



Evaluation of Health Seeking Behavior Among Saudi Population: a Highlight On Seeking Care From Pharmacists

INTRODUCTION

Recently, people's attitudes towards health issues have shifted considerably worldwide. Health seeking behavior is critical for obtaining medical advice or treatment for a condition, as well as maintaining a healthy lifestyle. Understanding health-seeking behavior could significantly reduce the impact of illness on patients' lives.[1]

OBJECTIVES

this study aimed to assess the Saudi population's knowledge, attitude and practice towards seeking health care from pharmacists.

METHODS

A cross-sectional, online web-based survey study was conducted between January to March 2022 among residents living in Saudi Arabia. Individuals aged ≥ 18 years who were willing to complete the survey were included.

RESULTS

A total of 434 participants completed and returned the questionnaires. More than half were females 223(51.4%) and the rest 211(48.6%) were males. Approximately 33% (141) of them were aged between 20-29 years. Among the participants 77.7% of them agreed that Saudi laws do not allow pharmacists to prescribe medications without prescription, while majority (95.4%) of agreed that pharmacists should provide health care education and advise on safe use of medications. About 45% (n=193) of the participants reported an unsatisfactory event with a medical doctor. The most common condition to seek pharmacist consultation among the participants were common cold 343(79%), followed by cough 280(64.5%), headache 248(57.1%), diarrhea 176(38.5%), constipation 150(34.6%), fever 199(45.9%), Gastrointestinal problems like bloating 110(25.3%), nausea 106(24.4%) vomiting 88(20.3%) acne 115(26.5%).

DISCUSSION & CONCLUSION

In exploring the various factors affecting the Saudi population behavior in seeking health care from pharmacists, we found that although most participants find it less costly, less time and effort and easier to access community pharmacies than visiting medical doctors, the majority do not find pharmacists' approach more appealing than physicians. The Saudi population have good general knowledge about the pharmacists' role and Saudi laws and regulations regarding the practice.

REFERENCES

[1] <https://doi.org/10.1080/13814788.2021.1917541>