

HEALTH SERVICES IN BAHRAIN SERIES

INTRODUCTION

IBIN SINA, is one of the Class 'A' Health Center's in Bahrain. It opened its doors for the people in 1977 and located in Ras Ruman area, Manama. It is supposed to serve the following area:- Gudibiya, Hoor, Ras Roman, Fadhol, Awadhia, Dhuawda, Kanoo and part of Alhamam area. And its capacity to serve 25,000 to 30,000 population where primary continuous and personal Health Care is given

The family file system was started in this Health Care and was introduced in the other Health Center's. All members of each family is registered in this file.

This study was done for the following objectives:-

To find the approximate number of patients visiting this Health Center, the number of visits paid by those persons, approximate number of patient in different age group and sex. The Doctor/patient ratio, to find the most common diseases existing in the area of IBIN SINA HEALTH CENTER, to help us in the future to make a preventive program for the most prevalent diseases and to raise the health standards by mass education.

In this study, I had to make a comparison between the result got here and the result which was found in some other studies like

Report on Study Done on the People Registered in IBIN Sina Health Center from the Period 1st January, 1979 to 31st December, 1979

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Virginia Studies and St. Paul Ramay Health Center Studies, which will be very beneficial in case of fulfilling the objectives we are aiming too.

Method of Selection and Study:-

This is a retrospective study for the period between 1st January, 1979 till 31st December, 1979. Since, then the family records were 6,091 in the health Center, and

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number of people registered in it was very high and the study in all those records will take very long time. So I had to take a random sample of family records and collect the Data from it, so I decided to take 2% of the total number of records which was 122 records, then I had to choose a number by which I can start collecting the records. I put 10 pieces of papers in a box each had a number, starting from 1 upto 10 one paper was drawn blindly and it was carrying number 6, so the first record was 6 then I went on taking subsequent numbers from each 50 records in the following way 6-56-106-156-206 and so on..... ?

Next Steps

I recorded all the patients problems evaluated during that period into a daily work sheet patient via. name, date of birth, sex, number of visit to the health center and complaint in each visit were recorded.

Then I classified the age into different groups e.g.

Age Group 'A' 0 - 20 Years 12 Months

Age Group 'B' 21 - 40 Years 12 Months

Age Group 'C' 41 - 60 Years 12 Months

Age group 'D' 61 - Onwards Years 12 Months

The Results Found Are:-

The number of patients registered in the 122 records are 698 people and since this is 2% of the total people registered in the Health Center, so the approximate number of people registered in the Health Center are 34,000.

There were 346 Male Patients and 342 Female Patients out of the total 698. Number of visits paid by the 698 patients to the Health Center during that period of time were 983 visits.

Classification of number of patients and their number of visits according to their Age Group and Sex.

NUMBER OF PATIENTS

	Total	Male	Female
Group 'A'	351	180	171
Group 'B'	222	110	112
Group 'C'	91	45	46
Group 'D'	34	21	13
TOTAL	698	356	342

NUMBER OF VISITS

Total	Male	Female
546	287	259
295	107	188
108	38	70
25	13	12
974	445	529

Number of permanent Doctor's Servicing in that Health Center are 6 (Six) patient Doctor's Ratio is — 5816.6.1

Approximate number of daily visits to the Health Center (after deducting holidays and Fridays) is 160 Visit/P. Day

The following table shows the number of visits paid by the different groups (Male, Female) to the Health Center. It also shows the relative frequencies of the visits.

