

6th International Conference on **Hematology**

October 03-05, 2016 Orlando, USA

Sickle-cell disease in Saudi Arabia: Current status and future direction

Khulud Abudawood

University of Florida College of Nursing, USA

Sickle cell disease (SCD), a hereditary blood disorder, is highly prevalent in Saudi Arabia (SA), causing serious complications which decrease quality of life and cause high mortality in young adults. Since there is limited information about SCD management in SA, its impact on health care services and the major factors associated with high utilization of these services, this systematic review aims to evaluate the current status of SCD in SA compared to the US and provide practical recommendations for patients and caregivers with SCD and their healthcare providers. A total of 32 articles were identified to review the prevalence of SCD in SA, pain management issues, frequent disease-related complications and manifestations, currently available preventive methods and factors contributing to the prevalence rate. Findings indicate importance of implementing a newborn screening (NBS) program to identify SCD and to provide early interventions, organized and systematic evaluation of premarital screening (PMS) program that has been implemented since 2004 and necessity of public and family education about self-care management of SCD in SA. Education for effective self-care management may empower individuals and their families to manage symptoms, decrease emergency room visits and improve quality of life of persons with SCD in SA. Future studies are needed to develop culturally sensitive interventions to manage SCD symptoms in SA including educational and non-pharmacological interventions.

Biography

Khulud Abudawood has completed her Master of Nursing Sciences in 2014 from the University of Pennsylvania, USA. Currently, she is pursuing PhD at the University of Florida, College of Nursing. Her research interest is in sickle cell disease, improving the quality of life and symptom management.

khuludaa@ufl.edu

Notes: