

# The Quality Of Heart Care For People Who Are 65 And Older In The United States And Saudi Arabia

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**Abstract:** This paper focuses on the quality of heart care in hospitals in the United States of America, as well as comparing some of the services provided in the U.S and Saudi Arabia. Also, it is extremely important to see how all the services that are related to heart care are being implemented by the hospitals. The paper presents cases about real people due to the high number of people having heart issues. Heart care needs to have special devices and procedures that will increase the level of the quality of care, so it is important to discuss the devices and the procedures that are utilized in health organizations.

**Index Terms:** Quality, hospital, health organization, heart, disease, United States, Saudi Arabia.

## 1 INTRODUCTION

The main purpose of this paper is to learn about the quality of heart care in the United States of America and Saudi Arabia. Also, the services that are included under heart care and what are their qualities especially for the people who are over the age of sixty-five. Obviously, every hospital wants to be highly ranked whether they are profit or nonprofit clinics. Inpatient and outpatient need to be looked for because of their high importance as parts of heart care. There is a lot of negotiating about Medicare and Medicaid, as well as which one should cover necessary cardiac surgeries for old people who need it in the United States. There will be discussion and analysis of quality services in health care. Governments always try to make their citizens follow healthy habits. The quality of healthcare, in general, needs to be improved because having better health care will lead to living a better and healthier life. One part of better healthcare is better cardiac; therefore, heart care needs to improve. The heart is the main part of the body that pumps blood to all the other parts (NIH, 2011). So, making it in the best possible condition will help the other part to do their mission efficiently. Also, it is very important to learn a lot of information about what good heart care should be, and what are the main advantages that help any hospital to provide better quality care. Knowing the shortcomings of services, whether they are in healthcare or any other types of services, will help to definitely improve the quality of cardiac care and will help to correct errors.

## 2 METHODOLOGY

It is important to collect information and data base for any research paper especially in the academic field that contains information from official references and articles from peer-reviewed academic journals which are available in the libraries of the universities' websites. The databases that were used in this paper were collected from many sources, most of them were found on the King's College online library. Other details were taken from other Arabic sources such as information about hospitals in Saudi Arabia. The Ministry of Health in Saudi Arabia is the main controller for nonprofit hospitals, profit hospitals or any other clinics in the country. Using the Ministry of Health's database will help the researcher find needed information about cardiac care Saudi Arabia. The King's College's library is one of the most important libraries in the area; it has variety of articles and books in all the major fields of study. Healthcare topics, which are important to improve quality of heart care, are easily accept. When using key words that are related to a topic it will give the researcher

better results, and higher number of journals and articles. On the topic of this paper, there were many main key keywords to help find needed information; "Heart care", "Heart diseases", "Quality of Heart care", "People who are 65 and older", "Chronic diseases", "Heart care in the United States of America", "The quality of American Hospitals", "Services for heart care."

### 2.1 Criterion of relevance

This paper used many criterions to make the study be as professional as possible. In order to have a good analysis, there should be good information that explains exactly what data is needed. Principles that are necessary to present the paper that is reliable should contain real numbers, years, and even events that are related to the topic in Saudi Arabia or in the United States.

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### 2.3 Time Frame

Since a paper needs to be written carefully and have many sources. This paper took more than three months to gather the information and complete, beginning from August, 2014 to December, 2014. The goal of this paper is to analyze the quality of heart care in the U.S. and Saudi Arabia. The first six weeks were used to find reliable and current sources. A month after that was used to collect and find articles about American cardiac care from the library of King's College. The last month, which took time from November to December, was about checking whether or not all parts of the paper were completed and the paper was ready to be submitted. For this paper, over 50 articles were read in order to obtain information that was needed for the research. Unfortunately, more than half of those sources could not be used because the database is not really useful because their information was out of date or unreliable. Therefore, it was necessary to find better articles to support the thesis of the paper. The number of the used sources was 22 to complete writing this paper. These sources helped to carrying out an analysis of this study. It was read and analysis many articles that cover the same topic because different and unclear results were found during research.

