Effectiveness of the weight management programme in primary care in Hong Kong West Cluster- a road to success through multidisciplinary approach

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Introduction
Obesity is associated with increased risk of various chronic diseases such as cardiovascular diseases, DM, etc. Building on close collaborations with a Multi-disciplinary Healthcare team including Dietitian, Physiotherapist, Clinical Psychologist, Prosthetics & Orthotics Therapist and Nurses, an innovative Weight Management Programme has been launched in Nurses and Allied Health Clinic (Central and Western District) and Risk Assessment & Management Clinic (Southern District) in Hong Kong West Cluster since January 2013. This programme aims at assisting obese participants to establish a comprehensive weight management plan.

Objectives
1. Evaluate the changes in diet and exercise habits after joining the programme. 2. Identify the difficulties and participants’ satisfaction in the Weight Management Programme. 3. Compare the pre and post clinical outcomes of the participants.

Methodology
This programme specifically targets for GOPC patients with chronic diseases having Body Mass Index (BMI) ≥ 27.5 kg/m2. The participants will take part in 4 training sessions. Apart from dietitian’s sharing, physiotherapist would offer advice on exercise; Prosthetics & orthotic therapist would assess the participants’ foot pain condition, and clinical psychologist would help clients to identify and sharing tips to tackle on barriers in weight reduction. There is also an optional cooking class demonstrated by dietitian. All clients would be followed by individual dietetic and
nurse consultation 1 year later. The effectiveness of the Weight Management Programme is reviewed by the evaluation questionnaire and monitoring participants’ health status. The evaluation questionnaire would focus on (A) diet modification, (B) exercise habit and (C) barriers in the process and (D) participants’ satisfaction. The body weight, BMI, blood pressure and waist circumference of the participants would be monitored at visit 1 and 1 year visit.

Result
By December 2014, 152 participants have completed the program. Nearly 70% of participants reported they have improved their eating habit like higher motivation on weight reduction (69.2%), choosing low fat diet (75.5%), using healthier cooking method (82.9%). Half of the respondents reported that they would perform regular exercise. During the process of weight reduction, 64.1% of participants replied that family members are their major supporter (78.6%). Diet restriction was the most difficult strategy to be achieved (44.2%). The average mean scores on confidence to reduce weight, patient satisfaction in joining the program, and recommending the programme to others are 6.12, 7.76 and 7.59 respectively (Ref: 0-10 scores). Comparing the clinical outcome between first visit and visit 1 year later, significant decreases were found in systolic blood pressure (-2.510mmHg, p <0.05), body weight (-1.71kg, p<0.0001) and BMI (-0.672kg/m2, p<0.0001). Conclusion: The Weight Management Programme has successfully reduced participants’ body weights, improving their exercise and diet habits. The outcomes of this program are encouraging.