

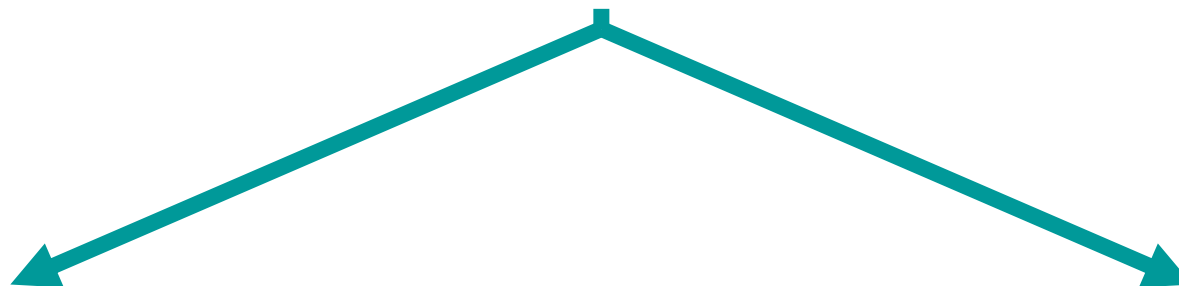
# Self-health promotion and prevention by general practitioners

comparisons with general population

**GPs seem to neglect their own health**



**Higher risk of physical and mental health problems**



**Health care system outcomes**

**Lowered productivity and efficiency**  
**Recruitment and retention outcomes**



**Patient outcomes**

**Suboptimal quality of patient care**  
**Reduced patient adherence and satisfaction**  
**Increased risk of medical errors**

Higher risk of physical and mental health problems



Research



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To compare the GPs' and general population's behaviour in health promotion, prevention and seeing a GP.

## Questionnaire

Self-administrated questionnaire

Based on the Health Survey of Belgian Institute of Public Health

- « Health behaviour and lifestyle »
- « Utilisation of health services »
- « Prevention »

