

# COMP<sup>a</sup>RE-PHC



CENTRE FOR OBESITY MANAGEMENT & PREVENTION RESEARCH EXCELLENCE IN PRIMARY HEALTH CARE

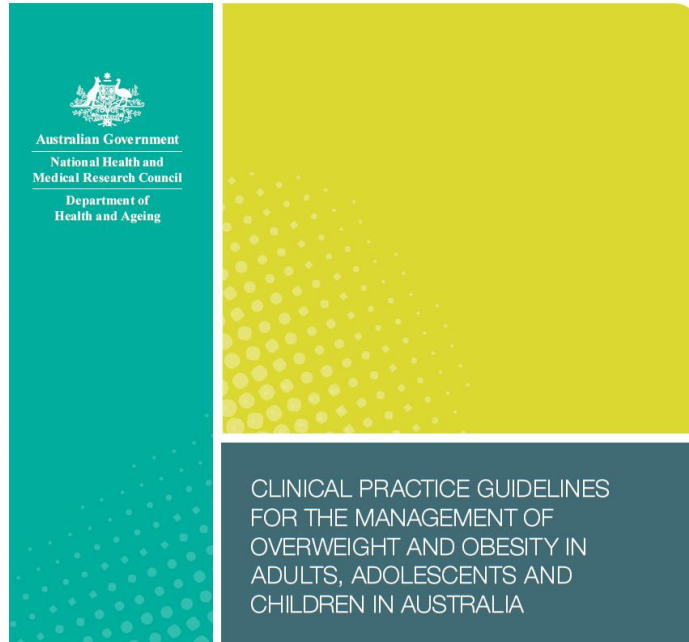
Limitations experienced by general practitioners and nurses relating to health literacy and obesity management in primary health care



COMP<sup>a</sup>RE-PHC is funded by the Australian Primary Health Care Research Institute, which is supported by a grant from the Commonwealth of Australia as represented by the Department of Health

