

The impact of knowledge, attitude of health college students towards lifestyle modifications during clinical training in Saudi Arabi

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Background: Unhealthy lifestyle lead to several comorbidities, harm to health and increase risk of many diseases. Although it is well known that the health colleges students have greater awareness about the healthy life style compared to non-health science students. However, the awareness doesn't mean that they are practicing the healthy habits and diet in their life. Because the health college students experience more stress and lack of time, thus they have unhealthy diet and less physical activity, therefore they are going to fail in promoting the health education and promotion of their patients as future health care practitioners

Objective: To evaluate the impact of knowledge, Attitude of health college students towards lifestyle modifications during clinical Training.

Design: A cross--sectional study

Setting: Health Sciences Colleges in different Universities in Saudi Arabia

Subjects: All students in health sciences colleges in their clinical training years including interns

Results: Overall response rate was 100%(1005/500). 21% were males and 79% were females. The smoking rate among the preclinical students (23.0%) was higher than the clinical students(18.7%) (p=0.159). While, the smoking rate among the

colleges, the nursing ranked as the highest (26.4%) and it was the least among college of dentistry (7.8%) (p < 0.0004). among males and females, and it was 31.2% and 16.5%, respectively(p < 0.0004).

The healthy diet habits rates in preclinical it was (66.7%) and clinical students

(65.5%) (p=0.756). We measured the physically active students prevalence and It was 43.2% in preclinical and 48.2% in clinical students(p=0.04). Whereas the prevalence of physically active students among the colleges was 63.5% in college of medicine, 76.4% in the college of nursing (p=0.025). The improvement of lifestyle after joining the college in terms of taking multivitamins without prescription among the preclinical students (29.1%) and clinical students(35.1%) (p=0.042). also in terms of performing routine check-up among the preclinical students (29.1%) and clinical students (38.4%)(p=0.019).

Conclusion: The main finding of our study was that Clinical students generally improved their behaviour more than preclinical.

Speaker Biography

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