



# Decision of Speciality Chosen Among Medical Interns at King Saud University and King Saud bin Abdulaziz University for Health Sciences



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## Introduction:

Speciality choices among Saudi medical graduates affect the future workload of the health care services in the form of shortage or oversupply in certain specialities. Different teaching style, early integrated clinical exposure, well-trained faculty members and speciality counselling are factors that strongly affect the graduates' career choices.

The purpose of this is to identify and compare the most desirable specialities among medical interns between King Saud University (KSU) and King Saud bin Abdulaziz University for Health Sciences (KSAU-HS) in the academic year of 2015-2016.

## Study Objectives:

- To evaluate factors that influence the decision of speciality chosen among medical interns at KSU and KSAU-HS.
- To determine the effect of learning style and academic achievement (GPA) on the graduates' future careers.

## Method:

This study was conducted in two reputed medical colleges in Riyadh, Saudi Arabia; King Saud University (KSU) and King Saud bin Abdulaziz University for Health Sciences (KSAU-HS). It included all Saudi medical interns who were graduated in the academic year 2015-2016. It was a quantitative causal-comparative study. Consecutive sampling technique was used. Self-administered questionnaire was used and included three main domains; demographic data, academic data, and validated and reliable questionnaire of Kolb's learning styles. The data were entered and analyzed by SPSS-20.

## Results:

Out of 370, total number of medical interns included in the study was 223 with response rate of 60.27%. The percentage of male was higher than female in both groups. Socioeconomic status was similar in both groups. The alpha coefficient for most of the questionnaire items was above 0.05. The majority of medical interns at KSAU-HS were diverger and accommodator and they had significant differences with the speciality chosen.

## Discussion:

Our result showed that the majority of medical interns in both colleges had selected medical, surgical and paediatric specialities. The life style expectation was the most important factor that influenced their future careers. The graduated GPA and learning styles had no significant effect on the speciality chosen among medical interns.

## Conclusion:

This study concludes that the majority of medical interns in both colleges had same attitude toward the speciality careers.

## Recommendations:

- Medical colleges should design well-defined strategic plans that influence graduates to select specialties that community need more than others.
- Educational workshops, counselling office and clinical monitors are methods that could help medical student and guide them to choose the appropriate speciality.

