



**RCSI**

# RCSI Bahrain

RSS PROJECT SUMMARY YEAR 2017

RCSI DEVELOPING HEALTHCARE LEADERS WHO MAKE A DIFFERENCE WORLDWIDE

<b>Project Title</b>	A Qualitative study of GPs' views of treating obesity
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<b>Project Summary</b>	
<p>Two summer research students will conduct semi- structured interviews with approx. 10-12 GP tutors from RCSI- Bahrain. Students will interview current members of the GP group currently involved in intermediate cycle training.</p> <p>Prior to conducting the interviews it is expected that students will also conduct a short literature review relating views and experiences of GPs and their obese patients. Also review current evidence based treatment plans and guidelines for GPs and obese patients.</p> <p>The interviews will be conducted in the GP's office if convenient or over the telephone. Interviews will be recorded and transcribed for thematic analysis. It is expected that interviews will take place in English, during August / September 2017.</p> <p>Aim: to explore GPs views about treating patients with obesity. Objectives: To assess how GPs in Bahrain manage their obese patients care. To assess if there is a coordinated management plan which is evidence based on current guidelines. Method: GPs will be recruited via email. Ethical approval will be sought from RCSI Bahrain. Interview schedule will follow previous work published by Epstein and Ogden 2005 and will include the following questions <i>Think about the last patient that you saw where the patient's obesity was an issue: Can you tell me about the consultation? How did you feel about managing this patient? What did you think the patient expected from you? Did you feel the consultation was successful? What do you think are the best ways to help patients that are obese? How do you feel about the following interventions; psychological, dietary, medical and surgery?</i> Outputs: This information would offer an insight into how Bahraini GPs manage obesity in the community. Previous research has indicated the important role of the GP in the management of patients who are obese and who may require early interventions to prevent or cope with chronic disease. Depending on the results from this research we will determine the level of GP involvement in their patient's weight management and also training requirements for GPs to encourage healthy lifestyles.</p>	

<b>Subjected to Ethics Approval</b>	<b>Yes:</b> <input checked="" type="checkbox"/> <b>No:</b> <input type="checkbox"/> Conducted as literature review if ethical approval is not granted. PI will make application for next month's REC meeting.
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<b>Primary References</b>	<ol style="list-style-type: none"> <li>1. Blackburn M., Stathi A., Keogh E., Ecclestone C. (2015). Raising the topic of weight in general practice: perspectives of GPs and primary care nurses. <i>BMJ OPEN</i> 5:e008546.doi 1011361.</li> <li>2. Epstein L. &amp; Ogden J. (2005). A Qualitative study of GPs views of treating obesity. <i>British Journal of General Practice</i>, 55:750-754</li> <li>3. Malerud K &amp; Ulriksen K. (2010). Obesity in General Practice. A focus group study on patient experiences. <i>Scandinavian Journal of Primary Health Care</i> 28:4</li> <li>4. Teixeira FV, Pais-Ribeiro JL., Da Costa Maia A. (2011). Beliefs and Practices of healthcare providers regarding obesity: A systematic review. <i>Rev Assoc Med Bras</i> 58:2; 254-262</li> </ol>
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