



# Providing Healthcare in Medical Clinics for Different Age Groups

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## ABSTRACT

Ensuring access to healthcare services is crucial for individuals of all age groups. Medical clinics play a significant role in providing comprehensive healthcare to people of different ages. These clinics cater to the specific needs and requirements of various age groups, offering specialized care and treatments. This article explores the provision of healthcare services in medical clinics for individuals belonging to different age groups. Medical clinics are essential healthcare facilities that cater to the specific needs of various age groups, including pediatric, adult, and geriatric populations. The article highlights the importance of specialized care, preventive services, and continuity of care in medical clinics. It emphasizes the role of medical professionals such as pediatricians, general practitioners, and geriatricians in delivering comprehensive healthcare services. The article also discusses the significance of specialized clinics within medical facilities and the promotion of preventive care for different age groups.

**Key words:** healthcare, medical clinics, age groups, pediatric care, adult care, geriatric care, specialized clinics, preventive services, continuity of care.

## 1. INTRODUCTION

Access to quality healthcare is a fundamental right for individuals of all age groups. The provision of healthcare services in medical clinics is essential in meeting the diverse needs of different age groups, ensuring that they receive appropriate and specialized care[1]. Medical clinics serve as crucial healthcare settings where professionals address the unique health concerns and conditions associated with each stage of life.

From pediatric care for infants and children to adult care for individuals in their prime years, and geriatric care for older adults, medical clinics play a pivotal role in delivering

comprehensive and targeted healthcare services. These clinics offer a wide range of medical specialties and services tailored to specific age groups, encompassing preventive care, diagnosis, treatment, and ongoing management of health conditions[2].

The aim of this article is to explore the significance of providing healthcare in medical clinics for different age groups. We will delve into the various aspects of care, including the specialized services offered, the importance of preventive care, and the continuity of care provided to patients. By understanding the unique healthcare needs and challenges faced by individuals in different age groups, we can appreciate the vital role that medical clinics play in promoting health and well-being.

Throughout the article, we will highlight the expertise of healthcare professionals such as pediatricians, general practitioners, and geriatric specialists who work in medical clinics. We will also discuss the significance of collaborative and multidisciplinary approaches in providing comprehensive care for individuals of different ages.

By examining the comprehensive healthcare services available in medical clinics, we can gain insights into the strategies and practices that contribute to improved health outcomes for different age groups. Ultimately, the goal is to foster a better understanding of the importance of accessible and tailored healthcare in medical clinics, enabling individuals across the lifespan to lead healthier and more fulfilling lives.

## 2. PEDIATRIC CARE

Pediatric care is a crucial component of healthcare services provided in medical clinics, specifically tailored to address the unique needs of infants, children, and adolescents[3]. These clinics offer specialized care that focuses on the growth, development, and overall well-being of young patients. Here are some key aspects of pediatric care in medical clinics:

- **Well-Child Visits:** Medical clinics provide regular well-child visits, which include routine check-ups and developmental assessments. During these visits, pediatricians monitor the child's growth, conduct physical

examinations, and address any concerns or questions from parents or caregivers [4]. Well-child visits also offer an opportunity for preventive care, such as vaccinations, screening tests, and health education.

- **Vaccinations:** Pediatric clinics play a vital role in administering vaccinations to infants, children, and adolescents. Vaccines protect against various infectious diseases and are an essential part of preventive healthcare [5]. Medical clinics follow recommended vaccination schedules to ensure that children receive the necessary immunizations at the appropriate ages.
- **Developmental Assessments:** Pediatric care includes monitoring the developmental milestones of infants and young children. Pediatricians assess physical, cognitive, and social-emotional development, identifying any potential delays or concerns. Early identification and intervention for developmental issues can significantly impact a child's long-term well-being [6].
- **Common Childhood Illnesses[6]:** Medical clinics offer diagnosis and treatment for common childhood illnesses, such as respiratory infections, gastrointestinal issues, ear infections, and skin conditions. Pediatricians are trained to recognize and manage these conditions specifically in pediatric patients, ensuring appropriate care and treatment.
- **Chronic Conditions:** Pediatric care in medical clinics addresses chronic conditions that affect children, such as asthma, diabetes, allergies, and behavioral disorders. Pediatricians work closely with patients and their families to provide ongoing management, education, and support for these conditions, promoting the best possible outcomes.
- **Parental Guidance and Support:** Pediatric clinics provide valuable guidance and support to parents and caregivers. Pediatricians offer advice on child nutrition, behavior management, safety measures, and age-appropriate activities [7]. They strive to empower parents to make informed decisions and create a nurturing environment for their child's health and development.