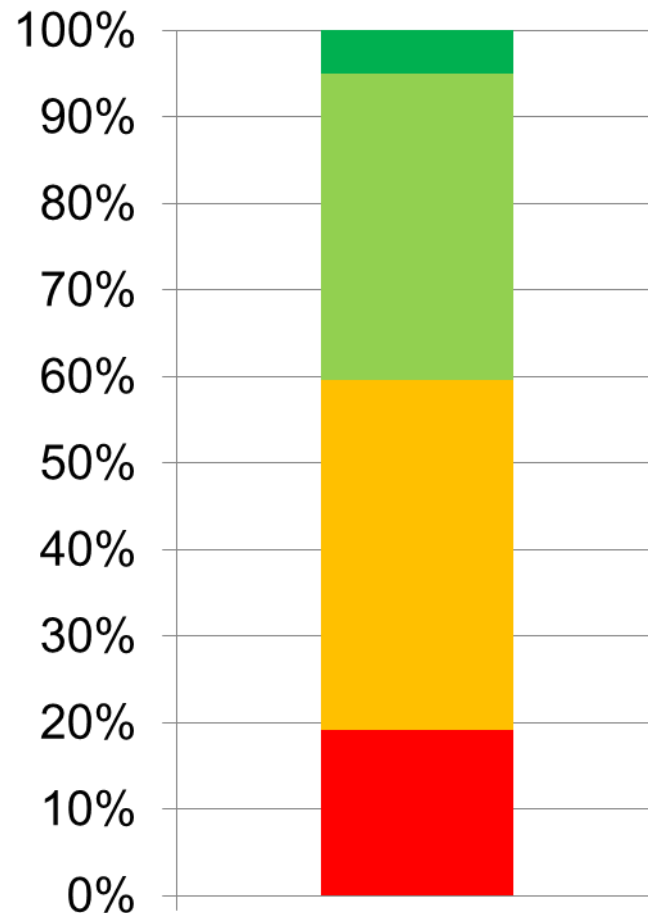
## Outline

1. Background and aims
2. Methods
3. Findings
4. Implications

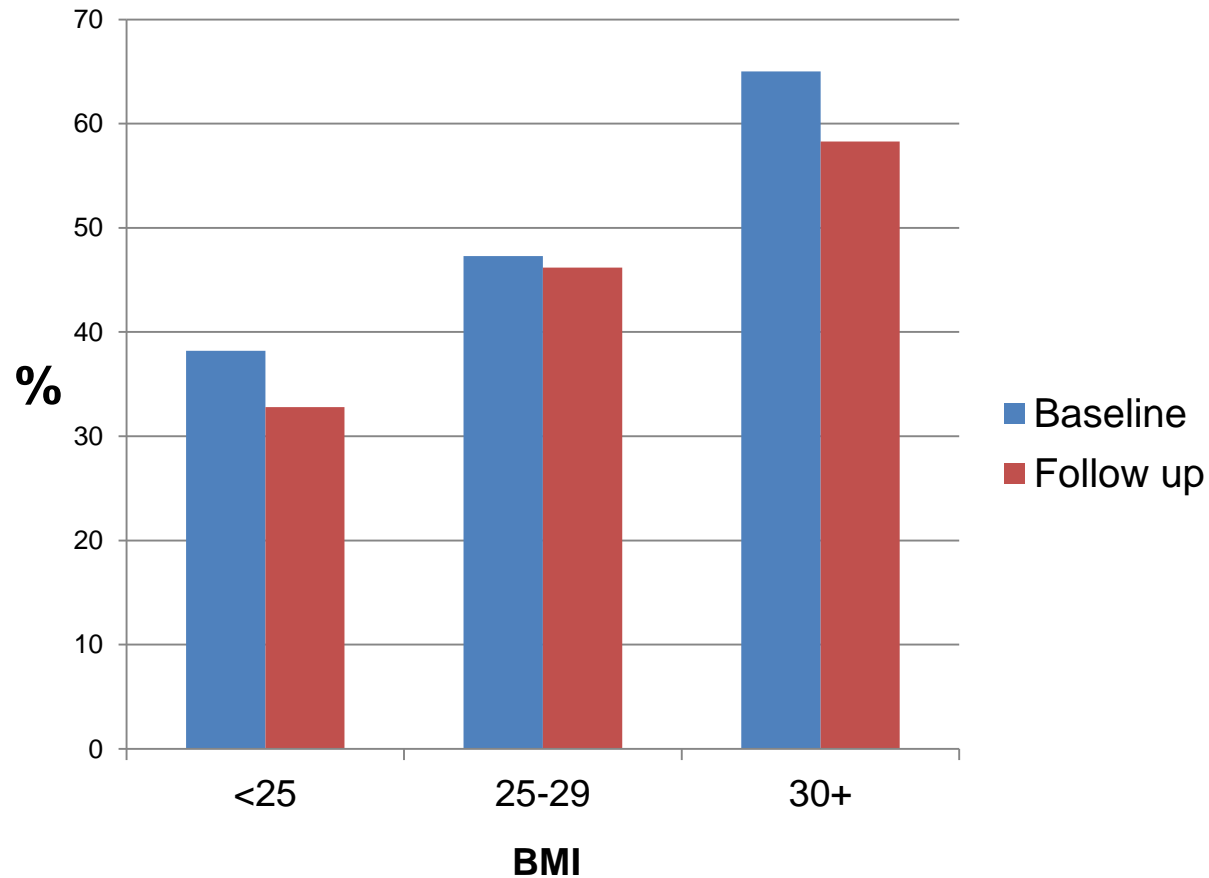


Very low health literacy affects 20% of the Australian population and is a barrier to the uptake and effectiveness of lifestyle interventions.

ABS 2006.



## Proportion of general practice patients with low health literacy by BMI



# GP intentions to refer

Kim et al. *BMC Family Practice* (2015) 16:45  
DOI 10.1186/s12875-015-0262-5



RESEARCH ARTICLE

Open Access

## Analysis of factors influencing general practitioners' decision to refer obese patients in Australia: a qualitative study

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- *I want lots of people with a BMI over 30 to go somewhere, but most are not really interested or motivated to change [Rural GP #1]*
- *...they may or may not put changes in place. But again, motivation is probably the biggest issue there.” [Urban GP #7]*

