



Introduction

"The concept of total wellness recognizes that our every thought, word, and behavior affects our greater health and wellbeing. And we, in turn, are affected not only emotionally but also physically and spiritually."

- Greg Anderson, retired NBA Basketball forward

Wellbeing is not just the absence of disease or illness. It's a complex combination of a person's physical, mental, emotional and social health factors. Wellbeing is strongly linked to happiness and life satisfaction. In short, wellbeing could be described as how you feel about yourself and your life.

Health is then Good Living, or vice versa, as the satisfaction of the needs of the body (healthy nutrition, sexuality, and work), of cultural subjectivity (knowledge, affections, freedom, identity, protection, creation, recreation) and the obligations of the State, including general services (water, electricity, means of communication and roads) and social services (health, education, housing, social welfare). All of them understood as rights.

Moreover, Mental and physical health are fundamentally linked. There are multiple associations between mental health and chronic physical conditions that significantly impact people's quality of life, demands on health care and other publicly funded services, and generate consequences to society.

The World Health Organization (WHO) defines: health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. The WHO states that "there is no health without mental health."¹

SDG 3 of Sustainable Development Goals seeks to ensure health and wellbeing for everyone of all ages, including access to safe, affordable, and effective health care, where the

universities, being the favorite place for the construction and reproduction of knowledge, they play an important role in achieving health and good living. For this, it is necessary for Princes Nourah Bint Abdulrahman University – PNU to promote from his context access to health services, disease prevention, and treatments. In addition, to provide programs and guidelines that allow the good health and wellbeing of its students, employees and of society to be achieved.

The following document shows how PNU works from different perspectives to achieve SDG 3 compliance.

[SDGs in KSA](#)

The Government of Saudi Arabia, as represented by the Ministry of Health, strives to launch several health initiatives, in line with the National Transformation Program 2020, and the Saudi Vision 2030. This comes as part of a series of more than 40 initiatives. Over the past period, the Ministry of Health (MOH) has made a lot of achievements in its various sectors and services. So far as primary health care (PHC) is concerned, which constitutes a substantial component of the Kingdom's health sector, over 80 PHC centers have recently been opened across the Kingdom, bringing the total number of PHC centers in KSA to over 2,390 centers. Aside from PHC services, those centers have provided vaccinations, treatments for chronic diseases, as well as maternal care for more than 52 million visitors. During this year, the Kingdom's health sector has launched—through 9,300 medical crews and health centers—the Demographic Health Survey Project, targeting about 50,000 households throughout the Kingdom's regions, with a view to creating an accurate database about the health status in the Kingdom.

Following are some of the Kingdom's key initiatives to fulfill Goal 3 of the SDGs:

1. The New National Healthcare Path or Pregnant Women;
2. The National Drug Prevention Program (Nebras);
3. Educational programs on traffic safety, most notably "Al-Afia" Program;
4. Establishing 36 new hospitals, and two medical cities, with a total capacity of 11,300 beds.

[Health Care](#)

Health care is an essential part of any thriving nation. This section highlights the Kingdom's efforts to provide comprehensive health care for all individuals of society in an accessible and simple manner. You will be introduced to the health legislations and patient rights and responsibilities, while also becoming informed about the various health facilities and healthcare during the COVID-19 pandemic, specifically the types of vaccines available and precautionary measures to be taken. This section will also shed light on the care of the elderly, mental health care and the services available to promote it, while also addressing

the appropriate services to rely on for health care measures during Hajj. Additionally, more extensive information will be supplied throughout this segment in relation to chronic.

Health legislation

[The health law in the Kingdom of Saudi Arabia](#) aims to provide comprehensive health care for all people in a fair and accessible manner. The Kingdom, represented by the Ministry of Health, provides an integrated network of health care services covering all regions of the Kingdom. The health care in the government medical facilities is provided for citizens for free and based on a [new health care law](#) that meets the needs of the health sector.

Patient Rights and Responsibilities

In the belief of the Government of the Kingdom of Saudi Arabia represented by the Ministry of Health to empower patients and involve them in the decisions that support and improve the services provided, The ministry is committed to clarify the rights and responsibilities of patients towards the health facility in the [rights of patients and their families document](#), in cooperation with the competent authorities in the field of providing health care services taking into consideration the human, social, and national rights and duties guaranteed by the system to individuals to improve the level of service provided and increase the patients trust in health facilities and the consolidation of health and humanitarian work shared between service providers and recipients at all levels.