### 3 FINDINGS

One of the highest rated diseases in the United States of America is heart disease that affect the country in the negative ways. Only in the U.S., there exist around five million Americans with heart failure (Sayers, 2007). That is a very dangerous situation in the country, and we need to ask a question, what is the quality of heart care in the United States? In Saudi Arabia, there exist many huge hospitals whether they are profit hospital or non-profit. For example, Saad Hospital, which is a profit hospital, has many heart care services in of high quality. The hospital has a department called "Cardiology Department", it provides comprehensive health care for patients with cardiovascular and thoracic diseases with professional staff and cardiac physicians. Saudi Arabia has a season for Muslim people to go to Mecca city to pray for God, and usually is this season millions of people come from all around the world to practice their religion. However, all those million collect together in a one single mosque, which this creates unhealthy situation because diseases might transfer between those pilgrims. Abdulghafoor Othman, who is a male who came from Sudan to Saudi Arabia in Haj season. Unfortunately, he was sick at that time with heart condition, so he had a successful open heart surgery in King Abdullah Medical City, in Saudi Arabia, which provides free healthcare services especially in heart care (Ministry, 2013). Health organizations do not do their best to develop their service (Charnock, 2014). It is important that hospitals increase the level of services for patient satisfaction (Asadi-Lari, 2003). Several articles show the dissatisfaction of the provided services (Reerink, 1998). This can be understood if we are talking about a country from the third world not the United States of America. Decisions in health organizations must not be taken only by doctors; managers also should have the right to vote on any decisions, as well as users and policy makers. Furthermore, there should be staff who conduct researches, organize the services, provide financial advice, and changes the way an organization operates (Reerink, 1998). In the United States of America, insurance comes on the top of the people's demands due to the fact that it is very important; however, it is not easy to have these days because of its high cost that not every citizen could pay for it. There exist many global insurance companies in the country that have great advantages such as covering dentists, vision clinics, or any other physician. For example, Aetna insurance company covers sun glasses for Open Choice members, and it is an important thing to save eyes from the sun. Having an insurance service is very important to any patient because that will help any patient to take care of themselves without thinking about the cost of a hospital care, surgery, or even necessary drugs. A study was found that Medicare was the payer for 67.5% for 40,199 patient out of 59,550 who are 65 years and older. That means that more than the half of the sample are have Medicaid whether they have heart diseases or any other disease. (Calvin, 2006). On the other hand, other countries like Saudi Arabia still have some issues about insurance because not everyone in the country have health insurance. Yet there exist many free hospitals in most parts of the Kingdom of Saudi Arabia. The Government pays billions of dollars to cover all the costs incurred by public hospitals in order to make the Saudi citizens feel safe and comfortable, according to the Ministry of Health. Electrocardiograph (ECG) is an analysis that is considered as an important procedure to perform because sometimes breathing stops when sleeping

(Grdinić, 2014). It is also known that it is a simple test to record information about the heartbeat. It involves the use of wires connected to arms, legs and chests to pick up the electrical signals produced by the heart. When should ECG be used? There are some reasons to perform an ECG including heart problems, if there are symptoms such as heart palpitations, dizziness, or chest pain. Why does using an Electrocardiograph increase the quality of heart care? ECG is used for patients who suffer from heart disease before heart surgery. The test can detect various problems in the heart, including heart rhythm abnormalities, or if the heart is working under pressure, may appear as if there was a heart attack. According to the Ministry of Health in Saudi Arabia, one of the main ways to diagnosis a heart condition is by using ECG. It is available in many hospital; for example, it is found in King Abdullah Medical City. Electrocardiograph is available in the United States as well, but it is not available everywhere because of its high cost. Nevertheless, it can be found in most clinical practices in the U.S. (Grdinić, 2014). General Electric (GE) is an electronic company that helps the world to reach high levels of quality care for many types of diseases. GE has developed the latest technology for heart care which works specifically for heart attack. In GE's participation in the 22nd Annual Scientific Conference of the Saudi Heart Association, which runs in the February 24 in King Faisal Conference Center in Riyadh, the latest technologies were presented. In close cooperation, GE has created a partnership with the Ministry of Health in Saudi Arabia in 2010. (General, 2010) It is noteworthy that GE has a strong presence in Saudi Arabia for nearly 80 years. In the same context, there was a promotion called "Healthy Imagination" that provide medical devices to help doctors give the best of services that are available through the operating rooms. As a part of the quality in heart care in Saudi Arabia, the Ministry of Health in Saudi Arabia works too hard to decrease the number of people who die because of heart issues. The ministry hosts a huge event called "World Heart Day" which comes in the 29<sup>th</sup>, September of every year. The goal is to raise awareness of the risk of heart disease in both genders who suffer from heart diseases (Ministry, 2014). Globally, 17.3 million people die every year due to heart problems, and this numbers is rising up, and it is assumed that in 2030 there will be above 23 million deaths because of cardiovascular disease. One of the main reasons that causes heart issues is smoking cigarettes (Ministry, 2014). As a result of having 35% of the total population as tobacco users, Saudi Arabian hospitals has a large porch of patients who are suffering from cancer and heart disease from smoking hookah and cigarette. Saudi Arabia spent 5.6 billion dollars every year, and 4 billion dollars are spent for cigarettes only (Alotaibi, 2009). Many hospitals believe that having a good surgery rooms for heart department and the chest therapeutic services surgery, is an important room because it could save souls or end somebody's life. As a result, Saad hospital uses video devices in the surgery room to film every think goes in the room in order to show it to a patient when getting better after a heart surgery. It also can be used to evaluate the word and increase the quality in many sides.

