



HEALTH SERVICES AND THE IMPACT IN HONG KONG

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ABSTRACT

This article aims to explore why Hong Kong has a very high standard in healthcare services. The life expectancies in Hong Kong are very high in both male and females. The main reasons for Hong Kong having the best medical system in the world is owing to its technological advancement in the field of medicine. The government has played a vital role in improving the health care services in the nation.

Keywords: Health care, Chronic disease, Quality care and life expectancy.

Introduction:

The main motive of this research is to understand the health services, to avoid readmission, weakness of health service, enhanced elderly care and enhanced primary care for patients with chronic diseases in Hong Kong. Health care in Hong Kong has a very high standard, with both private hospital as well as public hospital being fully updated and equipped with high technology equipment's. They have trained and English speaking staff. Private hospitals in Hong Kong focus at full medical check-ups, whereas private focus on emergencies. Hospitals provide full care and medical care. In case a person has a health insurance in this county they will be transferred from public hospital to private hospital at the earliest.

Hong Kong is a health place and the life expectancies are very high. Below are the statistics provided, Males expect to reach 83.4 years and females 86.7 years of age. The leading reason for death in Hong Kong are the chronic diseases like -neoplasm(cancer), cardiovascular disease and respiratory disease. Cost is extremely high and also people prefer their treatment from private hospital. Hong Kong 's government budget has increased year after year. It is a dual medical economy wherein government provides funding facilities and provision of self-services mainly through personal insurance. Government has been helping in the expansion of private hospitals. It has been a great aid to the medical services. National Health and Family Planning Commission (NHFPC) are responsible for inspection and enforcement. It carries out most of the operations like administrative, health care policies, standards. One of the reasons for Hong Kong having the best medical system in the world is because of the unified medical information.

Enhanced primary care

Primary care is essential and accepted universally. It is affordable by everyone. Primary care covers services like aid to chronic diseases, supportive care for end-stage

diseases. The major challenge faced by them is the increasing aging population. Primary care provides services for acute diseases. Advisory committee made certain recommendations on the primary care system. Government also put up a document stating "Your health, Your life" in march 2008. The following initiatives were proposed -Developing models for health care services, register a family doctor, improve public care through public-private partnership, the government will continue to provide financial to the public care health service.

Major strategies to improve primary care, to Provide comprehensive and whole-person care and it is imperative for a combination of healthcare professionals to work together in order to enhance the needs of chronic disease patients and the elderly. Improve care for individuals, if continuity of care is taken into consideration it can enhance effectiveness in disease prevention and absolute access to care, promotes safety of patients and good use of resources. Improve co-ordination of care, improving co-ordination of care encourages continuity of care, reduces replication and helps patients receive care according to their needs. Preventive measures to tackle disease burden, the major causes for death in Hong Kong are the chronic diseases. To prevent these diseases different approaches must be adopted, like detection if the disease before the last stage, better care for these diseases to prevent complications further and reduce behaviours that are prone of falling ill. Availability of quality care, especially for chronic disease patients, Co-ordination between public and private health care sectors is important for improving inclusive care, especially for chronic diseases. Person centred care, when a person is closely observed it results in better monitoring, fast healing and good quality care of those patients. Supporting improvement of quality, Orientation and personal care should be emphasised and professionalism is essential. Changes in infrastructure, Long term connections and meetings is required to go in flow and look into the development structure of primary sectors.

Reducing avoidable readmissions:

(Carrie HK Yam 1. E., 2010) It was found that 40.8% of the 603 unplanned readmissions were judged avoidable by the reviewers. Avoidable readmissions were due to: clinician factor (42.3%) patient factor (including medical and health factor) (41.9%) followed by system factor (14.6) and social factor (1.2%). The four factors for avoidable readmissions are clinical factors like pre-discharge, patient factor like health and medical condition, social factor such as lack of support from the society and system factor which includes lack of planning towards decision making. These readmissions can be reduced by taking effective decisions on discharge of the patient, enhancing the need of patients, counselling them on the early signs or warnings of diseases so that treatment can be taken at the earliest. The quality of managing certain condition by self is also essential to avoid readmissions. The highest risk factor of readmissions is acute diseases and it was also found that certain cases could be avoidable but due to clinical factors and patient factors like longer stay in the hospitals than required. These two factors are related to each other and both must be managed efficiently. One of the successful initiatives to reduce readmissions was taken by Hong Kong hospital authority. It established health care centre.

