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This study sought to identify the socio-demographic and socio-economic characteristics of people seeking health-related help from non-professional, these reasons for seeking help and the sources of health information available to the public. A cross-sectional descriptive study was conducted in Riyadh, Saudi Arabia, between Sep 2014 - March 2015. The sample size was calculated to be 195 Saudi adults. An Online survey was used to distribute a well-structured questionnaire. A total of 269 participants included, One hundred and ninety-one (71%) were female, and 152 (56.5%) were 30 years old or less. The majority were unmarried 164 (61%). The majority consulted a medical doctor 143 (53%), followed by self-help and relatives 100 (37%). Physician consultations increased as the participants get older while dependence on self-help and relatives consultations decreased. The majority of married participants consulted Physician 69 (65.7%) but many unmarried prefer self-help and relatives consultations 72 (43.9%). Approximately half who prefer self and relatives help get perceived benefit and while the other half notice no difference. There are 25 (9.3%) who had nonspecific disorders. Those who consulted medically trained practitioner 13 (52%) and a high proportion of them 11 (84.6%) claimed to get a benefit. While, only 4 (33.3%) out of 12 (48%) who consulted non-medically qualified practitioner noticed any benefit. Help-seeking behavior HSB in the Saudi community still need improvement because about half of the participants seeks non-medical help. We hope this study stimulate researchers to cover different sides of HSB such as the influence of the internet on self-care.

Career preferences of graduating medical students in China: a nationwide cross-sectional survey

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Background: China faces major challenges in the distribution of health professionals, with serious shortages in rural areas and in the development of Primary Care Providers. The aim of this study was to investigate the career preferences of medical students in China and the impact of rural backgrounds on these preferences.

Methods: This cross-sectional survey was done in 16 medical schools across China. Medical students in the final year of their programme completed a 58-item survey that included questions regarding their demographic characteristics, attitudes toward practice in low-resource areas, postgraduate planning, self-assessed competency, university facilities assessment, and financial situation. We used descriptive calculation and Logit model for the analysis. Peking University Institutional Review Board reviewed the research design and exempted the study from additional ethical approval. Participation in the study was voluntary and anonymous.

Findings: We included completed surveys from 3020 students in the analysis. Upon graduation, 1465 (48.5%) medical students preferred to work in urban public hospitals, and this number rose to 2223 (73.6%) students when they were asked to state their anticipated preference 5 years after graduation. Students' top three reasons for preferred careers were “good career prospects”, “living close to parents or families”, and “remuneration”. Those students who preferred to work in rural areas upon graduation were more likely to be people who had lived in rural areas at the age of 1–15 years ($\beta=2.05$, p=0.0000), had attended high school in rural areas ($\beta=1.73$, p=0.0000), or had parents currently living in rural areas ($\beta=2.12$, p=0.0000). Similar results were found for those students who preferred to work for Primary Care Providers.