### 4 DISCUSSION

Quality is very important especially if is related to health and heart. One of the articles that was written by Hanrahan Sayers that claims that the U.S. has one of the highest rates in heart diseases (Sayers, 2007). If a father dies because of heart

disease his family and kids will definitely be lost due to losing one of their parents. Also, what makes it more important in the United States than other countries is that there is a number of five million who suffered from heart failure. As it mentioned previously that this is very dangerous situation in the country, and needs to find quick solutions. In the article that was written by Reerink and Waishe, they mentioned in their article that health organizations must create a new way to merge everyone in a hospital or clinic to help increasing the level of the services that are being provided (Reerink, 1998). There were mentioned a lot of advantages about the ministry of health in Saudi Arabia. The ministry of health was one of the main reasons how Saudi Arabia has a hospital like Saad Hospital that support people with heart disease by taking care of them with services in high quality as the example that mentioned about cardiology department in Saad hospital that was built for patients with cardiovascular and thoracic vessels. Another example of the quality of heart care in Saudi Arabia the sad story that happened in Mecca, Saudi Arabia to Abdulghafoor Othman, who suffered from heart pain, and King Abdullah Medical City took care of him (Reerink, 1998). As a comparing between the qualities of heart care for old people between Saudi Arabian and The U.S. An article was written by Roe Calvin found that Medicare was the payer for 67.5% for 40,199 patient out of 59,550 who are 65 years and older (Calvin, 2006). Which really different that the how it works in KSA. There exist many huge free hospitals in the country that all the costs are covered by the government in order to make the Saudi citizens feel safe and comfortable with good quality for those who are suffering from heart diseases. The highest discussion topics in the U.S. and many other countries is the insurance. Having insurance especially for people who are 65 and older is very important they cannot work anymore to make money like Youngers. Usually, old people have more disease than what others in the age of twenty, thirty, and even forty have. Also, the high cost of hospital now a day make getting insurance card more important than other things. Saudi Arabia is a little bit different than the U.S. about insurance. In America, as it is known that there is no free hospital services that is more everybody, while Saudi Arabian government covers over 100,000 Saudi students in the U.S. with Aetna insurance company that covers all the services like sun glasses, dentist, blood check, any many other services including surgery, drugs.

#### 4.1 Researcher's Unique Contribution

Because of the writer's background as a Saudi citizen, a unique perspective about heart care in Saudi Arabia is presented in this paper. This perspective provides a unique opportunity to compare heart care in Saudi Arabia and the United States of America; the differences and the similarities are discussed.

#### 4.2 Research Limitation

It was difficult to find valid and reliable data concerning the heart care in Saudi Arabia due to the lack of recent research. Another obstacle to overcome is that this paper was the first paper the writer has done. Reading and analyzing the data from the academic journals was time consuming and the material was difficult to interpret. Many of the articles that the writer found were old and dated.

#### 4.3 Gaps in the Paper

There is a lack of sufficient numerical data concerning heart care in Saudi Arabia. The writer was unable to use comparable data to the United States of America in all the parts of this paper.

#### 4.4 Future research

There was a lack of recent data concerning heart care in Saudi Arabia. More research needs to be conducted on the effectiveness of cardiac procedures in Saudi Arabia.

### 5 CONCLUSION

The governments in Saudi Arabia and the United States are working to provide the best cardiac care to their citizens over 65. This is possible by allocating funds and by working cooperatively with companies like GE physicians and other health care professionals. It was found that heart care in Saudi Arabia has better quality for heart care than it is in the United States.

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