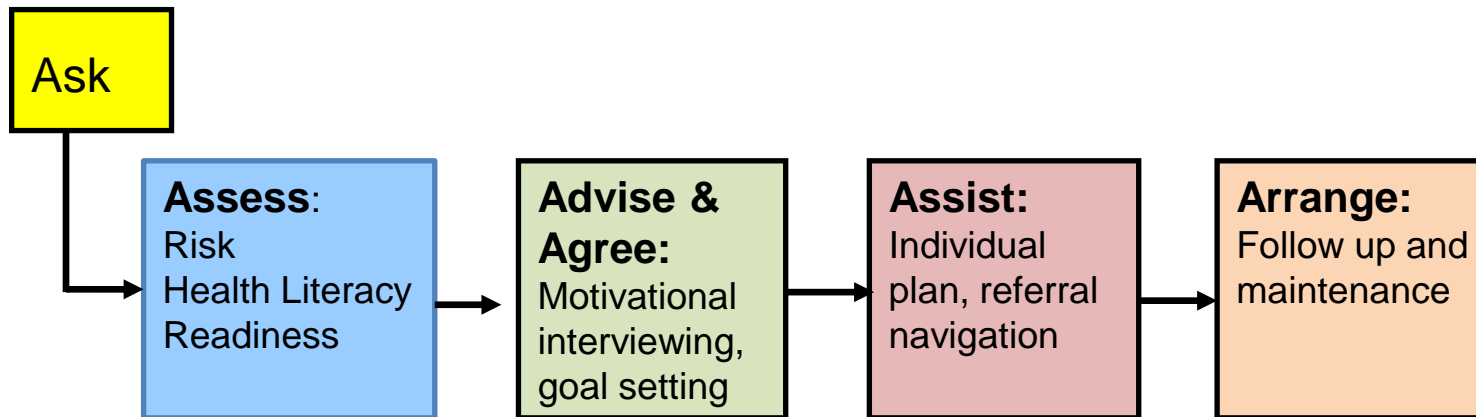
# Objective

To identify issues reported by general practitioners (GPs) and practice nurses (PNs) in the assessment and management of their patients with obesity and low health literacy.

# Methods

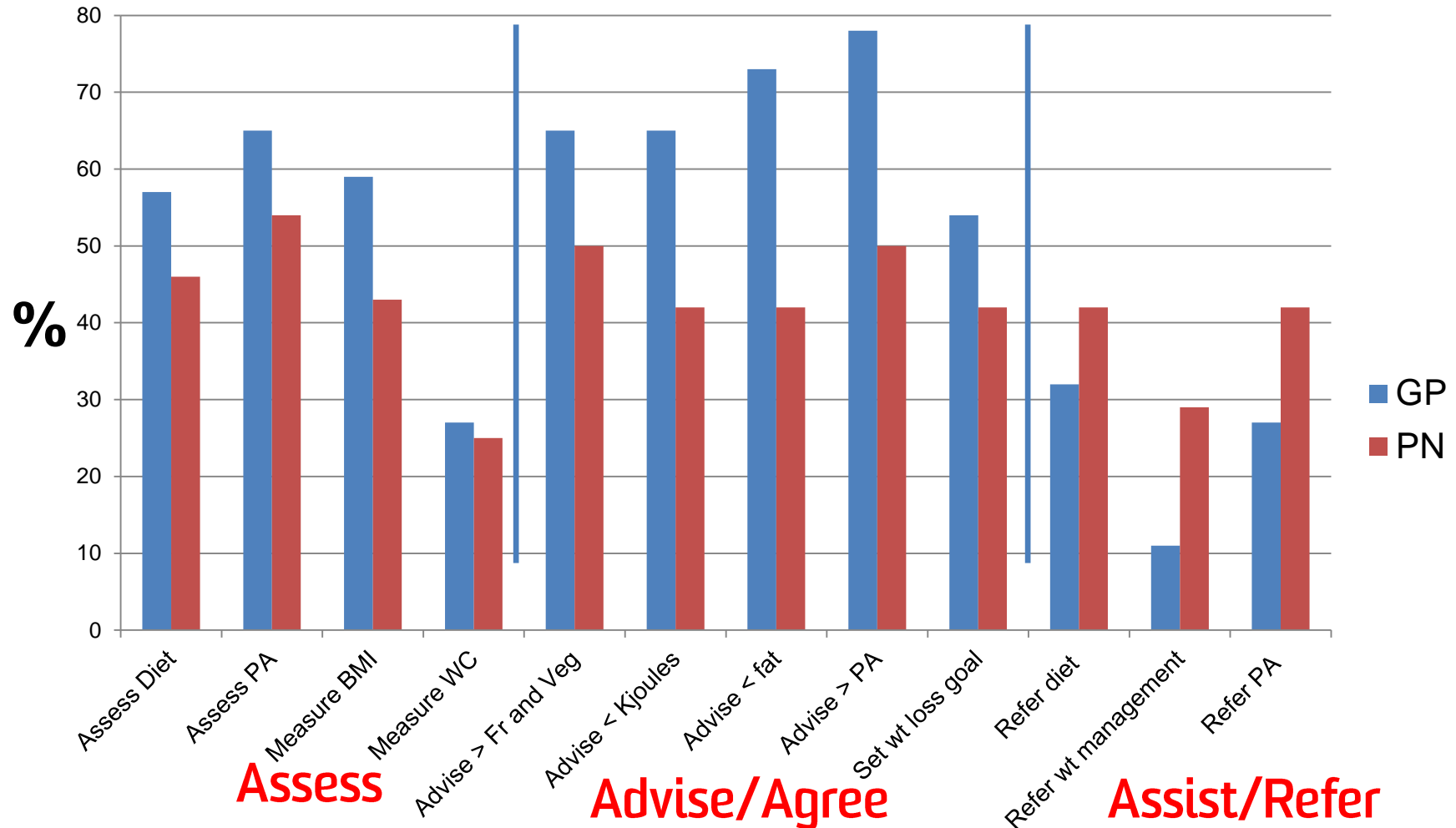
As part of a cluster randomised controlled trial, 37 GPs and 24 PNs from 20 practices in low socioeconomic areas, 10 each in Sydney and Adelaide, completed a validated questionnaire.