Pediatric care in medical clinics is characterized by a comprehensive and holistic approach that focuses on the unique needs of infants, children, and adolescents. By providing specialized services, preventive care, and parental support, these clinics contribute to the overall health and well-being of young patients, ensuring a healthy start to life.

### 3. ADULT CARE

Providing healthcare in medical clinics for different age groups is essential to meet the specific needs of adults[8]. Medical clinics play a vital role in promoting overall health,

preventing diseases, managing chronic conditions, and addressing acute illnesses in adults.

Preventive care is a key component of adult care in medical clinics. Regular check-ups, health screenings, and vaccinations are conducted to detect and prevent potential health issues. These clinics offer services such as blood pressure monitoring, cholesterol checks, cancer screenings, and immunizations to ensure adults receive necessary preventive care.

Managing chronic diseases is another crucial aspect of adult care in medical clinics. Healthcare professionals assist adults in effectively managing chronic conditions like diabetes, hypertension, heart disease, and respiratory disorders[9]. Through regular monitoring, medication management, and lifestyle modifications, medical clinics help adults reduce the risk of complications and improve their quality of life.

Medical clinics are equipped to provide prompt diagnosis and treatment for acute illnesses and injuries in adults. Common conditions such as respiratory infections, gastrointestinal issues, musculoskeletal injuries, and skin infections are addressed efficiently. Adults receive appropriate medical attention and support to recover from acute health problems.

Health counseling and education are integral parts of adult care in medical clinics. Healthcare professionals provide guidance on various aspects of health, including healthy eating, exercise, stress management, smoking cessation, and alcohol moderation. Adults are empowered to make informed decisions and adopt healthy behaviors to improve their overall well-being[10].

Medical clinics also facilitate referrals to specialists when necessary. For conditions requiring specialized expertise, patients are referred to specialists in fields such as cardiology, endocrinology, gastroenterology, or mental health. This coordinated approach ensures comprehensive care for adults with specific healthcare needs.

finally, adult care in medical clinics emphasizes preventive care, chronic disease management, acute illness treatment, health counseling, and referrals to specialists. These clinics cater to the unique healthcare needs of adults, helping them maintain good health and manage chronic conditions effectively. Through regular check-ups, health screenings, and vaccinations, medical clinics promote disease prevention and early detection. With prompt diagnosis and treatment of acute illnesses and injuries, adults receive the necessary medical attention to recover quickly. Health counseling and education empower adults to adopt healthy behaviors, while referrals to specialists ensure comprehensive care for specific healthcare needs. Medical clinics are essential in providing comprehensive and tailored healthcare services to adults of different age groups, promoting their overall well-being and quality of life.

### 4. GERIATRIC CARE

Providing healthcare in medical clinics for different age groups extends to the specialized care needed for older adults, known as geriatric care. Geriatric care focuses on addressing the unique healthcare needs and challenges faced by the aging population. Medical clinics play a crucial role in delivering

comprehensive and specialized healthcare services for older adults[11].