Saudi Patient Expenses and Accompanying Regulation

If the patient is referred for treatment outside the region of his residence inside or outside the Kingdom, the Ministry of Health shall bear the expenses of patients and their companions during the treatment period, according to the [regulation the expenses of Saudi patients and their companions referred for treatment outside their areas of residence](#).

Digital Health

Digital health is one of the most essential transformation programs operated by the Ministry of Health's, Vision Realization Office. The program aims to improve general health by providing better health care services and raising the value of health care. The Ministry of Health has worked to develop a clear and concise strategy and plan to achieve these goals in alignment with the strategic objectives of the Kingdom's Vision 2030. The Digital Health strategy provides full functionality and expanded interoperability.

The system focuses on telehealth, cybersecurity, system certification, advanced functionality including Artificial Intelligence, analytics and models of care. Digital technology plays a significant role in supporting the delivery of the Digital Health Vision and by implementing this effective strategy, it creates the right conditions for the Ministry of Health's digital health ecosystem to expand. The aim of the digital health care system is to transform the

delivery of healthcare through the expansion of implementation of technology, in order to deliver safer and efficient healthcare services to the society of the Kingdom of Saudi Arabia. For more information click [here](#).

Health Facilities

Provides health care services to more than 31 million citizens and residents, as well as several million visitors during Hajj and Umrah through the health facilities that includes medical cities, specialized hospitals, university and military hospitals and primary care centers. On the ministry's website, there is [an interactive map](#) shows all of the government medical facilities locations, and other information needed such as their working hours.

Health Clusters

In order to facilitate beneficiaries access to the health service as well as facilitating their transfer between care types, the Ministry of Health is seeking to launch health clusters in the Kingdom's regions. The Health Cluster is an integrated network of health care providers under one administrative structure, serving 1 million people and allowing mobility of medical professionals within the health clusters system. Some of the health clusters that launched are: [Riyadh Health Cluster One](#) and the [Second Health Cluster](#) in Central Region.

Healthcare During the COVID-19 Pandemic

Then Ministry of Health received recognition from the Custodian of the Two Holy Mosques for its effort in activating E-Health during the pandemic by developing additional services in electronic applications, such as:

1. Enabling early detection of disease through self evaluation via "Mawid" application, which registered 67 million appointments by the end of 2020.
2. Providing more than 2.1 million medical consultaion remotely through "Seha" application.
3. Enhancing response time for emergency calls from 16 minutes in 2019 to 14.43 minutes in 2020 via the "Paramedic application"

[Ministry of Health](#)

The Ministry of Health provides health care, public health promotion, and diseases prevention. It also formulates rules and regulations governing the public and private health sector, monitories its performance, with interest in research, academic training, and health investment areas.

Medical Consultation

An e-service provided by the Ministry of Health via (Seha) App. and IVR (937), which enables beneficiaries to request for medical, mental and psychological consultation by doctors work around the clock. It offers key advice and guidelines for poisoning cases.

Steps to complete the service

- Click on the service link.
- Download the application to your mobile.
- Press (Consult a Doctor).

Psychological and Mental Counseling (Qareboon)

A service provided by the National Center for Mental Health Promotion, providing psychological and mental counseling supervised by a specialized work staff, through the application of (Qareboon). The application represents an integrated library that contains countless information on mental health with the latest modern means and methods, such as text materials, infographics, and visual content (video).



Steps to complete the service

- Click on the service link.
- Download the application to your mobile.
- Consult the Doctor.

Registering for COVID-19 Vaccination

This service allows all citizens and residents in the Kingdom of Saudi Arabia to register to receive the Corona vaccine, through the (Sehaty) application.

