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## Principals of home health care in Saudi Arabia

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The various benefits of incorporating home health care (HHC) in the health system are known worldwide. Research reveals that home health care has a role in improving the clinical outcomes of patients, that it is cost-effective, and that it is an excellent solution for the bed occupancy issue, freeing hospital beds for acute cases while ensuring quality care for stable patients with chronic health issues. In this lecture, there will be an illustration of home health care and its basic principles through definitions and demonstrating cases scenarios. There will be highlighting on HHC's importance in any health system by evidence. A comprehensive team runs HHC in Saudi Arabia, and the nursing care is the cornerstone of these services. Here, we will know the role of each team member in HHC: family physicians, nurses and other support teams. Moreover, the services provided through HHC programs are different from country to country, but most programs are community-based, so, the experience of Madinah's Home Health Care Center will be discussed at the end of this presentation.

### Biography

Rana Abed Alhelali is a consultant family Physician with 2 certificates; the Saudi board of family medicine 2009 and the Arab board of family & community medicine 2010. She is working as a Director of Home Medical Care Center, Ministry of Health (MOH) in Madinah. She works in family medicine clinic in primary health care (PHC), MOH. She is a Trainer in Post-graduate training program of family medicine in Madinah. In May 2014, she earned her Master's degree in Public Health from Rollins School of Public Health at Emory University, Atlanta, USA. Regarding research, she conducted 2 studies: "Prevalence of Burnout Among Ministry of Health Physicians in Madinah, Saudi Arabia, 2008" and "Evaluation of Home Respiratory Therapy Delivered to Patients in the Ministry of Health's Home Medical Program (HMP) and Administered through the Madinah HMP Center, Kingdom of Saudi Arabia, 2013" and this study was published in the *Journal of Epidemiology and Global Health* (JEGH) August 2015.

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