Geriatric care in medical clinics encompasses several key aspects that cater to the specific needs of older adults. These aspects include[12]:

1. **Comprehensive Geriatric Assessments:** Medical clinics conduct comprehensive geriatric assessments to evaluate the physical, cognitive, functional, and psychosocial aspects of older adults' health. These assessments help identify age-related changes, detect potential health issues, and develop personalized care plans.
2. **Chronic Disease Management:** Geriatric care in medical clinics involves managing chronic conditions commonly found in older adults, such as hypertension, diabetes, arthritis, and heart disease. Healthcare professionals work with older adults to develop personalized treatment plans, including medication management, lifestyle modifications, and regular monitoring.
3. **Medication Management:** Older adults often have multiple medications, increasing the risk of drug interactions and adverse effects. Medical clinics provide specialized medication management services, including medication reconciliation, review, and adjustment. This ensures the appropriate and safe use of medications, minimizing potential complications.
4. **Fall Prevention:** Falls are a significant concern for older adults and can lead to serious injuries. Medical clinics focus on fall prevention strategies, such as balance assessments, exercise programs, home safety evaluations, and recommendations for assistive devices. These measures help reduce the risk of falls and promote safety.
5. **Cognitive Health:** Geriatric care in medical clinics addresses cognitive health issues, including screening for cognitive impairment and providing support for conditions such as Alzheimer's disease and other forms of dementia. Healthcare professionals offer cognitive assessments, memory evaluations, and referrals to specialized services when necessary.
6. **Palliative and End-of-Life Care:** Medical clinics provide palliative and end-of-life care for older adults with advanced illnesses. This includes pain management, symptom control, emotional support, and coordination of care with hospice services. The focus is on enhancing the quality of life and ensuring comfort during the later stages of life.

7. **Social and Emotional Support:** Geriatric care in medical clinics acknowledges the social and emotional needs of older adults. Healthcare professionals provide counseling, support, and referrals to community resources to address issues such as social isolation, depression, and anxiety. They also work closely with family members and caregivers to provide guidance and support.

By offering comprehensive geriatric assessments, managing chronic diseases, addressing medication management, focusing on fall prevention, promoting cognitive health, providing palliative and end-of-life care, and offering social and emotional support, medical clinics play a crucial role in ensuring the well-being of older adults. These clinics serve as a central hub for addressing the specific healthcare needs of the aging population, enabling them to maintain a higher quality of life and age with dignity [13].

In conclusion, geriatric care in medical clinics caters to the unique healthcare needs of older adults. By focusing on comprehensive assessments, chronic disease management, medication management, fall prevention, cognitive health, palliative care, and social and emotional support, medical clinics provide specialized healthcare services that address the challenges faced by the aging population. Through these efforts, medical clinics play a vital role in promoting the well-being and quality of life of older adults, enabling them to age gracefully and with optimal health.

## 5. SPECIALIZED CLINICS

In the realm of providing healthcare in medical clinics for different age groups, specialized clinics play a critical role. These clinics focus on delivering targeted and specialized care to meet the unique healthcare needs of specific age groups. By offering specialized clinics within medical settings, healthcare providers can enhance the quality of care and improve health outcomes for individuals across different stages of life [14].

Pediatric clinics are dedicated to providing healthcare for infants, children, and adolescents. These clinics have specialized pediatricians who are trained to diagnose and treat conditions specific to young patients. They offer services such as well-child visits, immunizations, developmental assessments, and treatment for common childhood illnesses.

Women's health clinics focus on the unique healthcare needs of women throughout their lifespan. They provide comprehensive gynecological care, reproductive health services, family planning, prenatal care, and menopause management. These clinics have specialized providers, including gynecologists and obstetricians, who are well-versed in women's health issues[15].

Men's health clinics address the specific healthcare needs of men. They focus on conditions such as prostate health, sexual health, reproductive health, and male-specific health screenings. Men's health clinics provide routine check-ups, screenings for conditions like prostate cancer, testosterone management, and counseling on lifestyle factors affecting men's health.

Geriatric clinics cater to the healthcare needs of older adults. They offer specialized care that considers the complexities of aging, including chronic diseases, cognitive health, and mobility issues[16]. Geriatric clinics provide comprehensive geriatric assessments, medication management, fall prevention programs, cognitive evaluations, and end-of-life care.

Cardiology clinics specialize in diagnosing and managing cardiovascular conditions. They provide services such as cardiac screenings, stress tests, echocardiograms, and management of heart disease risk factors. Cardiology clinics may also offer interventional procedures for the treatment of heart conditions.