NUMBER OF VISITS IN DIFFERENT AGE GROUPS

Problems	Male				Female				Relative Frequency of Visit
Age Groups	A	B	C	D	A	B	C	D	
U.R.I.	112	39	2	6	149	50	6	1	37.47%
TONSILLITIS	8	1	—	—	8	12	3	—	3.28%
MUMPS	9	—	—	—	6	3	—	—	1.74%
EAR	6	5	—	—	4	—	—	—	1.54%
EYE	20	2	—	2	7	12	2	1	4.73%
GYNAECOLOGY	—	—	—	—	2	11	1	—	1.44%
G I T	57	16	5	1	43	34	10	1	17.14%
RESP.	—	1	—	—	2	—	—	—	0.32%
BONE & MUSCLE	10	11	4	1	10	40	21	7	10.68%
C N S	—	—	—	2	—	2	—	—	0.42%
BP	—	—	14	1	—	—	12	1	2.87%
PSYCH. PROBLEMS	—	1	—	—	—	1	—	—	0.21%
SKIN	25	12	7	—	16	4	5	—	7.08%
SURGICAL	23	3	4	—	6	7	—	—	4.42%
U T I	1	6	—	—	2	3	1	—	1.43%
OTHERS	16	10	1	—	5	9	9	1	5.23%
TOTAL	287	107	38	13	259	189	70	12	100.00%

RELATIVE FREQUENCY : NUMBER OF VISITS IN MALE, FEMALE FOR DIFFERENT AGE GROUPS TOTAL NUMBER OF VISITS - 974

From the Study done in St. Paul Ramsy Health Center, it was found that the highest frequency of visits was for General Medical Examination which was about 10.88%.

URI	... 2.38%
Ear Problem and Otitis Media	... 1.94%
UTI	... 1.43%
Gynaechological Problem	... 2.19%
Psychological Problem	... 0.86%

The Virginia study showed that 526,196 Primary Health problem for all age groups were registered from the total number 88,000 patients. 2/3 of all was found that visit made by female.

Highest number of visits paid for Medical Examination for preventive and Presychosmatic purposes 8.35%.

Muscle and Bone Problem	... 2.43
URI	... 3.86
Ear O.M.	... 1.73
Psychological	... 2.75

Following Table shows some comparison between various incidence of Problem in the other Health Center's

<i>Problem</i>	<i>Ibn Sina Health Center</i>	<i>Virginia</i>	<i>St. Paul Ramsy Health Center</i>
General Medical Examination	—	8.35%	10.88%
URI	37.1%	3.86%	2.38%
Ear O.M.	2.4%	1.73%	1.94%
UTI	1.4%	—	1.45%
Psychological	0.2%	2.75%	0.86%

DISCUSSION

From the study it was found that : —

1. According to the number of each group it was found that : —

Female from the age group 'B' (21 - 40 Years and 12 Months) are having the highest number of visits to the Health Center.

Then Male from age group "A"
The Female from age group "C"
Then Female from age group "A"
Then Male from age group "B"
Then Female from age group "D"
Then Male from age group "C"
Then Male from age group "D"

2. The most common complaint in all age group was due to URI specially was more common in female from age group "A".

The next common in Gastro intestinal troubles where it is more common in age group "A".

3. The most common problem in age group "C" and "D" was due to Muscular and Skeletal Pain like Myalgia, backache, shoulder-ache and Osteoarthritis etc.,

4. Psychological and emotional disturbances were more common in age group "B"

5. It was also found that no patient visit came to the health center for General Medical Examination while in Virginia and St. Paul Ramsy Health Center. The highest percentage of visits made by the people was for that purposes.

6. There is a very huge difference between the percentage of visits for upper respiratory tract infection between IBIN SINA HEALTH CENTER and the other two Health Center's where in IBIN Sina it was 37.47% while in Virginia 3.86% and St. Paul Ramsy 2.38%.

7. IBIN SINA has the lowest percentage of visits for the Psychological problems.

CONCLUSION

There is a great need for health education for the people in Bahrain, and this should be the responsibility of the Family Physician and his team in the Health Center's in order to widen the knowledge of people regarding the

very minor health problem that they face and how to manage it and not to crowd the health center or waste the Doctor's time for it. e.g. U.R.I. which needs Symptomatic Treatment only.

Since, here we have the lowest percentage of visits for the Psychological problem this means that either with modernisation those problem increases or that the people in our Country still have the old ideas of that if a patient seeks the Doctor for his emotional and psychological problem he is considered as Mad Person. And this also needs health education for the people.

Over all I think that the Family Physician Residency Program which already started in Bahrain, will serve those purposes where the job of Family Physician will be as giving personal, Primary and continuous care and his diagnosis will look over physic psychological and social aspects and his interference will be educational, preventative therapeutic. □□