**Awareness and attitudes of hospital employees towards routine medical check-ups in a public hospital in Port Harcourt, Nigeria**

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**ABSTRACT**

**Aims:** The aim of the study is to assess the levels of awareness and attitudes of hospital employees towards routine medical check-ups in a public hospital in Port Harcourt, Nigeria, with a view to improving the health of the hospital community.

**Methods:** A descriptive cross-sectional was carried out among the staff of the Braithwaite Memorial Specialist Hospital, using a self-administered semi-structured questionnaire. The questionnaire probed demographics, attitudes and awareness of routine medical check-ups.

**Results:** All the respondents were aware of a routine medical check-up; however, only 32.1% of these respondents were aware of an existing programme of routine check-ups within the hospital. 26.7% of all respondents attended a medical check-up at least once every year, with a slightly higher proportion among the non-medical staff (36.3%). The highest proportion of staff who attended medical check-ups was found to be in the 25-34 year age group (37.1%). More females (95.7%) than males (90.7%) attended medical check-ups. The highest proportion of staff who practised regular medical check-ups had attained a tertiary level of education. The majority of the respondents, medical (100%) and non-medical (91.2%), felt that a routine medical check-up was important. A minority of non-medical staff (8.9%) did not feel it was important. The most important barrier to the practice of routine medical check-ups was the cost, as stated by 72.4%.

**Conclusion:** There was a high level of awareness but poor practice of routine medical check-ups. Age, gender and levels of education were not found to significantly affect the awareness and attitudes towards routine medical check-ups. Most hospital employees had positive attitudes and high expectations of routine medical check-ups. The importance of regular health awareness programmes, publicity about the availability of routine medical check-up programmes and the need to provide these services at minimal cost to the workers cannot be over-emphasized.