

The Role of Doctors in Treating Patients with Chronic Diseases in Health Facilities

Turki.M.Alqattan¹, Ghaida.M.Alharbi², Majid.T.Tounsi³, Shaimaa.Kh.Al-
Thubaity⁴, Matooq.H.Noah⁵, Nora.M.Alhindi⁵, Hussam.O.Alsehem⁵,
Feras.N.Simbawa⁶, Zainab.E.Alhazmi⁷, Ahmed.T.Qadah⁸,
Raafat.F.Bawadi⁹, Abdulaziz.K.Alsamti¹⁰

General Practitioner - Ministry of Health¹

Family medicine- ministry of Health²

General Family Medicine Doctor - Al Asila PHC³

Family doctor - Makkah community - self-employed⁴

Resident Doctor - Ministry of Health⁵

Resident Doctor- Ain Shams PHC⁶

Family medicine consultant- Al-Noor specialist hospital⁷

Adult critical care - Hera general Hospital⁸

Consultant Gs and vascular surgery- King Abdulaziz Hospital in Makkah⁹

General surgery -King Faisal Hospital¹⁰

Abstracts

Doctors are generally considered as the part of God almighty and people have blind faith on them, this is the reason that most of the times they handover their body to the doctors for curing different types of diseases and ailments. On the other hand, doctors are responsible for taking proper care of the patients with their full devotion, knowledge and determination. This is the part of their hypocritic oath that they can never say no to a patient in any condition and all the doctors use to follow the same throughout their life. This present study is based on the role of doctors in treating the patients suffering from chronic diseases, study is generally based on secondary data and the hospitals in Saudi Arabia. The mode of the study is like a literature review, but the information is presented in the form of an article.

Keywords: doctors, Chronic patients, patient care, Saudi Arabia.

1. Introduction

The superiority of chronic diseases, including diabetes, high blood stress, and obesity, is growing within the country of Saudi Arabia (KSA). Alomar et al (2018) The accelerated incidence can be seen specifically in girls and teenagers, specifically because of low tiers of bodily hobby, smoking and dangerous weight-reduction plan. The boom of the variety of sufferers with chronic sicknesses may also result in the health care device being not able to meet the needs of sufferers in Saudi Arabia. therefore, the sufferers' potential to self-manipulate their sicknesses over time

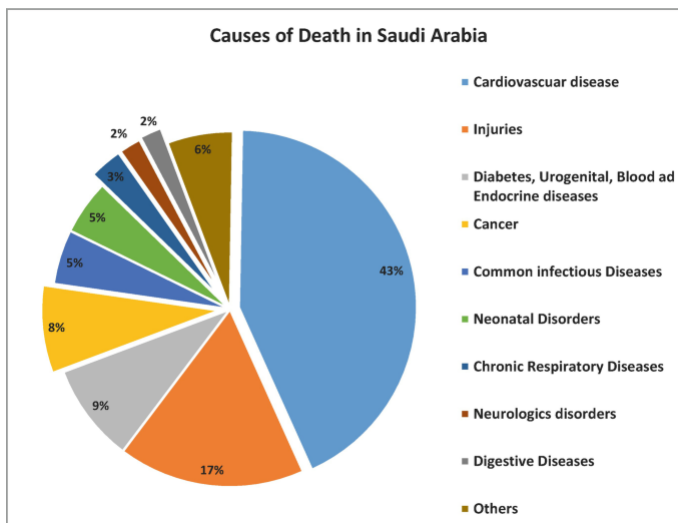
is turning into increasingly more crucial for retaining a very good quality of existence. Self-control consists of sufferers monitoring their disease-related each day problems and searching for their own answers that they speak to and problematic with their medical doctors. Christakis et al (2001) Self-control consists of procedures consisting of development of trouble-solving competencies, development of self-efficacy, and application of knowledge in actual-life situations. As there is no treatment for persistent diseases, self-management of sickness might assist gain better health, prevent different diseases and hospitalizations, and make certain efficacy of care and remedy. evidence suggests that self-management behavior may be strengthened by way of improving patient self-efficacy, e.g. via specific patient empowerment application. Self-efficacy is defined as people's ideals regarding their skills to persuade their personal behavior, their level of motivation, their thought patterns and their emotional reactions in diverse lifestyles conditions. Bandura (2019) described self-efficacy as a mechanism that determines how people sense, suppose, motivate themselves, and behave. persistent disorder self-efficacy refers back to the perception that one has the abilities to adopt and whole a direction of movements which are essential to control a given situation associated with a sickness. patients' self-efficacy in coping with their persistent diseases can be increased by way of doctors who speak successfully with their sufferers. in addition, a nice interaction among the affected person and the physician may also result in high-quality health effects, which include increased affected person satisfaction with care, better intellectual and physical health, and alleviation of signs, better manage over sickness and decreased morbidity and mortality. The nice of the health practitioner-patient courting in this interaction, however, is predicated at the communicate and interpersonal abilities of the physicians. Hussein et al (2023)