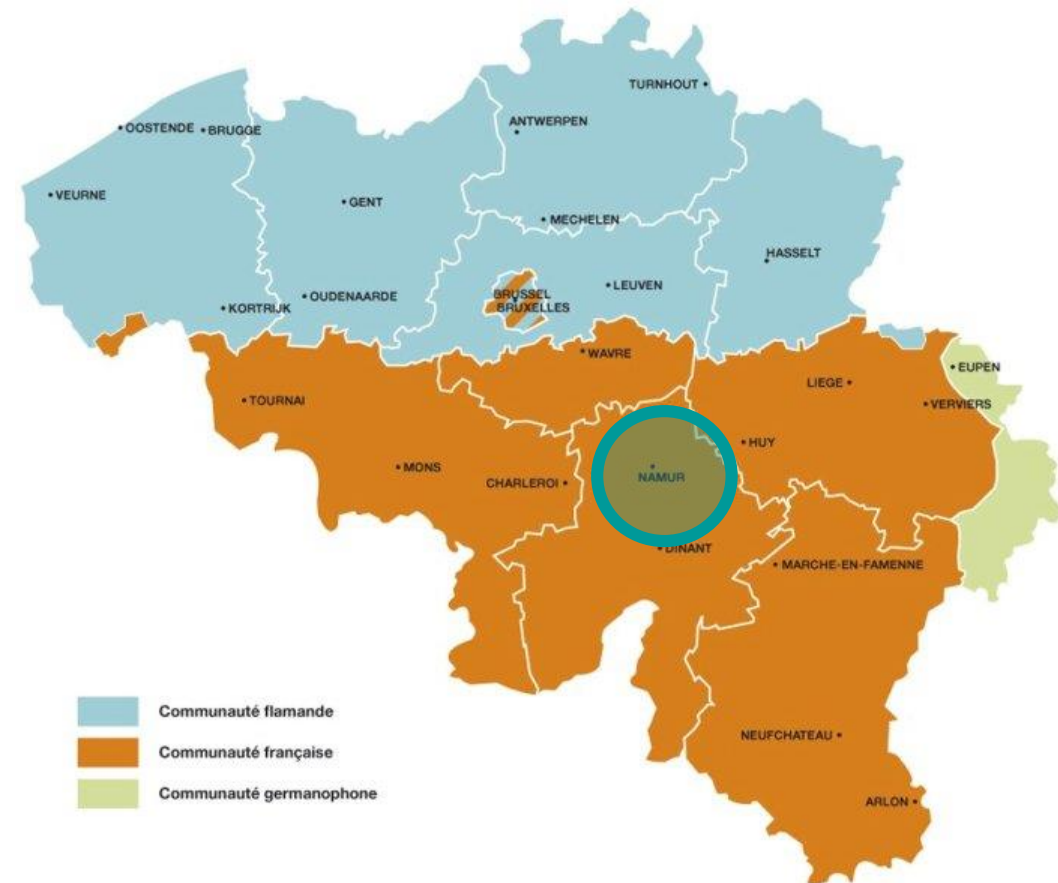
+ 3 questions about

- Characteristics of their own GP
- Seeing a doctor in case of illness
- Prescription

+ 2 demographic questions

## Population

All GPs (156) from one district of French-speaking part of Belgium (Namur)



## Analysis

### Analysis with SPSS

Chi-square statistical tests were used to compare GPs' and general population's results.

The physical activity level (PAL) was calculated on the basis of 2 questions (related to the duration of moderate and intensive physical activity).

Descriptive statistics were presented for the questions about the characteristics of their own GP, prescription and seeing a doctor in case of illness.

113 GPs participated in the study

Response rate was 72.4%

They were representative in terms of age and gender.

