

MANAGEMENT OF OBESE PATIENTS BY HOSPITAL BASED DOCTORS IN MALTA

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Malta Medical School Conference 2012

AIM:

To study the management of obese patients by hospital based doctors in the Department of Medicine at Mater Dei Hospital.

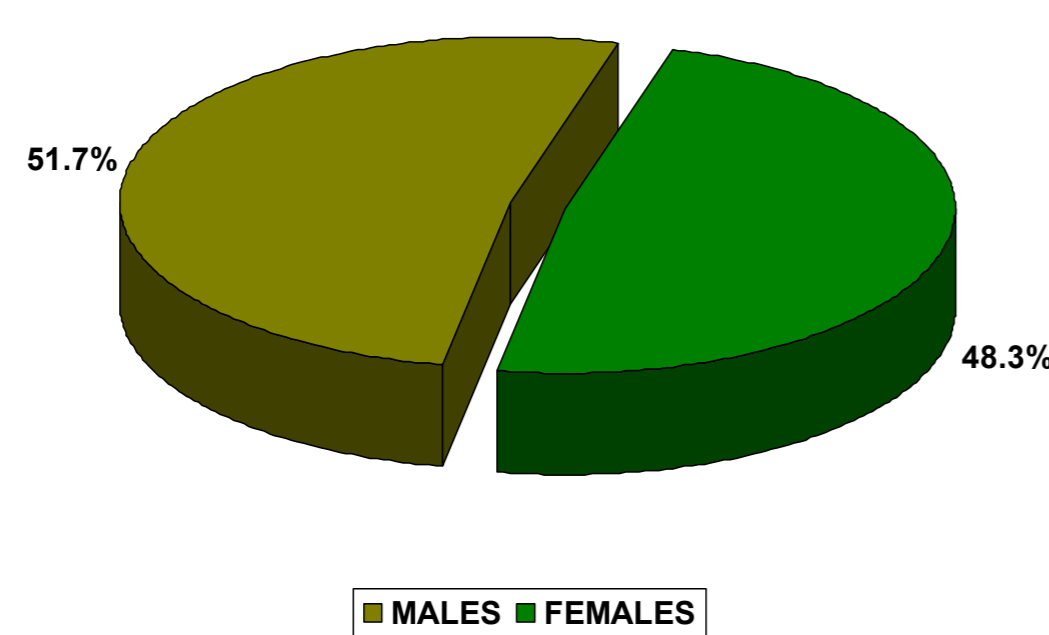
METHOD:

A questionnaire was distributed online to all doctors in the Medical Department during March 2012. Completed questionnaires were to be submitted within 2 weeks.

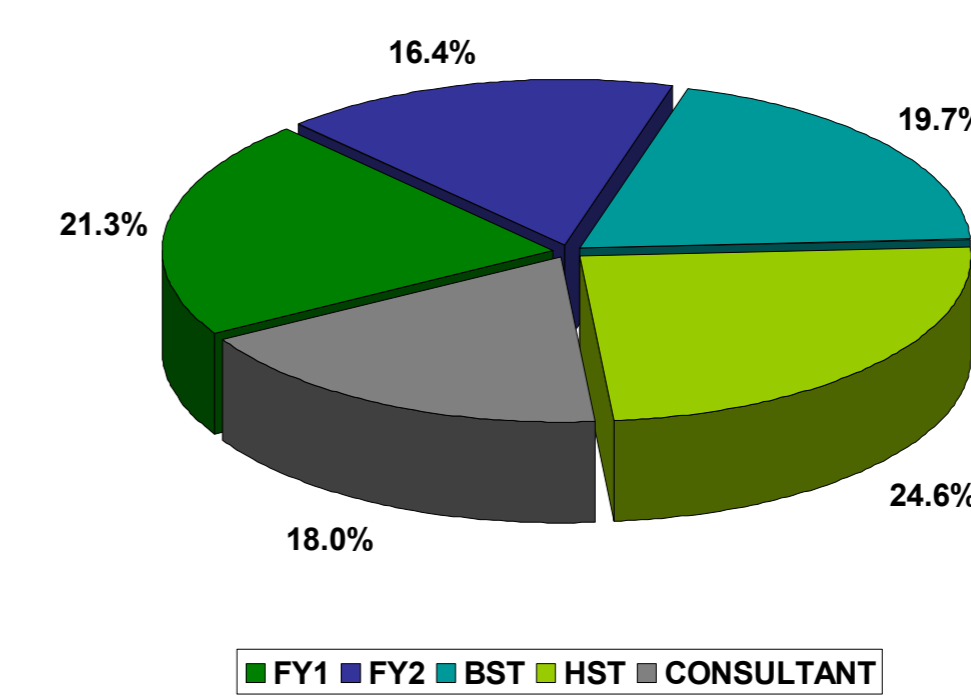
RESULTS:

