

Awareness and Perception of the Specialty of Family Medicine Among Tabuk City Population

Norah Abdulrahman Alfuraydi^{1*}, Sumayah Abdulrahman Alzhrani², Rawan Ali Albalawi², Ebtessam Saleem Alatawi², Bushra Hammad Alatawi²

^{1*}Medical Intern, Tabuk University, Faculty of Medicine, Tabuk City, Saudi Arabia.

²Medical Student, Tabuk University, Faculty of Medicine, Tabuk city, Saudi Arabia.

ABSTRACT

Introduction: A family physician is a physician who takes a large responsibility for a good care of unselected patients with wide undifferentiated problems and who is treated the person regardless of age, gender, illness. The clinical experience of family practice is focused on patient-centered, evidence-based, and problem-oriented. With the important role of family medicine in the health system at the national level, serious health policy issues appear to be intractable. A large proportion of the population and lack of family medicine doctor that estimated 636 family physicians across Saudi Arabia.

Methods: A cross-sectional study conducted among Saudi and non-Saudi population in Tabuk city. Data collected via modified Arabic version questionnaires: the original questionnaires has been translating into the Arabic language, then re-translated into English and review by the linguistic reviewer to ensure correct meaning of questions, the questionnaires form it will be filled by the investigator himself. A pilot study will be conducted to establish whether patients or the investigators understand the questionnaires.

Results: A total of 454 of participants 79.3% were female, from Tabuk city were involved in this study. 265 participates (58.4%) aged between 18-28 years old, 96.3% were Saudi and 53.1%

are married. Out of 454, 78.9% (358) participants had medical file in primary health care, 295 of them (65%) get the benefit from primary health care services in form of dental care, pregnancy follow up, chronic disease management and vaccination. 54.4% of the participants visit primary health care in the last 12 month.

Conclusion: Steps such as education and explanation about primary health care and the role of family medicine physicians are required to improve public awareness.

Keywords: Family Medicine; Tabuk; Saudi Arabia.

*Correspondence to:

Norah Abdulrahman Alfuraydi,
Medical Intern, Tabuk University,
Faculty of Medicine, Tabuk City, Saudi Arabia.

Article History:

Received: 26-07-2018, **Revised:** 21-08-2018, **Accepted:** 29-09-2018

Access this article online	
Website: www.ijmrp.com	Quick Response code 
DOI: 10.21276/ijmrp.2018.4.5.044	

INTRODUCTION

A family physician is a physician who takes a large responsibility for a good care of unselected patients with wide undifferentiated problems and who is treated the person regardless of age, gender, illness. The clinical experience of family practice is focused on patient-centered, evidence-based, and problem-oriented. With the important role of family medicine in the health system at the national level, serious health policy issues appear to be intractable. A large proportion of the population and lack of family medicine doctor that estimated 636 family physicians across Saudi Arabia.¹

Although, family medicine was recognized in the USA in 1969 as the 20th medical specialty board.² While In most Arab countries, family medicine has developed slowly compared to other clinical medical specialties.³

The mainstay of health in Saudi Arabia draw up a strategic plan to achieve the national vision of 2020 in family medicine either by improving the quality of academic or the residency program.

Saudi Arabia is a developing country with great resources for health care. The development and promotion of family medicine in the country are necessary in order to provide much needed cost effective care to the masses and reach to national vision of 2020. So, we established the need to see if patients visiting Specialist Physicians appreciate the role and functions of Family Physicians and what the population role to help achieve the national 2020 in developing the family medicine.

During the survey, we will not differentiate between trained and non-trained Family Physicians but concentrated on the main characteristics of Family Physicians and of Family Practice as a discipline, in patient's view. Also exploring patients' perceptions of the characteristics of the ideal Physician is useful in assessing their expectations from a Family Physician. However, there appears to be no published data on Awareness and perception of the specialty of family medicine among Saudi Arabia populations with only limited data available.

METHODOLOGY

A cross-sectional study conducted among Saudi and non-Saudi population in Tabuk city. Data collected via modified Arabic version questionnaires: the original questionnaires has been translating into the Arabic language, then re-translated into English and review by the linguistic reviewer to ensure correct meaning of questions, the questionnaires form it will be filled by the investigator himself. A pilot study will be conducted to establish whether patients or the investigators understand the questionnaires.

The sample size were calculated by the following formula Sample Size, $n = \frac{N}{1 + N(e)^2}$, (n = desired minimum sample size, N = population size and e = level of precision usually set at 5% = 0.05).

So, the sample size estimated $399.7 \approx 400$ from male or female on different age group choosing randomly.