Dermatology clinics focus on diagnosing and treating skin conditions. They offer services ranging from routine skin checks to the management of skin disorders such as acne, eczema, psoriasis, and skin cancer. Dermatology clinics may also provide cosmetic procedures such as Botox injections and laser treatments.

Mental health clinics address mental health conditions and provide psychological support. They offer services such as individual counseling, psychotherapy, psychiatric evaluations, and medication management for mental health disorders[17]. These clinics play a crucial role in promoting mental well-being and treating conditions like anxiety, depression, and bipolar disorder.

By incorporating specialized clinics within medical settings, healthcare providers can deliver targeted care tailored to the unique healthcare needs of different age groups. These clinics ensure that individuals receive comprehensive and specialized services, improving health outcomes and enhancing the overall patient experience. Specialized clinics contribute to a holistic approach to healthcare and play a vital role in promoting the well-being of individuals across the lifespan.

## 6. PREVENTIVE SERVICES

Preventive services play a crucial role in providing healthcare in medical clinics for individuals of different age groups. These services focus on promoting wellness, preventing diseases, and detecting health issues at an early stage. By offering preventive services within medical clinics, healthcare providers can proactively address the specific healthcare needs of various age groups.

For pediatric patients, preventive services in medical clinics include well-child visits, where healthcare professionals monitor growth and development, administer vaccinations according to the recommended schedule, and provide guidance on nutrition and safety. Pediatric clinics also offer screenings for developmental delays, hearing and vision problems, and behavioral issues[18].

In adult care, medical clinics provide a range of preventive services tailored to different age groups. These services may include routine check-ups, screenings, and vaccinations. Regular check-ups allow healthcare providers to monitor overall health, address any concerns, and provide personalized health advice. Screenings for conditions such as high blood pressure, cholesterol levels, diabetes, and cancer are conducted to detect any potential health issues early on.

Women's health clinics offer preventive services specific to women, such as breast and cervical cancer screenings, Pap tests, mammograms, and contraceptive counseling. They also provide guidance on reproductive health, family planning, and menopause management.

Men's health clinics focus on preventive services such as screenings for prostate cancer, cholesterol levels, and cardiovascular health. They also offer counseling on lifestyle factors affecting men's health, such as diet, exercise, and tobacco use.

Geriatric clinics provide preventive services for older adults, including regular health assessments, screenings for age-related conditions like osteoporosis and cognitive decline, and vaccinations such as influenza and pneumonia vaccines. Fall risk assessments and counseling on fall prevention are also important preventive measures for older adults.

Medical clinics may offer preventive services related to specific conditions or risk factors. For example, cardiology clinics may provide screenings for cardiovascular risk factors, such as blood pressure and cholesterol levels, and offer guidance on maintaining heart health. Dermatology clinics may offer skin cancer screenings and educate patients on sun protection measures[19].

Preventive services also extend to mental health. Medical clinics may offer mental health screenings, depression assessments, and counseling services to promote emotional well-being and early detection of mental health conditions.

By incorporating preventive services into medical clinics, healthcare providers can identify and address health issues before they become more severe or develop into chronic conditions. These services empower individuals to take an active role in their health and well-being, and they contribute to better overall health outcomes and improved quality of life for individuals of different age groups.

## 7. CONTINUITY OF CARE IN PROVIDING HEALTHCARE

Providing continuity of care is an essential component of healthcare delivery in medical clinics for individuals of different age groups. Continuity of care refers to the consistent and coordinated provision of healthcare services over time, ensuring that patients receive uninterrupted care throughout their lifespan[20]. By prioritizing continuity of care within medical clinics, healthcare providers can establish strong patient-provider relationships, facilitate effective communication, and improve health outcomes across different age groups[21].

- **Pediatric Continuity of Care:** In medical clinics, continuity of care for pediatric patients involves establishing a consistent healthcare provider or pediatrician who oversees the child's healthcare from infancy through adolescence. This ensures familiarity and trust between the healthcare provider, the child, and their family. The pediatrician is responsible for monitoring the child's growth and development, conducting routine check-ups, administering vaccinations, and addressing any health concerns or developmental issues. Continuity

of care in pediatric clinics fosters personalized care and enables healthcare providers to track and manage the child's health comprehensively.

