules (25%) and the cost of investigations (20%). These findings are supported by research from Limm et al. (2010), which also underscores the need for educational programs to enhance knowledge and increase participation in routine health check-ups.

In conclusion, while there is a high level of awareness and perceived importance of routine medical check-ups among staff, several barriers impede their widespread practice. Addressing financial constraints, increasing educational outreach, and ensuring accessible healthcare services are critical steps towards improving participation and leveraging the full benefits of preventive health measures.



### **Benefits of Routine Medical Checkups on Quality of Life**

Routine medical checkups play a pivotal role in maintaining and improving quality of life by facilitating early disease detection, promoting preventive health measures, and managing chronic conditions effectively. The multifaceted benefits of these checkups extend beyond immediate health improvements, contributing significantly to overall well-being and longevity.

One of the primary benefits of routine medical checkups is the early detection of potential health issues. Regular examinations allow for the identification of diseases before they progress to more severe stages. Early detection is particularly crucial for conditions such as cancer, hypertension, and diabetes, where timely intervention can lead to better outcomes and increased survival rates. For example, studies have shown that routine screenings for breast cancer through mammograms can detect tumors at a stage when treatment is more likely to be successful (American Cancer Society, 2021). Similarly, early identification of hypertension can prevent complications such as stroke and heart disease, thus enhancing the quality of life (Whelton et al., 2018).

Routine medical checkups also play a significant role in preventive health care. By identifying risk factors and implementing preventive measures, these checkups can help avoid the development of chronic diseases. Preventive measures might include lifestyle modifications such as changes in diet, exercise, and smoking cessation, which are often recommended based on the findings from routine checkups. The U.S. Preventive Services Task Force (2020) emphasizes the importance of preventive services, noting that regular health evaluations can lead to early lifestyle adjustments that prevent the onset of serious health conditions. For instance, routine cholesterol screenings and subsequent advice on diet and exercise can significantly reduce the risk of cardiovascular diseases.

Additionally, routine checkups are crucial for managing existing chronic conditions. For individuals with conditions such as diabetes, asthma, or heart disease, regular checkups ensure that these conditions are monitored and managed appropriately. Regular visits allow healthcare providers to adjust treatment plans based on the patient's current health status and to prevent complications associated with these chronic conditions (Morrison et al., 2019). This ongoing management helps maintain stability in health, thereby enhancing overall quality of life and reducing the risk of acute health crises that can lead to hospitalisation.

Routine medical checkups also provide an opportunity for health education and counselling. During these visits, healthcare providers can offer guidance on a range of health-related topics, including nutrition, physical activity, and mental health. Educating patients about healthy lifestyle choices and preventive strategies can lead to improved health behaviours and outcomes (Joffe, 2022). For example, counselling on the importance of vaccination and preventive screenings can lead to higher vaccination rates and early disease detection, further contributing to improved health outcomes.

Furthermore, the psychological benefits of routine checkups cannot be overlooked. Regular health evaluations provide individuals with reassurance about their health status, which can reduce anxiety and stress related to health concerns. Knowing that one's health is regularly monitored and managed can contribute to a sense of well-being and control over one's health.



This psychological benefit is particularly significant for individuals who may be at higher risk for certain health conditions or who have a family history of disease (Eke et al., 2012).

Routine checkups also help in the prevention and management of health disparities. By ensuring that all individuals, regardless of their socioeconomic status, have access to regular health evaluations, routine checkups can contribute to reducing health inequalities. Access to preventive care is essential for addressing the needs of underserved populations and ensuring that they receive the necessary health services to maintain good health (Chen et al., 2021). Efforts to improve access to routine checkups can help bridge gaps in healthcare access and improve overall health outcomes across diverse populations.

In addition to individual benefits, routine medical checkups have broader public health implications. By promoting early detection and preventive care, these checkups can reduce the overall burden of disease on the healthcare system. Early intervention and preventive measures can lead to reduced healthcare costs by decreasing the need for more intensive treatments and hospitalisations associated with advanced stages of disease (Limm et al., 2010). This reduction in healthcare costs can benefit both individuals and the healthcare system as a whole, contributing to more sustainable and efficient healthcare delivery.

In conclusion, routine medical checkups offer numerous benefits that significantly enhance quality of life. By enabling early disease detection, promoting preventive health measures, managing chronic conditions, providing health education, and reducing health disparities, these checkups contribute to better health outcomes and overall well-being. The positive impact of routine checkups on both individual health and public health underscores the importance of integrating regular health evaluations into preventive healthcare practices. Ensuring widespread access to and participation in routine checkups is essential for achieving optimal health and quality of life for all individuals.

### **Some Routine Health Checks and Their Benefits**

Routine health checks are essential for maintaining overall well-being and enhancing quality of life. They encompass various aspects of health, from basic home checks to more specific tests and screenings, all of which contribute significantly to early detection and prevention of diseases.

#### ***Health Checks at Home***

Routine health checks at home provide an accessible and proactive approach to monitoring one's health status. Basic health checks that can be performed at home include monitoring dental care, diet, physical activity, skin condition, smoking habits, and weight management. Dental health is a prime example where regular at-home practices such as brushing and flossing, alongside annual visits to a dentist, can prevent issues like tooth decay and gum disease (American Dental Association, 2020). A nutritious diet, including at least five servings of vegetables and two servings of fruits daily, is crucial for overall health, as it supports various bodily functions and reduces the risk of chronic diseases (Harvard T.H. Chan School of Public Health, 2021).