3 chapters

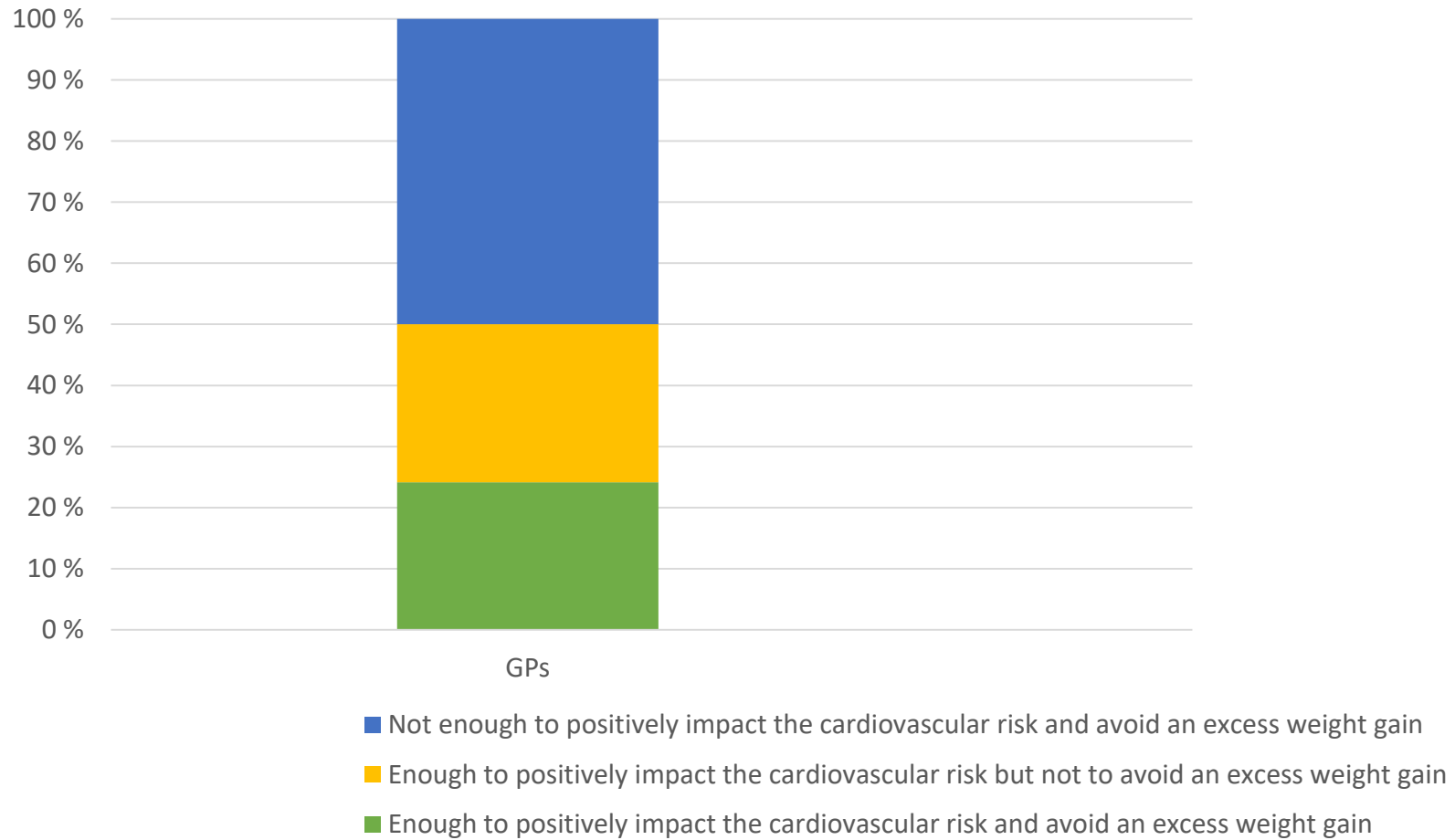
*Self-health promotion*

*Prevention*

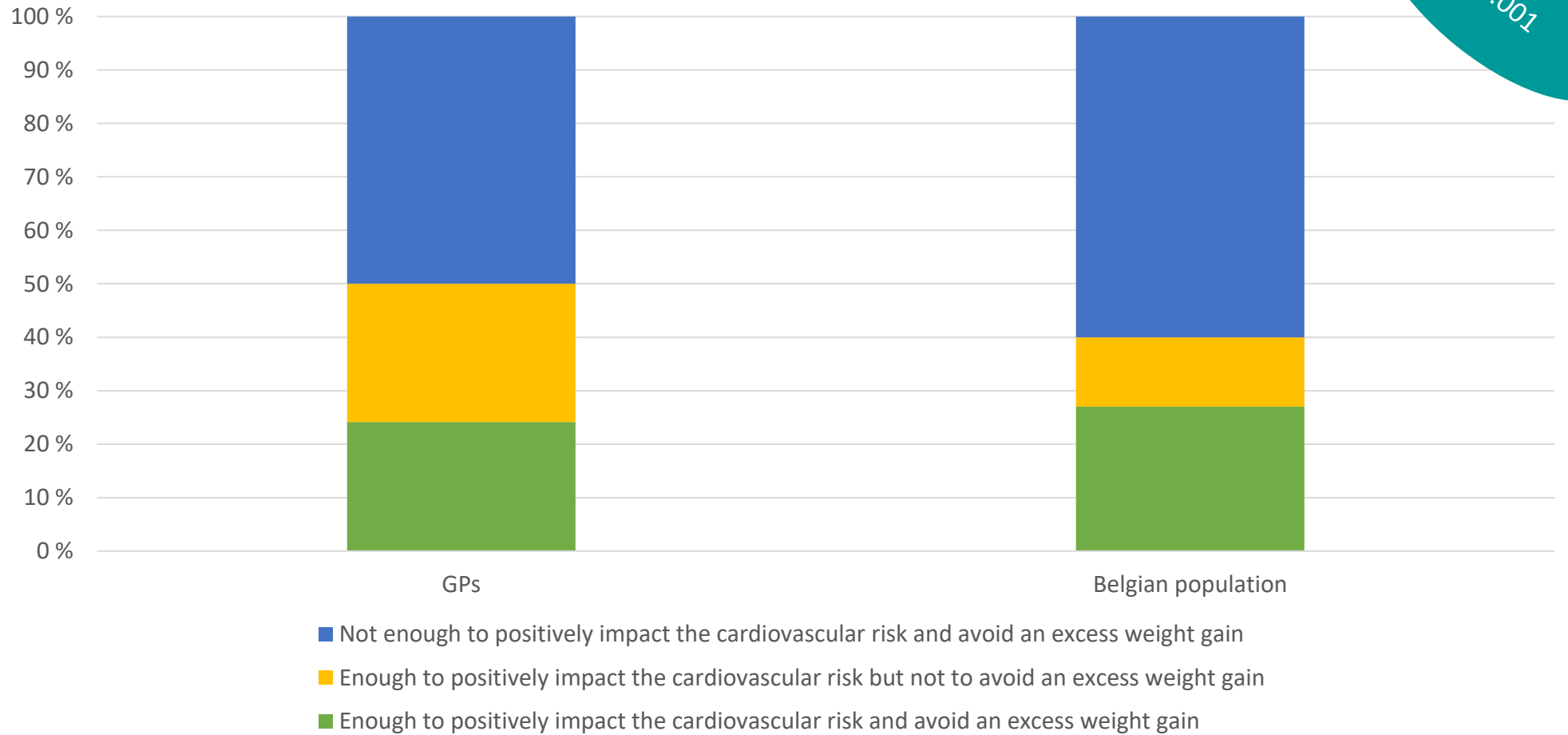
*Utilisation of health care system*



Physical activity level

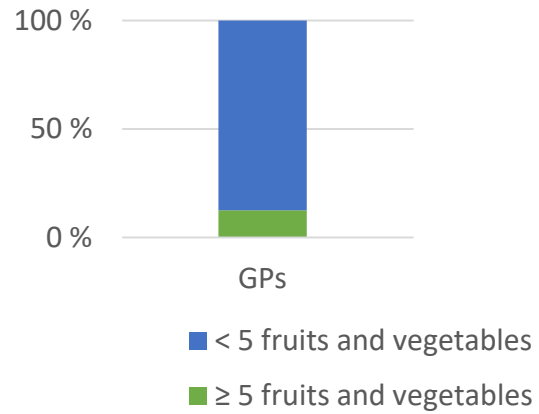


Physical activity level