- **Adult Continuity of Care:** Continuity of care for adults in medical clinics involves having a primary care physician (PCP) or a designated healthcare provider who serves as a consistent point of contact for the individual's healthcare needs. The PCP is responsible for coordinating and managing the patient's overall health, conducting regular check-ups, providing preventive services, and referring to specialists when necessary. By maintaining a long-term relationship with their PCP, adults can receive personalized and comprehensive care, including screenings, vaccinations, chronic disease management, and health promotion strategies.
- **Geriatric Continuity of Care:** Continuity of care becomes increasingly important in medical clinics for older adults due to their unique healthcare needs and the potential presence of multiple chronic conditions. Geriatric continuity of care involves a team-based approach, with healthcare providers collaborating to address the complex needs of older patients. Geriatric clinics often have geriatricians or healthcare providers specializing in geriatric care who coordinate the patient's healthcare, conduct comprehensive assessments, manage chronic conditions, and provide guidance on aging-related issues. This continuity ensures that older adults receive ongoing support, medication management, preventive services, and access to community resources.
- **Communication and Information Sharing:** Continuity of care in medical clinics relies on effective communication and information sharing among healthcare providers, patients, and caregivers. Electronic health records (EHRs) facilitate the exchange of medical information, ensuring that healthcare providers have access to a patient's complete medical history, medications, allergies, and previous test results. This enables seamless transitions of care and facilitates coordinated efforts among different healthcare professionals involved in the patient's care.
- **Benefits of Continuity of Care:** Continuity of care in medical clinics offers several benefits for individuals of different age groups. It promotes a trusting relationship between patients and healthcare providers, enhancing patient satisfaction and engagement in their own healthcare. Continuity of care enables early detection of health issues, timely interventions, and improved management of chronic conditions. It reduces healthcare fragmentation, prevents duplication of tests and procedures, and improves care coordination, leading to better health outcomes and cost-effective healthcare delivery.

By prioritizing continuity of care in medical clinics for different age groups, healthcare providers can establish long-term relationships, deliver personalized care, and foster patient-centered healthcare experiences. Continuity of care ensures that individuals receive consistent, comprehensive, and coordinated healthcare services, promoting their overall well-being and improving health outcomes across the lifespan.

## 8. CONCLUSION

Providing healthcare in medical clinics for different age groups requires a comprehensive and patient-centered approach. The diverse healthcare needs of pediatric patients, adults, and older adults necessitate tailored services that address their unique requirements. By focusing on pediatric care, adult care, geriatric care, specialized clinics, preventive services, and ensuring continuity of care, medical clinics can effectively meet the healthcare needs of individuals across various age groups.

Pediatric care in medical clinics involves monitoring growth and development, administering vaccinations, and conducting screenings to ensure the well-being of children. Adult care encompasses routine check-ups, screenings, and preventive services to detect and manage health issues. Geriatric care focuses on addressing the specific healthcare needs of older adults, including managing chronic conditions and providing preventive care to enhance their quality of life.

Specialized clinics cater to specific conditions or risk factors, providing targeted services to address specialized healthcare needs. Preventive services play a crucial role in medical clinics by promoting wellness, preventing diseases, and detecting health issues at an early stage. By offering vaccinations, screenings, and counseling, medical clinics can proactively address potential health concerns.

Continuity of care is a vital aspect of providing healthcare in medical clinics for different age groups. By establishing long-term relationships between patients and healthcare providers, continuity of care ensures consistent and coordinated healthcare delivery. This approach promotes trust, effective communication, and comprehensive care, leading to improved health outcomes.

In conclusion, medical clinics that provide healthcare for different age groups must prioritize pediatric care, adult care, geriatric care, specialized clinics, preventive services, and continuity of care. By tailoring services to meet the unique needs of each age group, medical clinics can offer comprehensive and patient-centered care, resulting in improved health outcomes and enhanced quality of life for individuals across the lifespan.

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