The questionnaire was sent to 215 doctors in the medical department and 61 doctors (28.4%) responded.

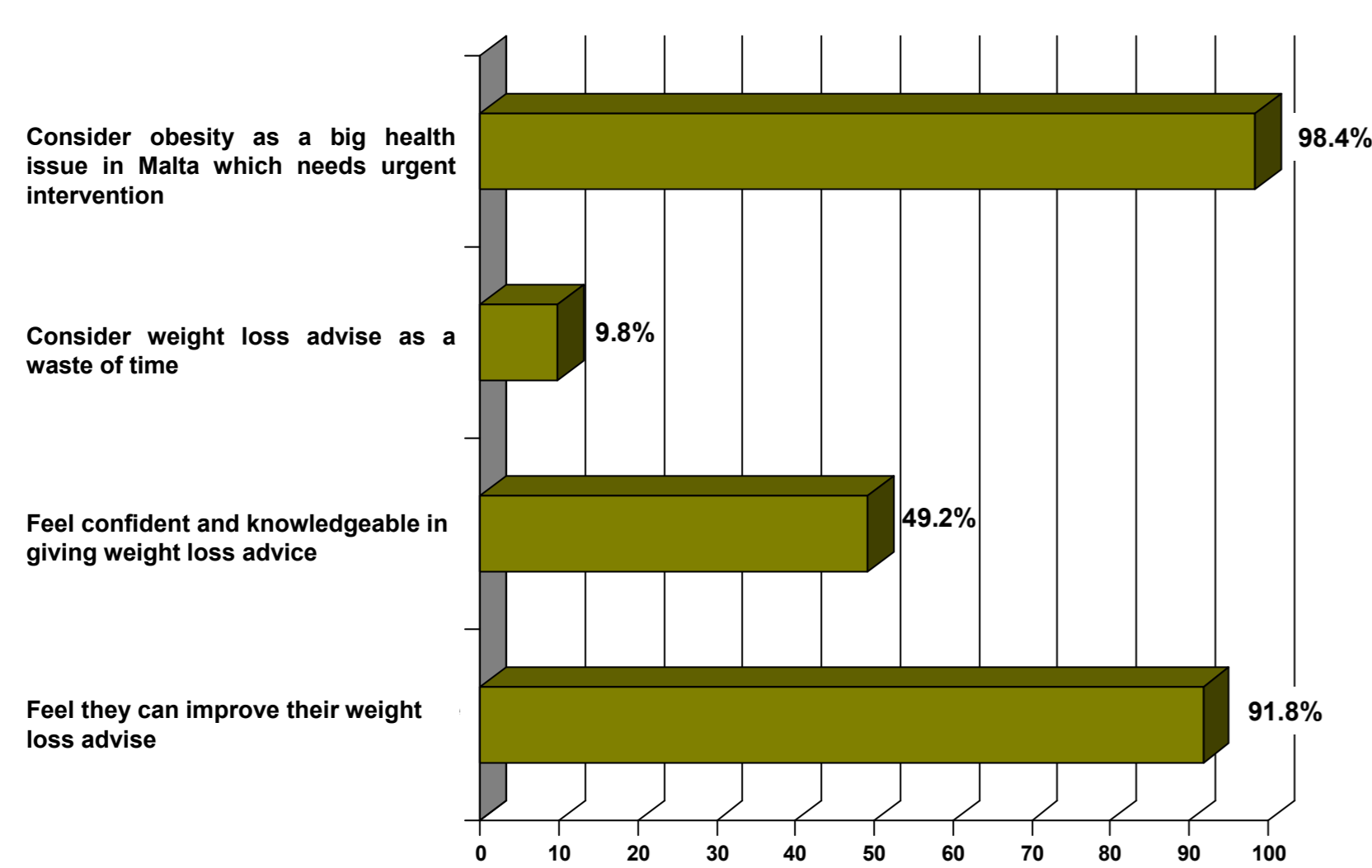
DOCTORS RESPONDING ACCORDING TO GENDER



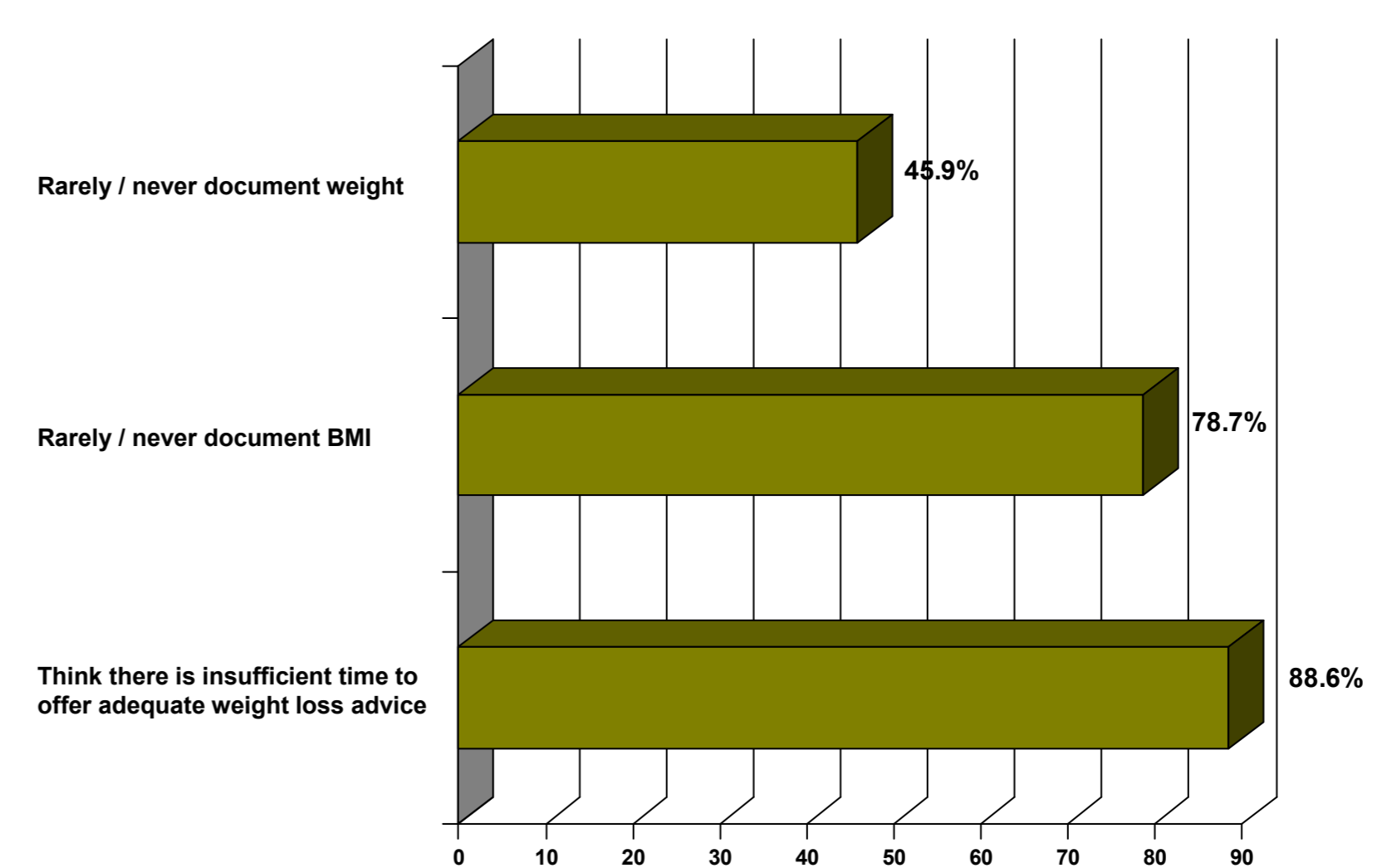
DOCTORS RESPONDING ACCORDING TO GRADE



