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## Patient enablement in chronic diseases in primary health care, Riyadh city, KSA

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**Background:** Chronic diseases continue to cause high morbidity and mortality in Saudi Arabia. Patients severing from diabetes mellitus, hypertension and associated complications have recently increased and most of these patients find it extremely difficult to understand or cope with their illness. The objective of this study is to determine the level of patients' enablement in chronic disease and its predictors.

**Methods:** A community based cross-sectional study was conducted between December 2014 and January 2015. Six hundred and four (604) Patients attending the Chronic Disease Clinic in Alwazarat Health center were randomly selected to participate in the study. Patients aged 18 years and above, who willingly agreed to participate, were included in the study. Self-reported questionnaire was used to determine patient level of enablement. Descriptive statistics such as mean and median were calculated and binary logistic regression was employed to determine the predictors of patient's enablement to chronic disease.

**Results:** Our results show that five hundred and sixty five (565) out of (604) patients participated in the study with 86.6% response rate. Type 2 diabetes mellitus affecting 40.65% while hypertension affecting 37.79% of the patients in Al wazarat health center. Patient's enablement to chronic disease was very low and ranged between 2.41 and 1.53 out of 5.0. Binary logistic regression shows that age (male: OR; 0.84, 95% CI, 0.72-1.04, female. OR; 1.04, 95% CI 0.88-1.39), marital status (male: OR; 0.72, 95% CI 0.54 -1.11, female: OR 1.01; 95% CI 0.82-1.29), patient educational level and number of problems discussed with physician and consultation length between male patients and their physician were statistically significant and correlated with patients enablement to chronic disease ( $P < 0.05$ ).

**Conclusion:** This study shows that, patient's enablement in chronic disease is very low but constitutes an important arm in patients care management. It should be considered as a measurable patient outcome from healthcare services. More prospective studies on this important topic are highly recommended.

### Biography

Rabaa K Al Momen is a consultant and trainer family physician. He worked in the training of family physicians and research for many years. He is interested in doctor-patient communication skills teaching, quality improvement and patients safety, evidence based medicine and women health care. He has conducted and published research in the areas of interest.

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