The current literature emphasizes the active position of the affected person on this dating, and the proof shows that patients who take a lively role also are much more likely to have interaction in self-management behavior. factors of a strong doctor-affected person courting include accept as true with, powerful communication, information-sharing between physicians and patients and empathy. Romano et al (2015) The health practitioner-affected person dating is vital for appropriate pleasant of care. alas, the concept of the health practitioner-affected person relationship is complex and way different things to distinct people; hence, it's far difficult to measure. This takes a look at selected the medical doctor-patient dating for specific cognizance. We understood the 'health practitioner-patient dating' as a wide idea, the analysis of which calls for a couple of perspectives: the health practitioner's accessibility, trustworthiness, readiness to help; the physician's know-how and recognize for sufferers; the time the doctor used for patients; the doctor's potential to talk about fitness issues with the patients and to reply to their needs; the medical doctor's potential to recommend and give appropriate commands, so as to expose empathy to patients and to encourage sufferers to take part in decision-making regarding their care. Stafford et al (2023)

As an estimate of the effectiveness of the health practitioner-patient interplay, patient delight regarding health practitioner's communicate has been the maximum recognized and widely used measure. patients' expectations and attitudes in the direction of care are critical elements, but different psychosocial factors, consisting of ache and melancholy, are taken into consideration when defining affected person pride. patient pride measures include how lengthy sufferers should wait to look their provider, how without problems the sufferers can get right of entry to their

appointments, how brief and comprehensive is the carrier and what is the fine of the physician-affected person dating. Pahlavanyali et al (2022)

In Saudi Arabia (KSA), physicians speak without delay with patients primarily in number one fitness Care Clinics (PHCCs) which are the providers of acute and continual hospital treatment. there may be an ever-growing emphasis on effective physician-patient relationships and communication in Saudi health care organizations, a number of the primary regions of interest of PHCCs in Saudi Arabia are treating and empowering patients with persistent illnesses to strengthen their self-efficacy in self-coping with their personal conditions. Chau et al (2021) but, research regarding the effectiveness of the health practitioner-affected person dating and its correlation with patient self-efficacy in dealing with continual disorder is scarce in KSA. The goal of this study became to evaluate the association of the medical doctor-affected person relationship with self-predicted self-efficacy of patients handling chronic diseases; sufferers have been decided on from PHCCs in Riyadh, KSA. Nicolet et al (2022) effective medical doctor-patient relationships have been measured simplest with the aid of patient delight with physician offerings.

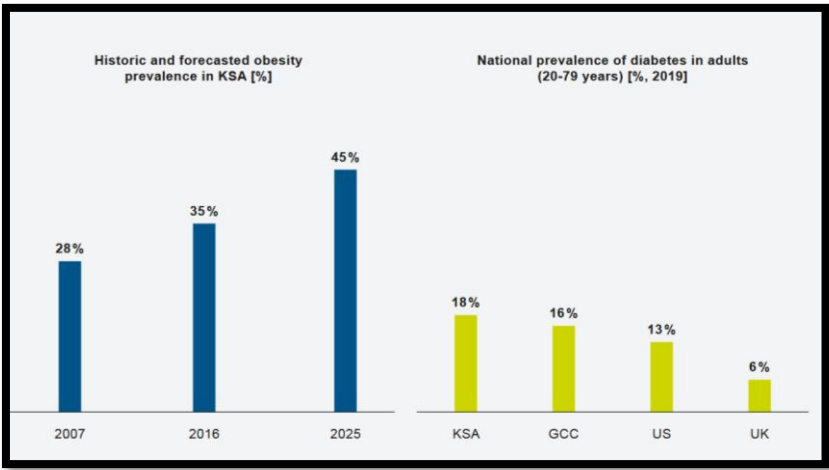


Source: Alkhamis et al (2020)

Figure 1: Access to Health Care in Saudi Arabia

WHO recommends the practice of affected person care in hospitals to maximize the management of noncommunicable illnesses. this recommendation is based at the framework for included humans-focused fitness offerings. Liang et al (2022) The concept of care for continual ailment refers back to the shipping of remedy that is continuous and “seamless” via numerous healthcare specialists and settings. earlier observational studies indicates that sufferers and medical doctors are associated with greater affected person delight, fewer visits and hospitalizations, reduced mortality danger, and lower care fees. Lytsy et al (2022); Akunnaet al (2022) The Saudi Arabian

