

## Demystifying the Factors Affecting Approaches of Primary Healthcare Nurses in Preventing the Emerging Chronic Diseases in Hail Region, Saudi Arabia

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### ABSTRACT

**Introduction:** Prevention of emerging diseases has emerged as one of the leading objectives of primary health care institutions globally, and nurses are the front-liners in such endeavours. This study aimed to investigate the factors affecting the approaches of primary healthcare nurses in preventing emerging chronic diseases in the Hail region, Saudi Arabia.

**Methods:** This research employed a descriptive cross-sectional approach. The participants in this study were 214 primary healthcare nurses. Data collection was conducted between November 2022 and December 2022.

**Results:** The number of years of experience ( $F = 0.132$ ;  $P = 0.007$ ), the number of training sessions attended ( $F = 1.562$ ;  $P = 0.003$ ), and the average number of patients per day ( $F = 0.132$ ;  $P = 0.004$ ) were found to have a significant difference with the preventive approach to emerging chronic disease. Conversely, the number of years of hospital experience ( $B = .091$ ;  $P = 0.003$ ), the number of patients per day ( $B = 0.018$ ;  $P = 0.004$ ), and the number of training courses attended within a year ( $B = 0.098$ ;  $P = 0.003$ ) affect the approaches of primary healthcare nurses. Age and gender were found to have no significant relationship with the preventive approaches.

**Conclusion:** The years of experience, the number of training sessions attended, and the average number of patients per day were found to make a significant difference in the preventive approach to emerging chronic diseases. Of note, the number of years of hospital experience, the number of patients per day, and the number of training courses attended within a year affect the approaches of primary healthcare nurses. This study has shown that primary healthcare nurses' training experiences and clinical exposure substantially impact measures to prevent emerging chronic diseases. Further, these findings enable nurses to support patients in achieving their self-management goals, enhancing their health outcomes, and adding to their overall well-being.

**Keywords:** Primary health care, Nurses, Chronic disease, Prevention

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