# 5As of preventive care

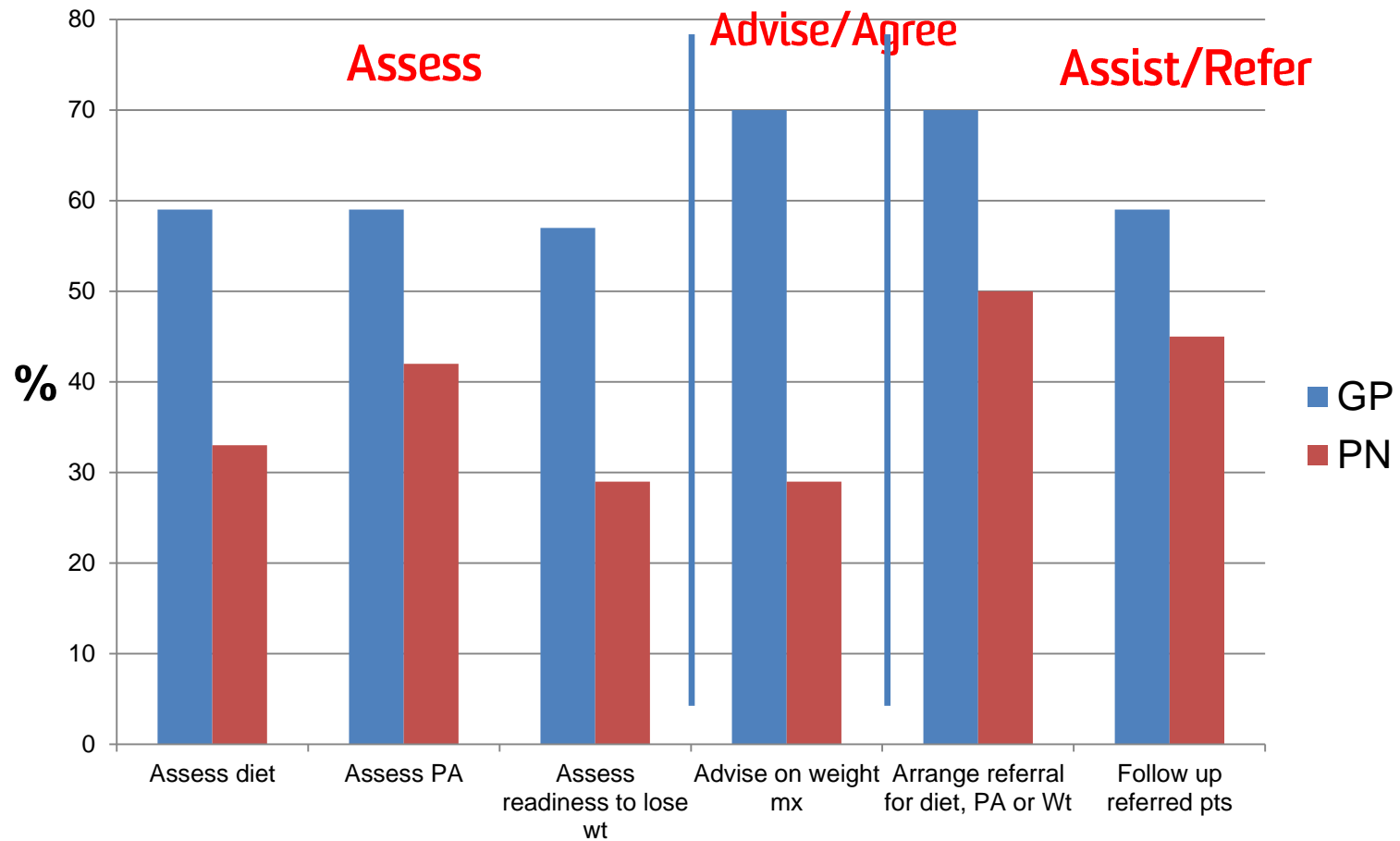




