

Ideal and reality of Health Management

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Abstract

Although health management has a history of only a few decades, its implementation has a very long-term impact on us. Health management is becoming more and more popular in China. However, there are still many problems between ideal and reality, which we need to pay attention to and try to solve, so as to achieve the national health planned in our blueprint.

Keywords: Health management, Ideal, Reality, Difficulties, Solution.

Introduction

Health management represents a paradigm shift in modern medicine, transitioning from the traditional "disease treatment" model to a comprehensive "preventive care" model. It is guided by the modern concept of health (encompassing physiological, psychological, and social adaptability) and the new medical model (physiological-psychological-social), integrating the treatment of diseases in traditional Chinese medicine (TCM). By utilizing the theories, techniques, methods, and means of modern medicine and management, health management is defined as the medical behavior and process of comprehensive detection, evaluation, effective intervention, and continuous follow-up service for the overall health status of individuals and groups and their risk factors affecting health [1,2].

It is obvious that this careful and rigorous procedural process has a good preventive effect on the potential occurrence of various chronic diseases. Moreover, after a comprehensive grasp of the relevant information of the managed, doctors can establish a complete and highly targeted health management program through three-level preventive measures. The ultimate goal is to let people consciously adopt behaviors and lifestyles beneficial to their physical and mental health, eliminate or reduce the risk factors that affect their health, prevent diseases, promote health, and improve the quality of life. This is why our country put forward the construction of "Great Health" after the 13th Five-Year Plan, elevating the improvement of the national health management level to the height of a national strategy [3,4].

The ideal national health management plan should be one where, after the country has a large base of health managers, it not only publicizes and explains the concept to the public through education but also provides economic support through medical policies. This would enable the people of the whole country to have their own set of practical and accurate health plans. People should consciously pay attention to health management, possess the TCM idea of "preventive treatment of disease," and be able to put it into practice within their own economic scope and daily lives.

The Reality: Challenges and Constraints

However, in terms of the current social situation, the promotion and implementation of the health management system and its concepts are faced with many problems, including the lack of national economy, health thinking, and professionals, which are inevitable and often neglected.

Economic Disparities and Resource Allocation

The inequality of the economic level is one of the biggest practical problems. Because of China's large population base, vast territory, and uneven economic development in various regions, although China's poverty alleviation campaign has achieved great gains in the 2020 decisive year, poverty alleviation in rural areas is still a focus of the country. This also leads to a pattern restriction on the object of the health management system [5].

Moreover, under the existing health insurance policy in our country, many people are still unable to afford the cost of med-

ical treatment. The reduction of the cost of health management plans cannot rely solely on the government; it needs the whole society to enter a more high-tech era—an era in which health testing products become popular and cheap. At present, no country in the world can fully promote health management because the flow of capital makes the economy have to be divided into high and low. If health management wants to really enter the public's line of sight, it must achieve the maximum effect with the lowest cost, which is difficult to implement. This is why, at present, the object of health management is still primarily people with a higher economic level.

Public Awareness and Cultural Habits

Secondly, people are often imprisoned by an unclear understanding of the concept of health management and certain ingrained thoughts and habits. Many are used to going to the hospital only when they are sick and expect immediate curative effects. This kind of long-term health management procedure may be accepted in tertiary prevention, but to complete such a long and complete process, in the eyes of many people, it is idle—a waste of money and time. Furthermore, the feedback is often not the ideal state they expect.

In addition, although the state has included health management in the health plan, it still lags far behind in ideological education and publicity. In addition, some people with ulterior motives carry out fraud under the guise of health management, which leads to the impression that they belong to a shaky department in the minds of many ordinary people. They do not know their specific role and do not want to understand them. This undoubtedly further hinders the development of health management.

Shortage of Professional Personnel

Last but not least, the biggest obstacle and difficulty in the reality of health management is the lack of professional health managers. China has a large population, and in terms of the shortage of medical resources, even in big cities, hospital doctors are overloaded. The vast majority of medical students choose other professions. Even if they become doctors, they prefer traditional departments such as surgery and internal medicine, and even fewer doctors choose to be qualified as health managers.

This has led to the existence of health management departments only in hospitals in big cities. However, how should we treat such a health system which is still full of limitations in today's society? As a government, how to better promote its development and progress, and how to refine and popularize the concept of health for all? As doctors, how to constantly improve their professional level, to achieve the real "doctor sincerity"? This is what we should think about, and what the whole society should think about.

Solutions and Recommendations

Changing Individual Mindsets

Personally, the first thing we should do is to change the concept of health in our hearts. Is it true that good health is the only thing that is healthy at the moment? Are chronic diseases so easily ignored and despised? Isn't mental health worth paying attention to? Are psychological problems just their hypocrisy? This is all our stereotype of health, which should be long-term and sustainable, including both physical and psychological aspects.

No one's psychological problems come from their own fault. But sometimes physical health is caused by our own work and rest problems and various working environments and life pressures around us, but that doesn't mean we don't pay attention to them every day.

This is why health management is worth promoting, because it can be prevented before the disease breaks out. So, paying attention to your health really should not just be talk; healthy work and behavior should not only appear in the plan but in life practice. The second is to change the traditional mentality of seeking medical treatment. Health management is not our usual treatment of illness; its process is slow, and it is not like the instant feedback that many people expect from spending money in the hospital. However, its return will be reflected in your average annual medical expenditure reducing. It will also be reflected in that your overall state is slowly improving, and it is important that your body has been at a healthy level all the time. At present, the pressure in this society is so great that it is not good to say that we are completely healthy and have some minor old diseases, which is also the reason why we have to carry out health management. It can prevent the occurrence of many diseases very well. This long-lasting effect is more forward-looking compared with going to the hospital to spend a lot of money on treatment after illness [6].

Governmental and Societal Roles

Although we have a happy and peaceful living environment, a stable and safe social environment, and a relaxed and open political environment, the government still needs to step up its efforts to promote the concept of "health for all" so that more people can understand how important health is and how necessary health management is. At the same time, we should also strengthen cooperation with relevant enterprises, strive to reduce their costs, and cooperate with enterprises to further promote the concept of health in small towns, so that health management can enter thousands of households. Finally, we must strengthen the supervision of the use of health management to carry out illegal acts and do not let unprofessional people destroy the reputation of professional affairs.

The Role of Medical Professionals

As medical students now, and doctors in the future, we should constantly improve our professional level and flexibly apply the basic principles of traditional Chinese medicine and the idea of "treatment without disease" to our work and life. Instead of blindly pursuing performance and the so-called fame and wealth, we should truly achieve, as Gracian said, "Only doctors with good medical skills know when not to prescribe a prescription." We should learn to see through the nature of the disease and strive to get the highest feedback from patients at the least cost. This is the job of a qualified doctor [7].

Conclusion

Finally, I would like to say that in such a high-pressure society, the health of young people seems to be the most neglected of all ages. They do not have time to follow the planned conditioning, and they do not seem to have the money and energy to think about health problems. All they have is young capital and momentum. But now more and more diseases are developing towards a younger age; geriatric diseases are no longer exclusive

to the elderly, and health is no longer one of the young's capital. Health is not a slogan, and its role is not available empty-handed; it requires us to really treat it attentively and put it into practice, which is the reason for health management, because health is the foundation of our survival.

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