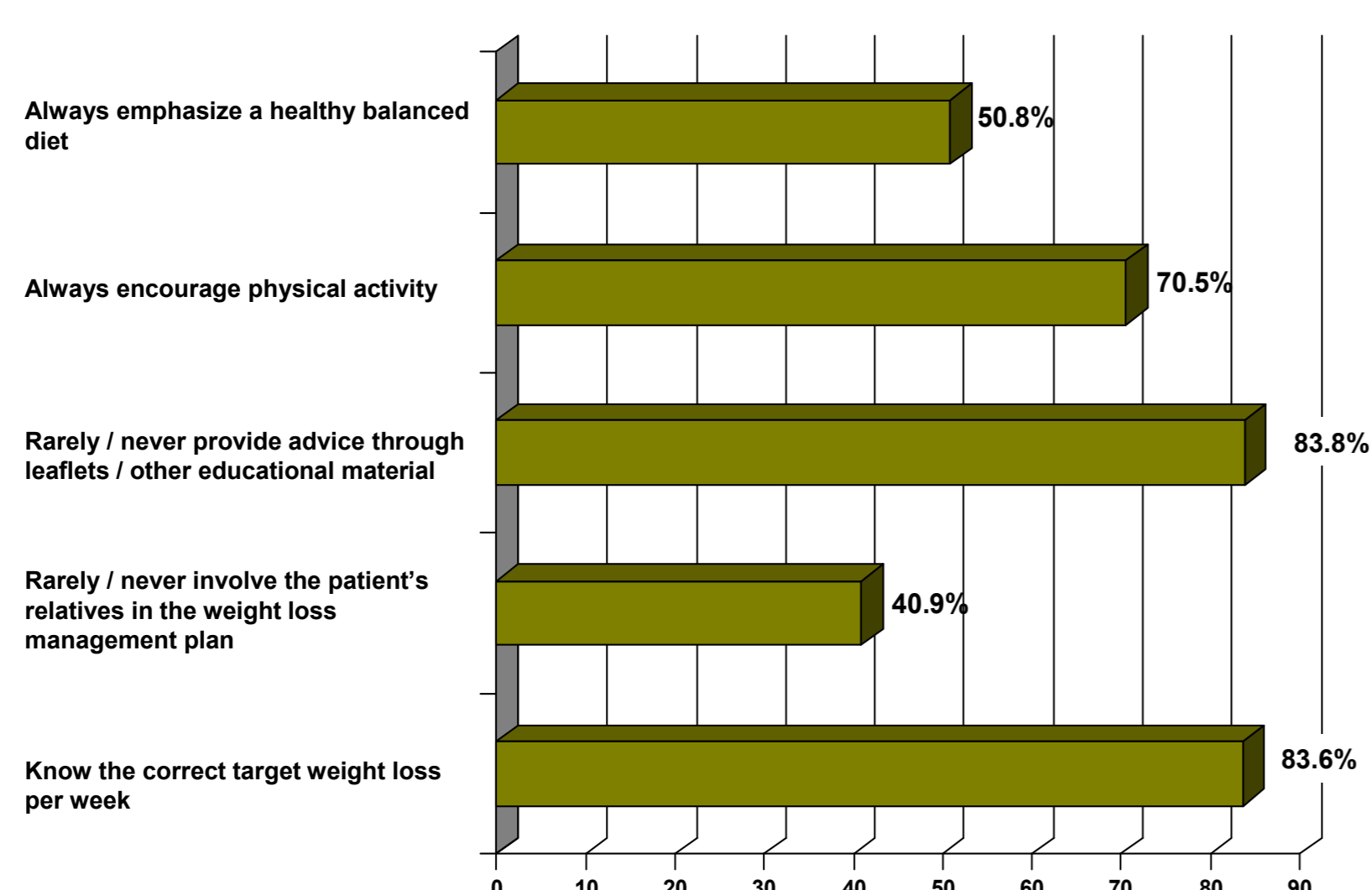
PERCEPTIONS OF DOCTORS REGARDING OBESITY AND ITS TREATMENT



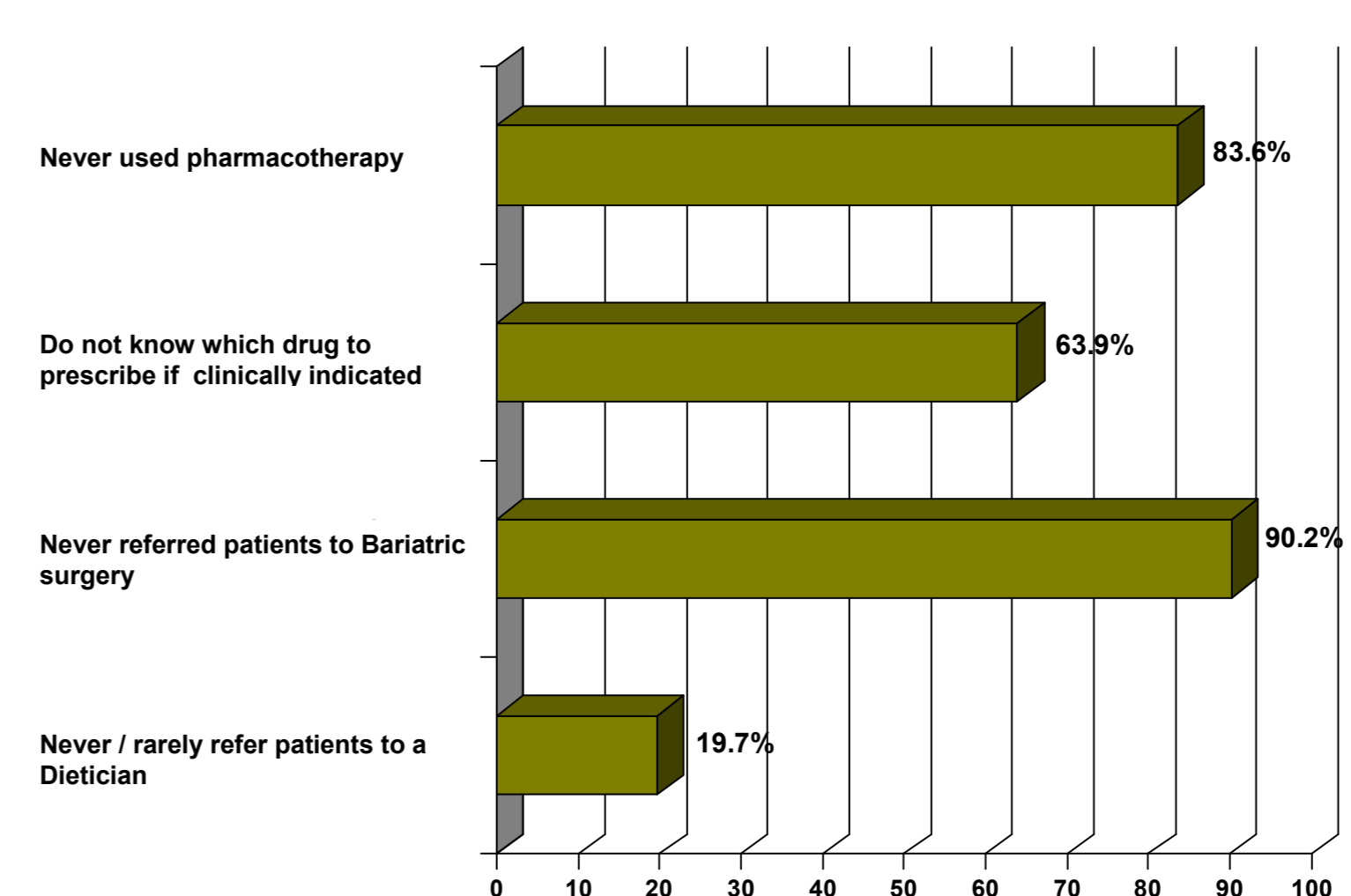
DOCUMENTATION OF WEIGHT AND BMI



TREATMENT OF OBESE PATIENTS



THE USE OF PHARMACOTHERAPY, BARIATRIC SURGERY AND REFERRAL TO DIETICIAN



Conclusion:

Although there was a rather poor response rate, almost all doctors who responded agree that obesity is a big health issue in Malta. Only half of the doctors who responded feel confident and knowledgeable enough in giving weight loss advice and many feel that consultation time is inadequate. This probably explains the sporadic documentation of BMI, why some doctors fail to emphasize the importance of healthy balanced diet and encourage physical activity on a regular basis and why pharmacotherapy is largely underutilised.