The sampling method it will be multistage cluster sampling method. Map divided into four parts (East, West, North, and south) then randomly selected: one area of each part and the results were as follows: West area represents Tabuk University, the east area represent park prince Fahad bin Sultan, the north area represents Center point, the south area represents alraqiavenue mall. Then a simple random sample from each area is selected.

Inclusion Criteria

Adult more than 18 years old,
The person who lives in tabuk city more than two years.

Exclusion Criteria

Less than age 18 years old,
Not living in Tabuk city or living less than two years.

The following variables in the study: Besides the Basic information like; Age, Name (optional), Gender, Code number, Income, and education status, Marital status, phone number (optional), Occupation, we will measure the following data:

1. Awareness of the population to the specialty of family medicine.
2. What is the most limited part for the patient when visiting family medicine clinic.
3. Role of family medicine in the health care delivery system.
4. What family medicine physician can provide to health care.

Ethical Consideration

Study was explained to participant and informed consent was taken from the participant.

Statistical Analysis

The collected Data were entered and analyzed using the Statistical Package for Social Sciences (SPSS) statistical program version 19.

Table 1: General characteristics of study participants. (N=454)

Age	18-28 year	29-39 year	40-50 year	51-60 year	61 or more
Number	265	92	67	23	7
Percentage	58.4%	20.3%	14.8%	5.1%	1.5%
Gender	Male	Female	Marital status.	Married	Single
Number	360	94	Number	241	211
Percentage	79.3%	20.7%	Percentage	53.1%	46.5%

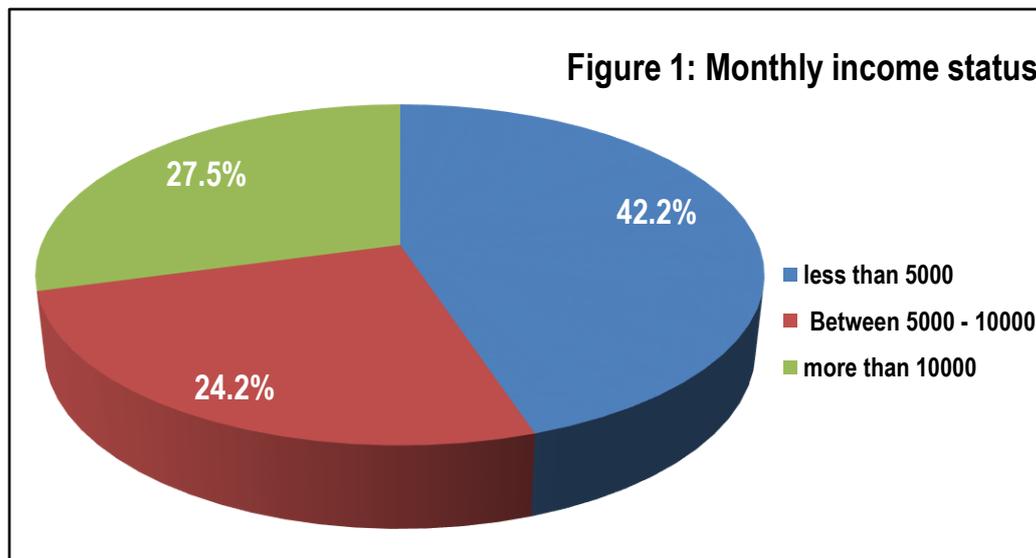


Table 2: Participants knowledge toward primary health care

	Yes		No	
	Number	%	Number	%
Do you have medical file in primary health care?	186	95.9%	8	4.1%
Do you get benefit from primary health care services?	187	96.4%	7	3.6%
Did you visit primary health care in the last 12 month?	186	95.9%	8	4.1%
No deference between family medicine physician and GP?	306	67.4%	148	32.6%

