

Retrospective evaluation of patients applied to internal diseases polyclinic from rural and urban regions: a sample of Cappadocia

Özcan A.^{1*A,C,D,E,F}, Mert S.^{2 A,B,C,D}

1. Department of Nursing, Nevşehir Hacı Bektaş Veli University Health College, Nevşehir, Turkey
2. Provincial Health Directorate, Nevşehir, Turkey

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ABSTRACT

Purpose: The study takes a retrospective analysis of patients from rural and urban regions visiting an internal diseases polyclinic.

Materials and methods: A total of 139,495 complete cases files were evaluated between January 2013 – December 2017. Annual check-ups were not included in the study as they were not the focus of the study.

Results: It is found that 66.9% of the patients were women, and the number of applications increased according to age groups by year. The highest application rate was 24%, which was over 65 years of age grouping, while the lowest application rate was 10.5% in the 26-33 years old grouping. 65.2% of patients were from urban, 10.3% were from rural, and 25.4% were from outside of the province of Nevşehir (e.g., someone from Istanbul paying a visit to the polyclinic). The most coded diagnoses in the applications were Endocrine, Nutritional, and

Metabolic Diseases (21.06%), Gastrointestinal Diseases (16.9%), Symptoms, Signals and Abnormal Clinic, and Laboratory Findings (13.92%), Not classified anywhere and- Circulatory System Diseases (11.85%). The most coded diagnoses for applicants were Hypertension (21.9%), Diabetes Mellitus (14.7%), and Non-insulin Dependent Diabetes Mellitus (9.6%).

Conclusions: When scientific experiences and knowledge about chronic diseases and risk factors are combined with the country's opportunities, the disease burden of the community could decrease significantly. This study is essential in terms of its being the first study in our region, and it is hoped its scientific data can contribute to planning health and nursing care services.

Keywords: Chronic diseases, retrospective evaluation, polyclinic applied