Ministry of health undertook fitness region reform as part of a broader schedule for transforming all authorities’ sectors, as predicted in vision 2030 and the national Transformation application 2020. Then, however the primary fitness care (percent) exercise is at the center of this modification. are crucial components of the Saudi Arabian healthcare gadget and provide a vital point of contact for sufferers with chronic sicknesses. Aller et al (2013) The Ministry of fitness affords numerous preventive and healing offerings, with a selected consciousness on sure offerings which include fitness promoting, disease prevention, and early detection of illnesses. there is a extra emphasis on pushing doctoral practices to searching for accreditation requirements anchored in affected person entire care. thus, this reform shifted the point of interest and investment from secondary and tertiary healthcare facilities toward reshaping and reforming patient care, which covered more than 200 hospitals. lamentably, a comprehensive look at observed that affected person care offerings aren't getting used to their complete ability, i.e., the visits of patients are increasing with each passing year. Jones et al (2020)



Source: Lancet Diabetes Endocrinol. 2019

Figure 2: Prevalence of Chronic Diseases in KSA, Present and Future

Also, a street map for number one healthcare reform that spans 2016–2020 was devised to elevate the general stage of carrier and make certain that these centers focus greater on supplying patient-focused care and preserving the affected person care device. different factors may also affect the extent of such care, including socioeconomic status, age, training stage, and comorbidities. however, the consequences of studies inspecting these elements had been inconsistent. To our understanding, there has not been any formerly published research in Saudi Arabia that evaluated patient care even as it became being utilized in numerous hospitals. As sufferers with continual diseases are amongst those most likely to advantage drastically from such patient care, this has a look at aimed to explore affected person care in case of chronic diseases and its predictors in hospitals for sufferers with persistent illnesses in Saudi Arabia. it's far hoped that this examine

will discover the strengths and weaknesses of patient care gadget in decided on hospitals and delineate strategies for his or her development. Alfaqeeh et al (2017); Kristjansson et al (2013)

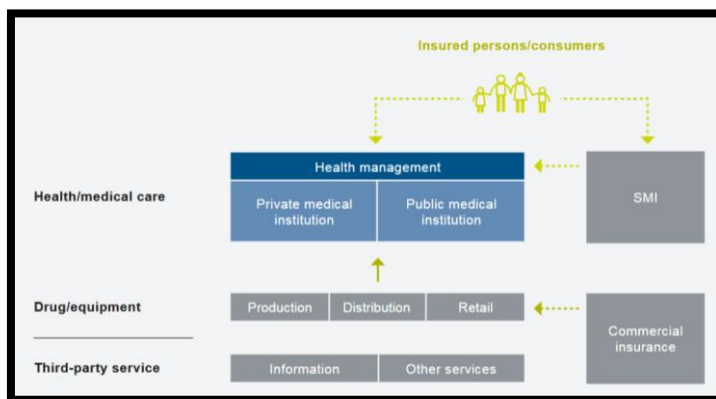
Low level of Accessibility and Acceptability:

Access in healthcare is defined as

"The opportunity to identify healthcare needs, to seek healthcare services, to reach, to obtain or use health care services and to actually have the need for services fulfilled."

Various surveys within the nation have shown that patients the usage of primary care had been least happy with their potential to access hospital treatment and the supply of doctors. furthermore, there's an important distinction among get right of entry to healthcare amongst city and rural populations, with rural residents dealing with appreciably worse get entry to and extremely understaffed facilities. nearly all nations face a continual scarcity of GPs and different healthcare professionals, however the shortage of physicians in the country is surprisingly high. Kamimura et al (2018); Kinder et al (2020)

A ministerial committee evaluation observed that the range of primary healthcare physicians was 40% much less than required. maximum healthcare specialists in KSA also are expatriates; way to a global shortage, there is robust competition to attract foreign medical experts. A further complicating component is the "Saudization" software that requires workforces to comprise at least 30% Saudi nationals in 2022 and a predicted 50% in 2025. This will make it even harder to grow the existing GP infrastructure to ensure a sufficient amount of healthcare professionals, especially in the private sector. The acceptability of healthcare groups is strongly prompted via society's norms and traditions. within the case of KSA, there tends to be an avoidance of primary care in prefer of direct get entry to to a sanatorium and other secondary care facilities due to chronic beliefs that the great of outcome in primary care is not as high. around 75 % of all sufferers in Riyadh say they might not attend a primary care sanatorium as their first preference.



Source: Ping An Good Doctor (2020)

Figure 3: Doctor's Approach of Patient Management in KSA

This outcomes in highly low hospital usage fees in comparison to other nations with stronger primary care systems. an extra element behind the low acceptability rating is the perceived ineffectiveness of healthcare offerings. Surveys have observed that a massive part of the KSA populace isn't always completely glad with the modern kingdom of number one healthcare.

2. Conclusion:

This is one of the studies which is not equivalent to any of the recent studies, which was based on role of doctors in taking care of patients and also evaluates the quotient of relationship among the two in terms of cure and efficacy of medication. It was found in the process that the scenario of patient care and availability of hospitals are not comparable to the patients of chronic diseases and ailments. The self-efficacy of the of doctors use to play a major role in the patient care, in routine and in cases chronic ailments. Then the findings of the study also stated that patient care is one of the important factors in the image building of the hospital and also building the confidence of the patients for their cure.

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