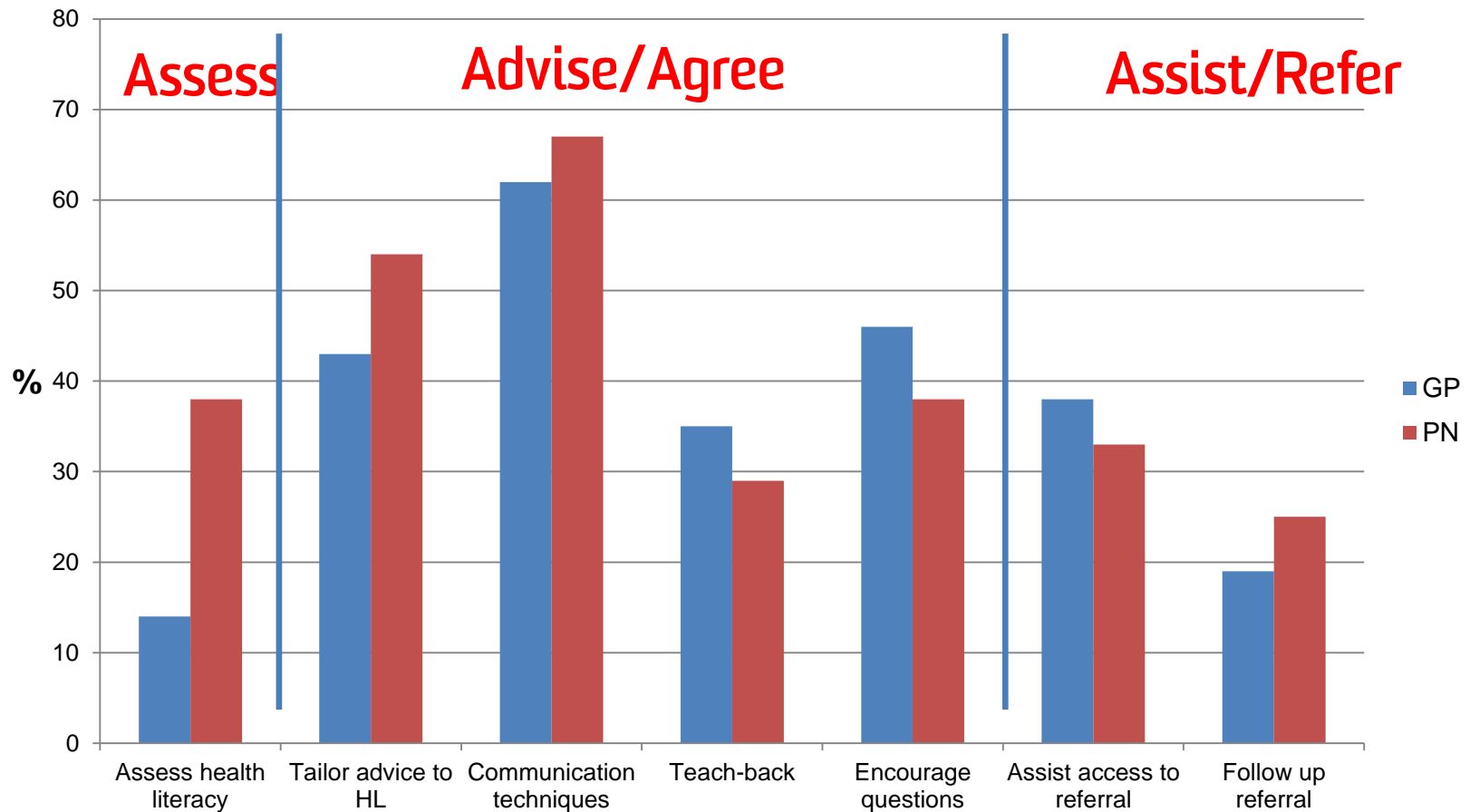
## Frequency of actions across the 5As



