

The Importance of Nursing Assistance and Its Impact on Public Health in Saudi Arabia

Tagreed Abdullah Aldrurahim¹, Futeem Mohammed Alonazi²,
Mona Saad
Alshehri¹, Wafa Ahmed Makrami³, Zainab Ahmed Alnahwi³,
Areej Ali Ahmed Hamithi¹, Dareen Naser Saeed Al Manzoor⁴,
Deema Faleh Najem Alotaibi¹

1. M Eradah Complex for Mental Health
2. Ministry of Health Third District
3. Ad Diriyah Hospital
4. Primary Health Care Al Izdihar

ABSTRACT

Nursing staff play a role, in Saudi Arabias healthcare system by delivering care services and supporting health programs to achieve national health goals. The challenges that nurses encounter include staffing levels and a lack of leadership prospects due to attitudes that impede their ability to impact healthcare policies. This study delves into the position of nursing in Saudi Arabias healthcare sector. Suggests methods, for strengthening nursing leadership within the industry. Enabling nurses to participate in decision making and shaping policies is crucial, for creating a healthcare system that's both effective and enduring in line, with the objectives outlined in Vision 2030 for our nation.

KEYWORDS: nursing, public health.

1. Introduction

The healthcare field, in Saudi Arabia is experiencing changes through the Vision 2030 project that focuses on enhancing healthcare standards and highlighting care methods. Hospitals and medical centers nationwide are leading this shift with nurses playing a part in tackling health issues like chronic illnesses and raising awareness, about community health.

Nurses, in Saudi Arabia encounter obstacles that hinder their growth and development to the extent possible due to factors such as workforce shortages and being overlooked for leadership positions within the profession as well as societal views of nursing being predominantly female oriented which presents substantial challenges for them in making impactful contributions to healthcare systems and regulations within the country. This study delves into the existing situation of nursing, in Saudi Arabia by shedding light on the hurdles that nurses confront and puts forward approaches to empower them in taking on leadership roles and actively participating in decision making processes.

The Role of Nursing in Saudi Arabia's Healthcare System

Providing Essential Patient Care

In Saudi Arabia's healthcare system nurses play a role, in care by tending to common health issues like diabetes, high blood pressure and heart diseases. These long term conditions demand supervision and individualized attention tasks that nurses handle in hospitals, clinics and at patients homes. Their skill in forming connections, with patients and offering assistance renders them invaluable members of the field.

Advocating for the well being of our community

In communities and public health settings alike nurses take steps to promote wellness and preventive care. Through educating people on making lifestyle choices the significance of disease prevention and the importance of vaccination they contribute to lessening the impact of illnesses. Efforts, like organizing health screenings, conducting vaccination drives and hosting public health seminars often hinge on involvement from nurses, for their success. Their dedication builds trust. Guarantees that preventive measures reach a range of individuals.

Responding to Emergencies and Public Health Crises

During the COVID. 19 Crisis, in Saudi Arabia nurses played a role in responding to emergencies by conducting tests caring for ICU patients and assisting with mass vaccination efforts. Their commitment and flexibility in times of crisis emphasize the importance of nursing protocols and competent leadership, in managing health crises.

Challenges Encountered by Nurses in Saudi Arabia

Workforce Shortages

Saudi Arabia faces difficulties, in developing a nursing workforce due to its dependence on foreign nurses. Although there are initiatives to attract more Saudi citizens to join the field shortages continue to be a problem resulting in added pressure, for staff and hindering the expansion of the industry.

Limited Leadership Opportunities

In the healthcare sector nurses frequently face barriers, to accessing leadership positions. Participating in decision making processes that influence patient care and overall healthcare policies.

Cultural Perceptions

In the field of nursing there is a belief that it's mostly women who are involved in this profession and societal norms can deter both women and men from choosing a career, in nursing. This belief adds to the difficulties faced by the workforce. Diminishes the recognition and status of the profession.

Strategies to Enhance Nursing Leadership in Saudi Arabia

Expanding Educational Opportunities

Expanding the number of nursing programs and offering opportunities to pursue

education can help nurses acquire the expertise, for taking on leadership positions in the field of healthcare. Establishing collaborations, with nursing schools and sponsoring initiatives can also contribute to fostering career growth and drawing in more individuals to join the nursing profession.

Developing Leadership Pathways

It's crucial to pave the way for nurses to progress into leadership positions, within healthcare settings by appoint them as hospital administrators and advisors in healthcare strategy development roles to leverage their expertise in shaping decisions and policies related to healthcare services. Enrolling nurses, in leadership training programs can support them in honing their skills required for thriving in roles.

Changing Perceptions of Nursing

Creating awareness regarding the significance of the nursing profession has the potential to change views positively. It is believed that showcasing the roles played by nurses and introducing mentorship initiatives can motivate youngsters to explore nursing as a fulfilling career option. Incorporating male influencers, in nursing can further aid in dismantling gender stereotypes linked with this field of work.

Strengthening Workforce Retention

In order to establish a nursing staff team it is essential for policies to focus primarily on recruiting and keeping nurses. Offering pay rates creating workplaces and providing avenues, for professional advancement are key factors in attracting and retaining qualified nurses. Additionally introducing measures, like working hours and wellness initiatives can contribute significantly to increasing job contentment.

Future Directions for Nursing in Saudi Arabia

The progression of healthcare, in Saudi Arabia requires a strategy to empower nurses effectively. It is essential that upcoming endeavors prioritize involving nurses in decision making positions to utilize their perspectives in influencing patient care and public healthcare policies. Enhancing the quality and reach of nursing programs can be achieved by increasing opportunities and promoting partnerships with entities. Equally important is tackling workforce deficits, by encouraging citizens to pursue careers in nursing.

The advancement of technology based solutions, like telehealth and digital health records can enhance the support for nursing responsibilities in care and management positions. This could enable Saudi Arabia to establish a healthcare system that's in line with its Vision 2030 goals and caters, to its expanding populace.

2. Conclusion

In Saudi Arabia's healthcare system and during emergencies or public health initiatives nurses play a role by providing care and support, to the community yet they face obstacles such as staffing shortages limited career growth opportunities and cultural biases that prevent them from reaching their full capabilities. Strategies focusing education leadership advancement and staff retention are essential, in

overcoming these hurdles.

By giving nurses the opportunity to step into leadership positions and including them in the decision making process, on policies in Saudi Arabia can help the country reach its healthcare goals outlined in Vision 2030 effectively. By prioritizing the development of nursing as a profession Saudi Arabia can establish a healthcare system that's not sustainable and effective but also places patients, at the center to benefit all its citizens.

References

- Ministry of Health, Saudi Arabia. (2023). Vision 2030 and Health Transformation.
- World Health Organization (WHO). (2022). Global Nursing Report.
- International Council of Nurses (ICN). (2021). Empowering Nursing Leadership on a Global Scale.