Prerequisites

- o The vaccination will be carried out in 3 stages, and each stage has target groups.
- o First Stage, 1. Target Group: Citizens and residents who are over 65 years and professionals who are most vulnerable to infection. 2. Those who are obese with a Body Mass Index (BMI) of over 40. 3. Those who have immune deficiency such as organ transplantation or taking immunosuppressive drugs. 4. Those who have two or more of the following chronic diseases: asthma, diabetes, chronic kidney disease, chronic heart disease, including coronary artery disease, and chronic obstructive pulmonary disease, and those with a previous stroke.
- o Second Stage, Target Group: 1. Citizens and residents over 50 years, and the rest of health practitioners. 2. Those with one of the following chronic diseases: asthma, diabetes, chronic kidney disease, chronic heart disease, including coronary artery disease, and chronic obstructive pulmonary disease, active cancer, and those with obesity and a Body Mass Index (BMI) between 30-40.
- o Third Stage, Target Group: All citizens and residents wishing to get the vaccine.
- o For more information about Corona vaccine, [click here](#).

Steps to complete the service



- Enter the (Sehaty) App link on Google Play or Apple Store.

- Download the (Sehaty) App.
- Register your data.
- Click on (Corona Vaccine) to submit your request to receive the vaccine.
- Your eligibility to receive the vaccine is evaluated according to the information entered.

[4 Sexual and reproductive health-care services](#)

Princess Nourah bint Abdul Rahman University (PNU) has the King Abdullah bin Abdulaziz University Hospital (KAAUH) [1]. As part of the mission of the hospital, it is based on the integration of services provided with education and research that will bring the best knowledge and care to patients and students using the latest technology.



Figure 1. Source [1]

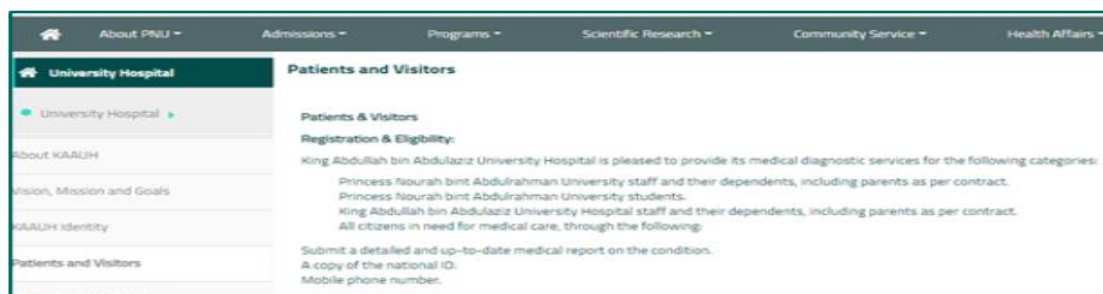


Figure 2. Source [1].

The entire PNU academic community can benefit from access to sexual and reproductive health-care services that KAAUH. These services of reproductive and sexual health care include:

Family-planning counseling, information, education, communication, and services

Education and services for prenatal care, safe delivery, and post-natal care, especially breastfeeding and infant and women's health care

Prevention and appropriate treatment of infertility;

Prevention and treatment of reproductive tract infections, sexually transmitted diseases, and other reproductive health conditions;

Information, education, and counseling, as appropriate, on human sexuality, reproductive health, and responsible parenthood.

KAAUH is located at the southern end of Princess Nourah bint Abdulrahman University. It is an educational hospital equipped with a capacity of (300) beds. It includes outpatient clinics, hypnosis rooms, as well as an Ambulance and Emergency Department. In addition, the hospital has three integrated centers of excellence in the following disciplines:

- Woman Health.
- Adolescent Health.
- Child Growth and Development.

In addition to specialized clinics that provide services in the fields of obstetrics and gynecology, internal medicine, surgery, pediatrics, Otorhinolaryngology, ophthalmology, and urology.

[Mental health support](#)

Princess Nourah Bint Abdul Rahman University contains king Abdullah Bin Abdul-Aziz university's Hospital located inside universities campus and providing mental health support for students and staff with free access (KAAUH) [1]. As part of the mission of the

hospital, it is based on the integration of services provided with education and research that will bring the best knowledge and care to patients and students using the latest technology. KAAUH stands out as a model among local university hospitals in the fields of medical care, training, and research, and to be recognized as a world-class regional reference in women's health, adolescent health, and child development by 2030, and have a mission to provide the highest standards of care to achieve respect and aspirations of patients in a safe and stimulating environment with excellence in education and research.