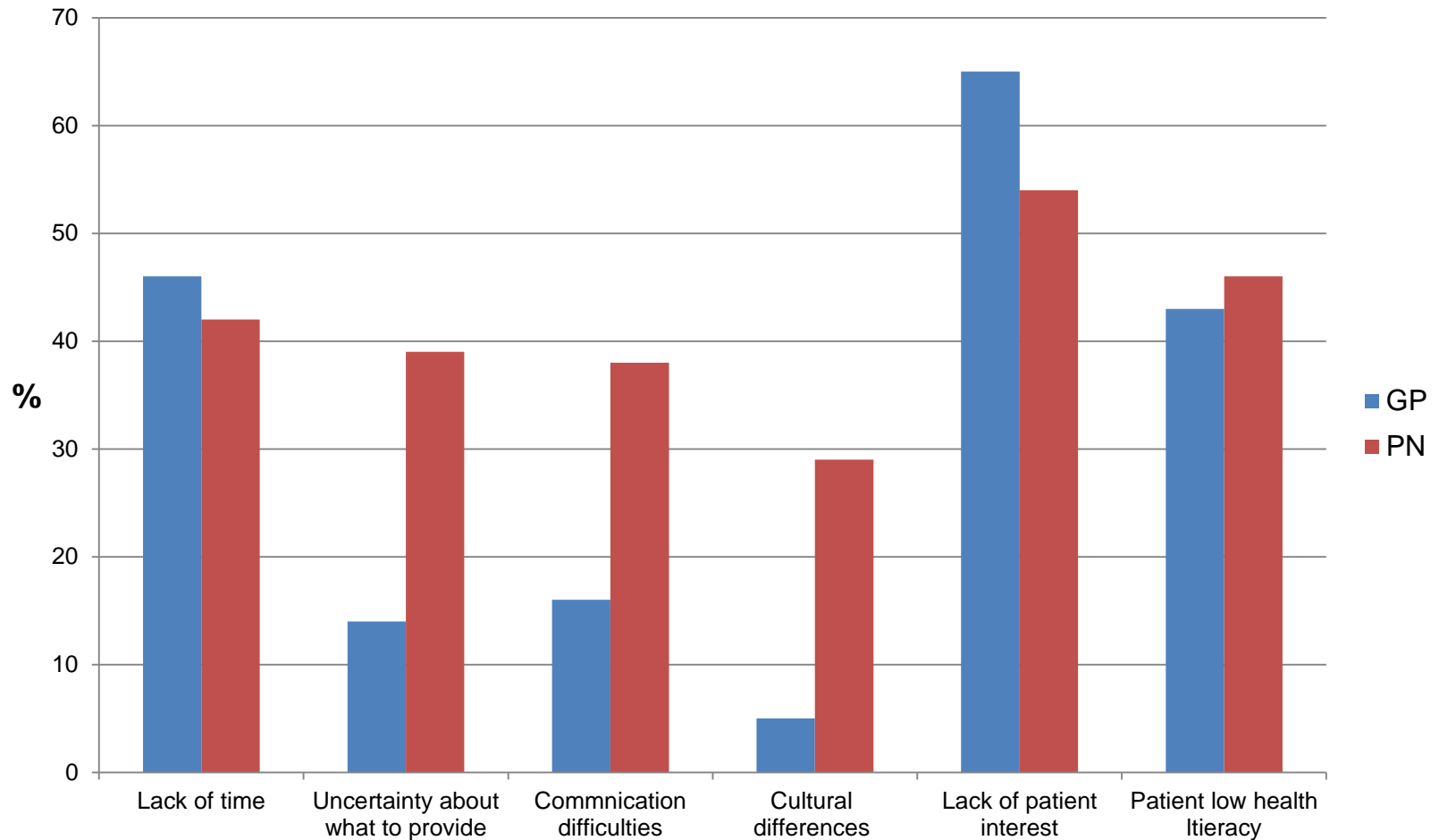
# Confidence in assessment and management of obesity

