



Service Priorities and Programmes
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Submitting author: Dr Pui Sum CUPID CHENG

Post title: Resident, Our Lady of Maryknoll Hospital, KWC

Factors that influence the promotion of physical activity (PA) among family doctors in Kowloon West Cluster, Hong Kong – a pilot study.

Dr Cheng Pui Sum Cupid

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Introduction

Lack of Physical Activity (PA) is an important but under-recognized risk factor for chronic diseases. General practitioners (GP) have a central role to play in promoting PA in the population. There are literatures pertaining to primary care providers' perceptions about PA counseling to identify the barriers and enablers to PA counseling in clinical practice in other countries. However, there were no similar studies in Hong Kong.

Objectives

To determine the knowledge, confidence, role perception, barrier, feasibility, and counseling practice of family doctors regarding the promotion of physical activity in Kowloon West Cluster, Hong Kong.

Methodology

A cross sectional survey.

Result

There were no significant differences in the knowledge, confidence and role perception between the two groups of doctors. Most doctors felt confident (70.7%) in giving general advice but did not feel confident (66.7%) in giving specific PA programs. Almost all doctors thought it should be part of their role to give their patients PA advice. Doctors who encouraged more patients PA advice were less likely to identify lack of counseling skills (11.8% vs. 37.5%) as barriers and more likely to agree that integrated brief counseling into regular consultations are feasible (92.2% vs. 83.3%).