Physical activity is another critical component of home health checks. Engaging in 30 to 60 minutes of moderate exercise daily, such as brisk walking or light swimming, can prevent numerous health issues and improve cardiovascular, bone, and mental health (Warburton et al., 2006). Regular skin checks are also important; monitoring for unusual moles or changes



can help in the early detection of skin cancers, with follow-up visits to a healthcare provider recommended if abnormalities are noticed (Skin Cancer Foundation, 2022). Additionally, avoiding smoking is essential, as it is linked to several severe health conditions, including heart disease and lung disorders. Quitting smoking reduces these risks substantially (World Health Organization, 2021). Maintaining a healthy weight is equally important, as it helps in preventing long-term diseases like diabetes and arthritis (National Institutes of Health, 2020).

### **Regular Health Checks for Adults**

Regular health checks for adults are vital in identifying early warning signs of various health conditions, such as heart disease, diabetes, and cancers. These checkups typically involve a review of medical history, family history, lifestyle factors, and current health metrics, including weight, diet, and exercise habits (Morrison et al., 2019). For individuals at high risk of certain diseases, such as those with a family history or existing risk factors, more frequent checkups may be recommended to monitor for early signs of health issues (Khalid et al., 2018).

### **Health Checks for Specific Conditions**

Regular heart health checks are essential for preventing and managing cardiovascular diseases. These checks often include measuring blood pressure, assessing cholesterol levels through blood tests, and conducting electrocardiograms (ECGs) to detect any cardiac abnormalities (Whelton et al., 2018). For individuals over 45 or those with high-risk factors, these checks are crucial in managing heart health. Similarly, routine checks for diabetes are critical for detecting high blood glucose levels and preventing complications associated with diabetes. Tests such as fasting blood glucose and HbA1c are commonly used to assess diabetes risk, with the Australian type 2 diabetes risk assessment tool (AUSDRIK) providing a useful risk assessment for type 2 diabetes (Australian Government Department of Health, 2020).

Bowel cancer screenings are recommended for individuals aged 50 to 74 who are asymptomatic, using tests that detect blood in stool samples. Those at higher risk may require more frequent screenings, such as colonoscopies (National Bowel Cancer Screening Program, 2022). Eye health checks are crucial for detecting conditions like glaucoma, cataracts, and macular degeneration, particularly in individuals over 65 or those with specific risk factors (American Academy of Ophthalmology, 2021). Bone health, especially for those over 50, can be monitored through bone density tests to assess the risk of osteoporosis (National Osteoporosis Foundation, 2020).

### **Health Checks for Women and Men**

Routine health checks for women often include breast cancer screenings, such as mammograms, and cervical screenings to detect early signs of cancer (Breast Cancer Now, 2022; National Cervical Screening Program, 2021). These tests are crucial for early detection and successful treatment of cancers. For men, regular prostate cancer screenings are recommended to identify potential issues early, with Prostate Specific Antigen (PSA) tests being a common method (American Urological Association, 2021).

### **Health Checks for Older Adults**

As individuals age, routine health checks become increasingly important. These may include screenings for abdominal aortic aneurysms, regular blood pressure and cholesterol checks,



diabetes screenings, and evaluations for lung cancer in smokers (Kadiri, 2023). Regular physical exams, along with updates on vaccinations and assessments of bone density, help manage health effectively and prevent disease (Centers for Disease Control and Prevention, 2021).

The benefits of regular medical checkups are substantial. They allow for the prevention and early intervention of diseases, leading to timely management and improved quality of life (Kadiri, 2023). Regular checkups can also result in cost savings by addressing health issues before they escalate into more serious conditions. However, challenges such as financial constraints, ignorance about the importance of checkups, and fear of discovering health problems can deter individuals from seeking regular health evaluations (Kadiri, 2023). Routine health checks, whether conducted at home or through professional evaluations, are essential for maintaining good health and enhancing quality of life. They facilitate early detection and management of health conditions, promote preventive care, and contribute to overall well-being. Despite the challenges, the benefits of regular health checks underscore their importance in achieving and sustaining optimal health.

### **Conclusion**

Routine medical checkups play a crucial role in enhancing quality of life by providing a structured approach to health monitoring and early disease detection. These checkups facilitate the identification of potential health issues before they escalate into more serious conditions, allowing for timely intervention and management. By proactively addressing risk factors and health concerns, individuals can mitigate the progression of diseases, improve overall health outcomes, and achieve better long-term well-being. The ability to detect and manage health conditions early not only prevents complications but also promotes a more active and fulfilling lifestyle.

In addition to their preventive benefits, routine checkups contribute significantly to peace of mind and reassurance. Knowing that one's health is regularly monitored can alleviate anxiety about potential health problems and encourage a more positive outlook on life. The integration of regular health assessments into daily life supports informed decision-making about lifestyle changes and health management, ultimately leading to enhanced quality of life. As individuals engage in regular checkups, they invest in their health and future, fostering a proactive approach to well-being that benefits both physical health and emotional resilience. To improve the accessibility and effectiveness of routine medical checkups, it is essential to collaborate with healthcare providers, policymakers, and community stakeholders to identify and address obstacles such as insufficient funding, staff shortages, and limited access to healthcare infrastructure. Modern approaches, including mobile health clinics and community health workers, should be explored to bridge gaps in routine medical care, particularly in underserved areas. Additionally, encouraging religious and community leaders to organize medical outreach programs can enhance the availability of regular health examinations for their communities. A significant shift in attitudes among healthcare workers, including doctors, nurses, and medical laboratory scientists, is necessary to foster a more proactive approach to routine checkups. Furthermore, healthcare system reforms aimed at reducing patients' waiting times in hospitals will contribute to more efficient and effective medical care delivery.



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