

# ONE DAY WITH YOUR DOCTOR: A LIFESTYLE INTERVENTION LED BY GENERAL PRACTITIONERS

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## BACKGROUND & AIM

General Practitioners (GPs) typically promote lifestyle changes such as modifications in dietary habits, smoking, alcohol consumption and physical activity. According to the literature, brief interventions carried out by GPs can be effective.

The first pilot project was carried out on 19th May 2015 on the World Family Doctor Day in Luxembourg. The aim of this project was to improve the quality of the doctor-patient relationship and the GPs' function as role models, thereby empowering them to better promote behavioural changes.

## METHODS

On 19th May 2016 the Luxembourgish Scientific Society of Family Physicians, in cooperation with other public stakeholders (Luxembourgish Health Minister, the University of Luxembourg, Luxembourg Institute of Health, trainees in Family Medicine, medical students), ran the Intervention "One Day with Your Doctor" on a larger basis (Figure 1).



Figure 1. The poster of the 2016 edition.

The programme included:

1. Open Air Cooking session;
2. Physical activity, such as Nordic walking, running and functional training led by certified physiotherapists and family doctors;
3. A reanimation marathon;
4. A teddy clinic for children;
5. Booth for blood pressure measurements, blood sugar levels, weight, height;
6. Booth for sexual education for adolescents.

Participants were invited directly by mailing and social media channels. The participants filled in a questionnaire during the intervention and will be asked to complete it again online after 3 and 6 months.

## RESULTS

45 people, 23 females and 21 males, completed our questionnaire; there were 16 healthcare professionals among them. The average height and weight of the people who answered the questionnaire was 1.69m and 68.3kg respectively, while their BMI was 23.9. Some of the characteristics of the sample are presented in figures 2 and 3.



Figure 2. Lifestyle characteristics of the sample.



Figure 3. The sample with NCDs and daily medication.

## CONCLUSIONS

With more financial and time investment and engagement from the primary health care providers we could reach a larger population and lead to a healthier lifestyle.