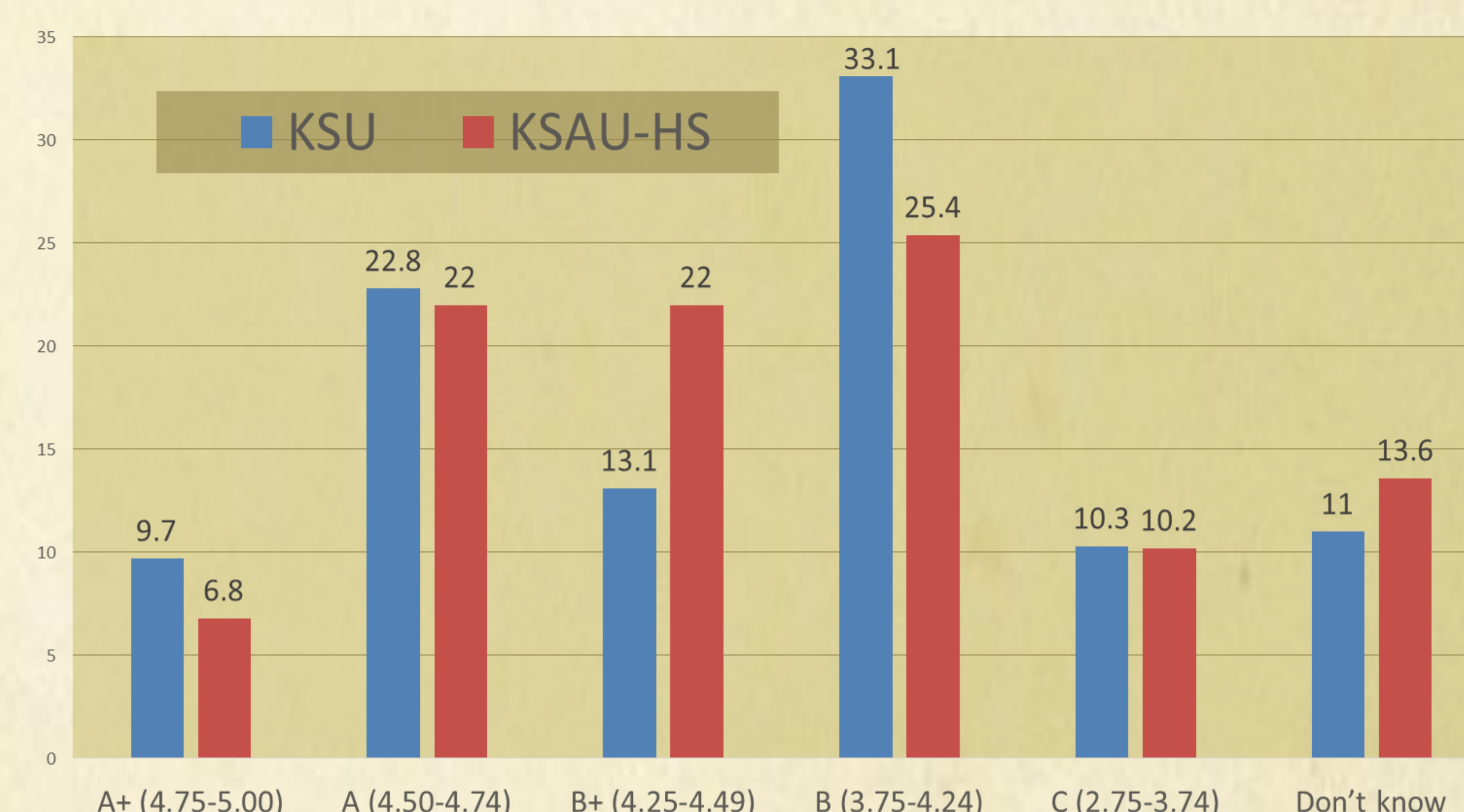
**Table 1:** Distribution of study sample according to the College of Medicine and the speciality chosen.

College of Medicine	KSU		KSAU-HS		Total	
	Freq.	%	Freq.	%	Freq.	%
Preferable specialty						
Medicine	40	27.6	10	16.9	50	24.5
Surgery	31	21.4	19	32.2	50	24.5
Paediatric	20	13.8	9	15.3	29	14.2
Obstetrics-Gynaecology	6	4.1			6	2.9
Ophthalmology	9	6.2	3	5.1	12	5.9
Radiology	4	2.8	2	3.4	6	2.9
Others	27	18.6	16	27.1	43	21.1
Didn't decide	8	5.5			8	3.9
Total	145	100.0	59	100.0	204	100.0
P value	0.260					

**Table 2:** Distribution of study sample according to the College of Medicine and factors that influence the specialty chosen.

College of Medicine	KSU		KSAU-HS		Total	
	Freq.	Percent	Freq.	Percent	Freq.	Percent
The factors						
Lifestyle	105	72.4	43	72.9	148	72.5
High financial income	53	36.6	29	49.2	82	40.2
Prestige	42	29.0	16	27.1	58	28.4
Available scholarship	32	22.1	7	11.9	39	19.1
Available job position	58	40.0	15	25.4	73	35.8
Community need	56	38.6	22	37.3	78	38.2
Interest	10	6.9	7	11.9	17	8.3
Others	13	8.9	7	11.9	20	9.8
No. of participants	145		59		204	

**Graph1:** Distribution of study sample according to the College of Medicine and graduated GPA



**Graph 2:** Distribution of study sample according to the College of Medicine and learning styles.

