**Title**

General Practitioner's perceptions to barriers and enablers in managing overweight and obese patients

**Author and affiliations**

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**Background**

Chronic diseases, such as cancers, cardiovascular, diabetes, musculoskeletal, and depression are major causes of illness, disability and death. They have common risk factors including obesity, physical inactivity, and poor nutrition. Hence reducing the burden from chronic diseases, by addressing the causes and aggravators, is one of the biggest health challenges (1).

Little is known about the knowledge, attitude and behaviour of GPs in South east Queensland regarding their approaches to manage overweight and obese patients. We need to understand their perspectives on weight management, physical activity, and nutrition; to develop appropriate resources to support general practice led care of overweight patients.

**Aims**

* To identify general practitioners’ views about managing overweight and obese patients.
* To identify the barriers and enablers to general practitioners’ managing overweight and obese patients.
* To explore resources considered useful by general practitioners to managing overweight and obese patients.

**Method**

Four focus groups are planned in Southeast Queensland, two each for GPs and GP registrars. Experiences and ideas in managing overweight and obese patients will be explored. Each group will comprise 6-8 individuals. Participants will be recruited by advertising through professional GP support and training networks. Consent will be obtained prior to conducting the focus groups. The content of focus groups will be transcribed. The resulting data will be coded for thematic analysis.

**Results**

This research is being conducted as part of the RACGP Academic Post program, 2018. Results will be available mid-2018.

**Conclusion**

Identification of barriers and enablers to management of overweight and obese patients, can help us identify resources that could help GPs manage overweight and obese patients better. This could also improve the protocols for management of overweight and obese patients.

**References** (If applicable)

1. AIHW. Australian Burden of Disease Study: impact and causes of illness and death in Australia 2011.Canberra:2016. Australian Burden of Disease Study series no. 3. Cat. no. BOD 4.