

A Cross-Sectional Study to Assess the Knowledge and Practice of Life Style Medicine Among Physicians

Ayesha Mallick* Raghad Muteb Symour Alruwaili** Wesam Sultan AlBaiyyali** Norah Ammar Aljurayyad** Ola Ali Almajed**
Hassan Aquil Mallick*** Manal Hajea Eid Alenzi**

ABSTRACT

Introduction: Lifestyle medicine is in essence a scientific approach to use life style changes and intervention to decrease morbidity, risk of disease and burden of disease in the community. The growing burden of non-communicable diseases has brought forth and cemented the importance of preventive measures in area of non-communicable diseases. Further knowledge regarding only minimal role of genes in most non-communicable diseases has highlighted the need of education and counseling regarding lifestyle changes and training of doctors in this regard. Our study assessed the level of lifestyle changes counseling done by the doctors in our region.

Methodology: Cross-sectional study was done using a validated structured questionnaire shared electronically as well as hard copy. Sample size was n=390. Doctors registered in the year 2021-22 were included using snowball sampling method. Analysis was done on SPSS version 21.

Results: 390 participants were included in the study, 90% participants agreed that they counseled patients about exercise but only 1 knew about weekly requirements. 77% asked about smoking and 18% asked about alcohol but only from males. 97% of physicians asked about salt intake but only 67% knew about daily salt requirements. Only 55% of participants were trained formally in life style medicine as under or post graduate.

Conclusion: Although the physicians are aware that life style modifications have an impact on non-communicable disease but specific knowledge to practically guide and counsel the patients was missing. The difference in knowledge and practice of physicians trained in life style medicine as compared to those who were not trained is apparent.

Recommendation for frequent evidence based CMEs and training programs for physicians should be made to help physicians proactively counsel patients in their clinical practice.

Keywords: Life style medicine, Life style modifications, Saudi Arabia, Non-communicable

Bahrain Med Bull 2023; 45 (1): 1328-1331

* Department of Family & Community Medicine
Jouf University College of Medicine Saudi Arabia.
E-mail: amhaseeb@ju.edu.sa

** Student College of Medicine

*** MRCPsych ST4 Dual and Adult Age Psychiatry, NHS trust, U.K