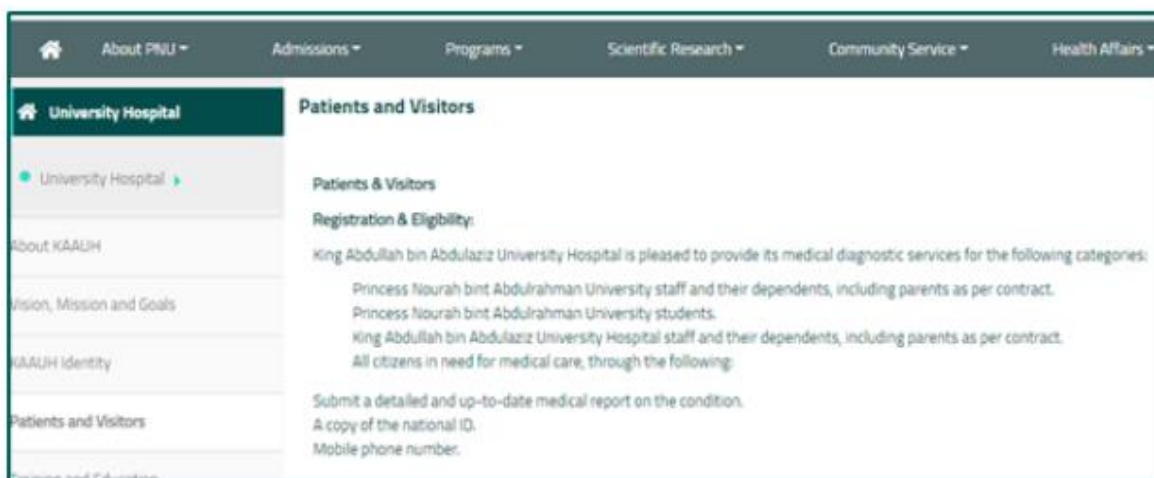


Figure 2. Source [1].

PNU provide mental health support to the university community from King Abdullah bin Abdulaziz University Hospital, these activities are highlights in the Internal Medicine & Critical Care-Departmental Manual.

- Outpatient mental health service provide psychiatry outpatient, psychotherapy.
- Excluded services:
 - Patient with agitation, suicide or self-harm should be diverted to another hospital
 - No inpatient services
- Specific Procedures:
 - Psychometric Tests: are as standard and scientific method used to measure individuals' mental capabilities and behavioral style
 - Mental Status Examination: The mental status examination is a structured assessments of the patient's behavioral and cognitive functioning. It includes descriptions of the patient's appearances and general behavior, level of consciousness and attentiveness, motor and speech activity, mood and affect, thought and perception, attitude and insight, the reaction evoked in the examiner, and finally, higher cognitive abilities.
- Sleep Center
 - Diagnosis and Management of Sleep Disorders
 - Follow-up for patients with sleep disorders
 - Specific Procedures / Studies:
 - Overnight sleep study (polysomnography test PSG).
 - Multiple Sleep Latency Test (MSLT).
 - Maintenance of Wakefulness Test (MWT)
 - CPAP initiation
 - Clinical assessment for uncomplicated sleep disordered breathing
 - Video and extended EEG monitoring for parasomnia and nocturnal seizures

5. Gastroenterology/Hepatology

- Dysphagia
- Foreign bodies/corrosive ingestion
- G.I. bleeding (upper & lower)
- Malabsorption syndrome
- Chronic diarrhea
- Inflammatory bowel disease
- Chronic pancreatitis

6. Cardio/Neuro Diagnosis Services

The following tests will be offered:

- Cardio diagnostic
 - 12-Lead ECG
 - Transthoracic Echocardiography

In regard to the mental health services these are provided to eligible clients at King Abdullah Bin Abdulaziz University, which must be more than 18 years of age, and basically are:

Psychiatry/Psychology

- Mental health services are provided to eligible clients and KAAU
- Mental health clients must be more than 18 years of age
- Mental health services provide outpatient and psychosomatic consultation
- Mental health services provide will be only for inpatient consultation and OPD
- Patients needed admissions should be diverted from the ED to another hospital
- Outpatient mental health services are provided in the mani outpatient department at KAAUH
- Outpatient mental health service provide psychiatry outpatient, psychotherapy

In the Manual about the Internal medicine and Critical Care of the KAAUH can be found information related with scope service, organization structure, manpower plans and relevant policies and procedures.