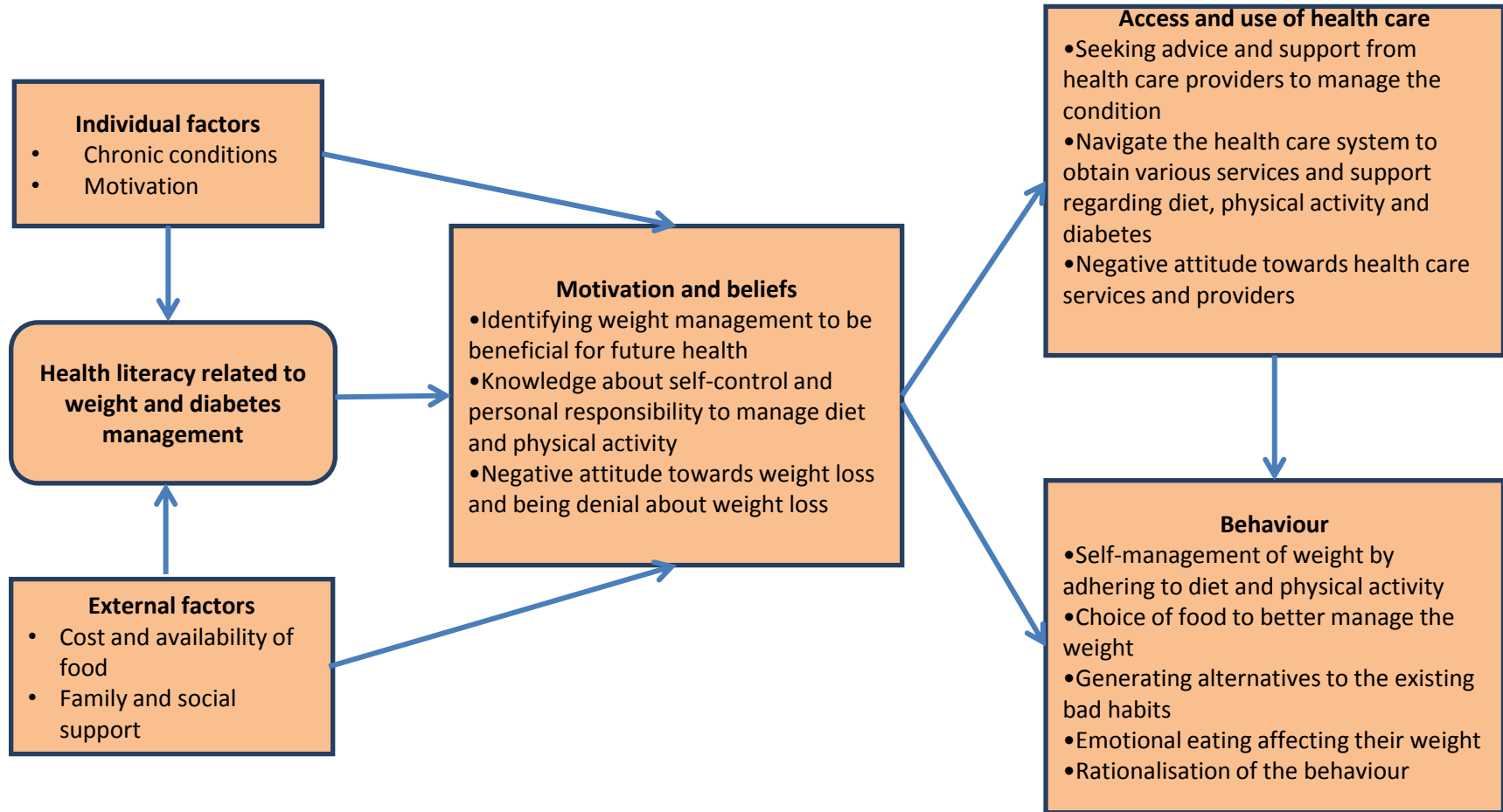


## Proportion tailoring their approach to health literacy often or >60% of the time



## Barriers to management of obesity in general practice





## Factors influencing patient weight loss behaviour

## Conclusions

Interventions to improve the assessment, advice, goal setting, referral and follow up of patients with obesity in general practice need to encourage and support GPs and PNS to assess their levels of health literacy and use techniques to enhance communication and enhance referral navigation.

# COMPARE-PHC



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<http://compare-phc.unsw.edu.au/>



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