

47th Global Nursing & Healthcare Conference

March 01-03, 2018 | London, UK

The health-related behaviours of nurses working in Saudi Arabia

Ameera Mohammed Aldossary

King Fahad Specialist Hospital Dammam, Saudi Arabia

Nurses play an important role in promoting the health of patients and public (WHO, 1989), as nurses were identified as the most appropriate healthcare personnel to provide health promotion. Many studies found that there is a significant relationship between nurses' health-related behaviours and their health promotion practice. Thus, this study used a self-administered questionnaire that draws upon Walker, (1995) study, to investigate the health-related behaviours of nurses work in Saudi Arabia and identify the need of promoting their health. A convenient sampling was applied for this study and a descriptive analysis was used, to test the association between six health-related behaviors and four variables (gender, age, nationality and degree). The results showed the highest average score was in spiritual growth and inter personal relations (27.7). Health responsibility average was very similar, physical activity average was significant in favor of male (M 22.8- F 18.36), nutrition, spiritual growth and stress management was minor variation. Variations of scores by gender were very minor and insignificant ($P>0.05$). Average score distribution by age showed minor variations and were found insignificant ($P>0.05$). It can be seen that MSc holders have relatively higher score but was found insignificant ($P>0.05$).