

Knowledge of Primary Healthcare Physicians of Adolescent Health

Ali Ahmed Al-Baqqara, MBChB, ABFM* Adel Salman Al-Sayyad, MD, ABFM, DLSHTM**

Background: Many adolescents and health professionals feel that communication between young people and medical professionals is often highly problematic.

Objective: The aim of the study is to evaluate the current knowledge of primary healthcare physicians towards adolescents' health.

Design: Cross-sectional study.

Setting: Primary health care.

Method: A self-filled questionnaire was sent October 2008 to 201 participants and collected after one week by the researchers.

Result: Hundred twenty-one (60.2%) of the primary health care physicians completed and returned the questionnaire. Thirty-four (28.3%) knew the correct age range of adolescent (10-19 years) and 49 (40.5%) knew the meaning of HEADSSS. One hundred fifteen (95%) identified correctly suicidal thoughts and 101 (83.5%) substance abuse as reasons for breaking confidentiality. One hundred eighteen (97.5%) primary care physicians recognized RTA as a leading cause of death among adolescent.

Conclusion: The study reveals lack of enough knowledge of basic adolescent health facts. Most of the physician do not know the meaning of important tools used in adolescent health (e.g. HEADSSS), which affect their ability to deal efficiently with adolescents matters.

Bahrain Med Bull 2012; 34(2):