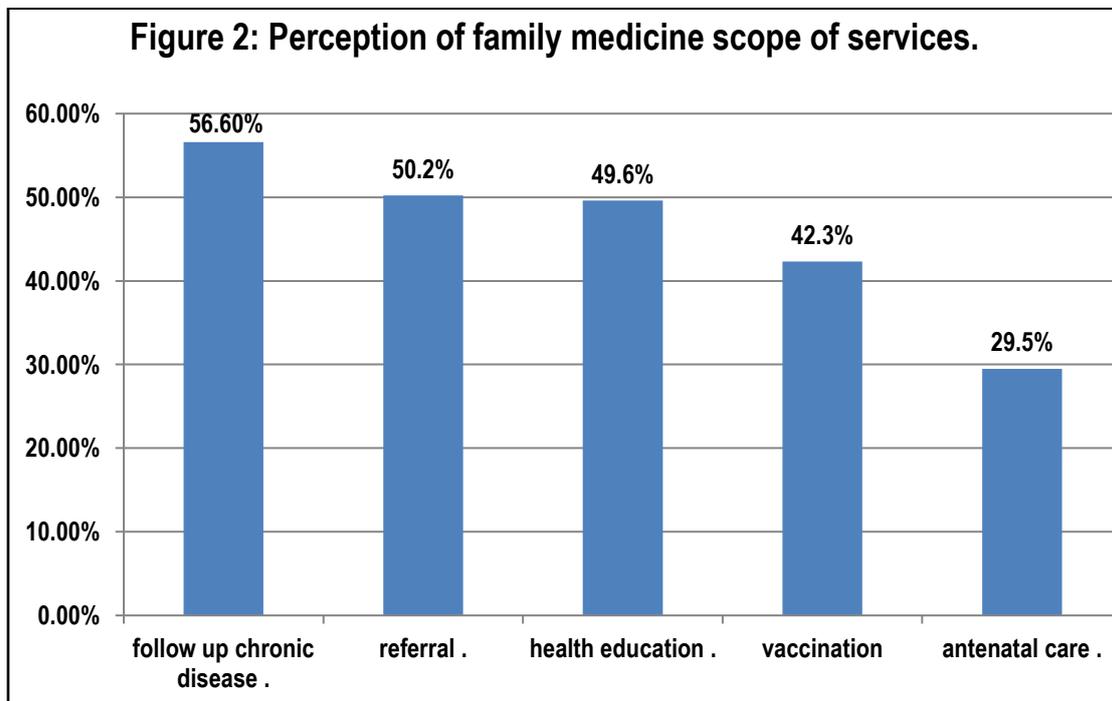


Table 3: Participants practices and believe toward primary health care.

	Yes	
	Number	%
Primary health care should be the first place to visit for any health problem.	123	27.1%
If you have any health problem you will visit Primary health care first?	156	36.3%
Did you visit primary health care only to ask for referral?	178	39.2%

RESULTS

A total of 454 of participants 79.3% were female from Tabuk city were involved in this study. 265 participates (58.4%) aged between 18-28 years old, 96.3% were Saudi and 53.1% are married. (Table 1, Figure 1)

Out of 454, 78.9% (358) participants had medical file in primary health care, 295 of them (65%) get the benefit from primary health care services in form of dental care, pregnancy follow up, chronic disease management and vaccination. 54.4% of the participants visit primary health care in the last 12 month. (Table 2)

According to the perception of family medicine scope of services the most chosen services are management and follow up chronic disease such as diabetes and hypertension, followed by patient referral to concerned specialty and health education. (Figure 2)

Minority of participant (27.1%) believe that Primary health care should be the first place to visit rot any health problem, 39.2% stat that they visit primary health care to get referral. participants opinions about the limitation of primary health care services are limited scope of services, few numbers of family medicine, inadequate building structure. (Table 3)

DISCUSSION

Primary health care provide multiple services in form of dental care, pregnancy follow up, chronic disease management and vaccination, only two third of the participants get the benefit from primary health care services and this number should be increased. There is some limitation as stat by study participants include non-availability of family medicine physician.

CONCLUSION

Steps such as education and explanation about primary health care and the rule of family medicine physicians are required to improve public awareness.

REFERENCES

1. Al-Khaldi YM, Al-Ghamdi EA, Al-Mogbil TI, Al-Khashan HI. Family medicine practice in Saudi Arabia: The current situation and Proposed Strategic Directions Plan 2020. *Journal of Family & Community Medicine.* 2017;24(3):156-163.
2. Rakel RE. *Essential Family Medicine Fundamentals and Case Studies.* 3rd ed. Philadelphia: Saunder Publisher; 2006.19-27.
3. Osman H, Romani M, Hlais S. Family medicine in Arab countries. *Fam Med.* 2011;43(1):37-42.{Osman, 2011 #17}

Source of Support: Nil. **Conflict of Interest:** None Declared.

Copyright: © the author(s) and publisher. IJMRP is an official publication of Ibn Sina Academy of Medieval Medicine & Sciences, registered in 2001 under Indian Trusts Act, 1882. This is an open access article distributed under the terms of the Creative Commons Attribution Non-commercial License, which permits unrestricted non-commercial use, distribution, and reproduction in any medium, provided the original work is properly cited.

Cite this article as: Norah Abdulrahman Alfuraydi, Sumayah abdulrahman alzhvani, Rawan Ali Albalawi, Ebtesam Saleem Alatawi, Bushra Hammad ALatawi. Awareness and Perception of the Specialty of Family Medicine Among Tabuk City Population. *Int J Med Res Prof.* 2018 Sept; 4(5):189-91. DOI:10.21276/ijmrp.2018.4.5.044