What is health care centre?

(Ng, 2011) It is a platform where high technology is used to connect patients with doctors or high professionals who can access patients details and allows them to advice, disease management and counselling. The main motive is to efficiently utilize the resources.

Hong Kong has an outbound service where provider initiatives contact the patient directly also provides home care advice. The targeted patients are contacted within 48 hours of discharge to have direct control over the patients and electronic medical reports are also initiated. Telephone system is also provided for interface and facilitate flow while working. Elderly patients who are at high risk of hospitalisation and their carers can contact for further help and assistance. One of the problem in readmission is the higher rates of hospitalisation. There are measures taken towards reducing readmission in hospitals.

Chronic disease prevention and management:

Three chronic diseases in Hong Kong are hypertension, diabetes, cholesterol and mellitus. (Chung, 2016)

1.9 million people in Hong Kong had chronic health problems. Chronic diseases are those who take a very long time to heal and in some cases cannot be identified in the early stages. The five major chronic diseases are, Hypertension: is the most common condition; it is due to the rising blood pressure in the body. Risk factors include smoking, high consumption of alcohol and high intake of salt. Cancer: the most common type of cancer is colorectum and lung cancer. Respiratory diseases: this is the highest burden disease and main cause is intake of tobacco. Diabetes: mellitus diabetes is another cause of

death, the risk factors are history of mellitus, obesity. Mental disorders: one out of six people have this condition. Mental illness leads to depression and suicide.

Prevention of chronic diseases: Health communications for healthier nature, Prevention strategies to increase life expectancy, Monitor diseases and avoid risk factors, Public policies to improve quality of life and Detect diseases earlier

In, Hong Kong how do people receive care for chronic condition?

A family doctor is recommended who over time builds patients confidence and understands the patient's condition. A study had stated 65% of patients did not have a regular doctor. Many people in this county prefer not to go ahead with a family doctor but instead would prefer specialist care. This is true for people suffering with chronic condition.

Impact of chronic diseases in the future:

In the near future, people in Hong Kong are prone to chronic diseases. There will be an increase in demand for more specialists, higher cost and waiting time would be ultimately higher. The cost of care also will invariably increase. It would be recommended to look for a care provider, also securing insurance plan.

Enhanced elderly care:

Hong Kong has an ageing society; hence intense care must be taken of the elders. Elderly people create a demand for care and services. Services for elder's care is insufficient, Hong Kong must meet the needs of its elderly folk. In the recent year's elders started to feel that they were a burden for their family so the government had initiated residential homes for the elders or community centres. They are provided with meals, counselling, socialize with other members and self-development. The elders aging 65 years may apply for senior citizen card. This provides benefits like discounts, and priority services. Elderly care should be the major priority for Hong Kong. Most communities lack facilities to provide adequate care of those with chronic diseases.

Ways to help the elders: Assist the elders, like transferring them to the wheel chair, avoid strain, Avoid any injury, Communication, Prevention of abusing elders and Home safety.

Weakness of health care systems:

- Petty principles of government
- Unhealthy lifestyle
- Dear but competitive
- Long waiting lines during consultations in spite of prior appointments
- Lack of decision making skills
- Impact of clinical and social factors. (Kang-chung, Chronic illness affects more than 25 per cent of

population, 2013)

Conclusion:

Hong Kong constitutes of high technology in public and private hospitals. It has one of the best health care systems in the world. It's up to the citizens to choose between private hospitals and public hospitals. Hong Kong is the healthiest country in the world. It's extremely difficult to copy the health care system of Hong Kong. Anyone here can afford financial needs regardless the person being from a poor family or rich. They almost invest the same amount in health care. People are very happy with quality of care and procurement of medicine. The health system is cost effective and complete utilization of resources is commendable.

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