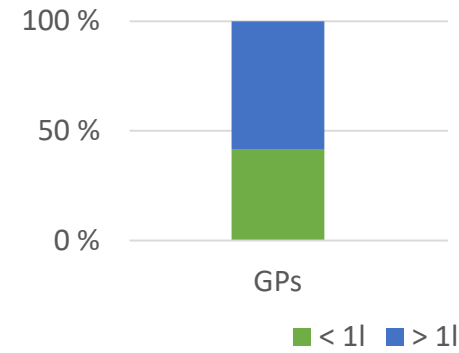


## Nutrition habits

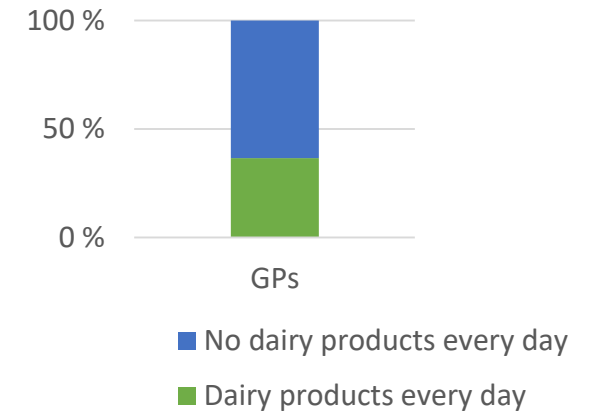
Consumption of fruits and vegetables



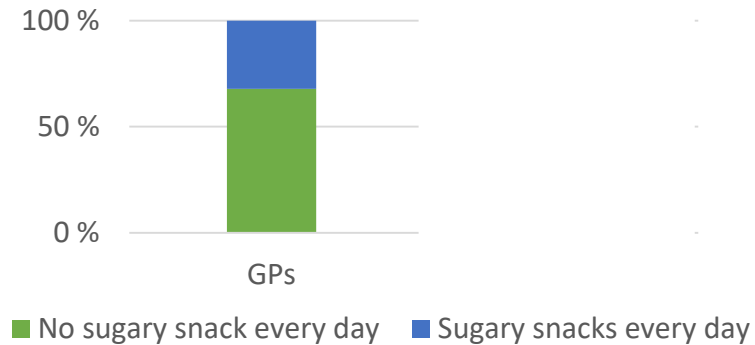
Consumption of water



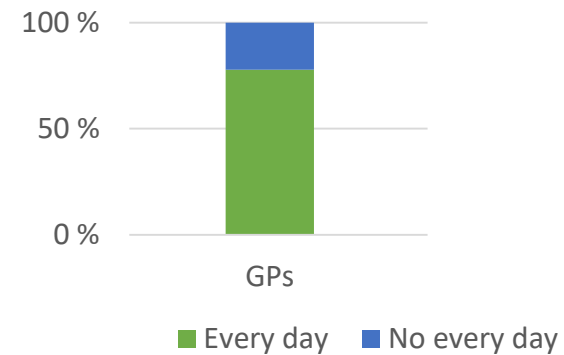
Consumption of dairy products



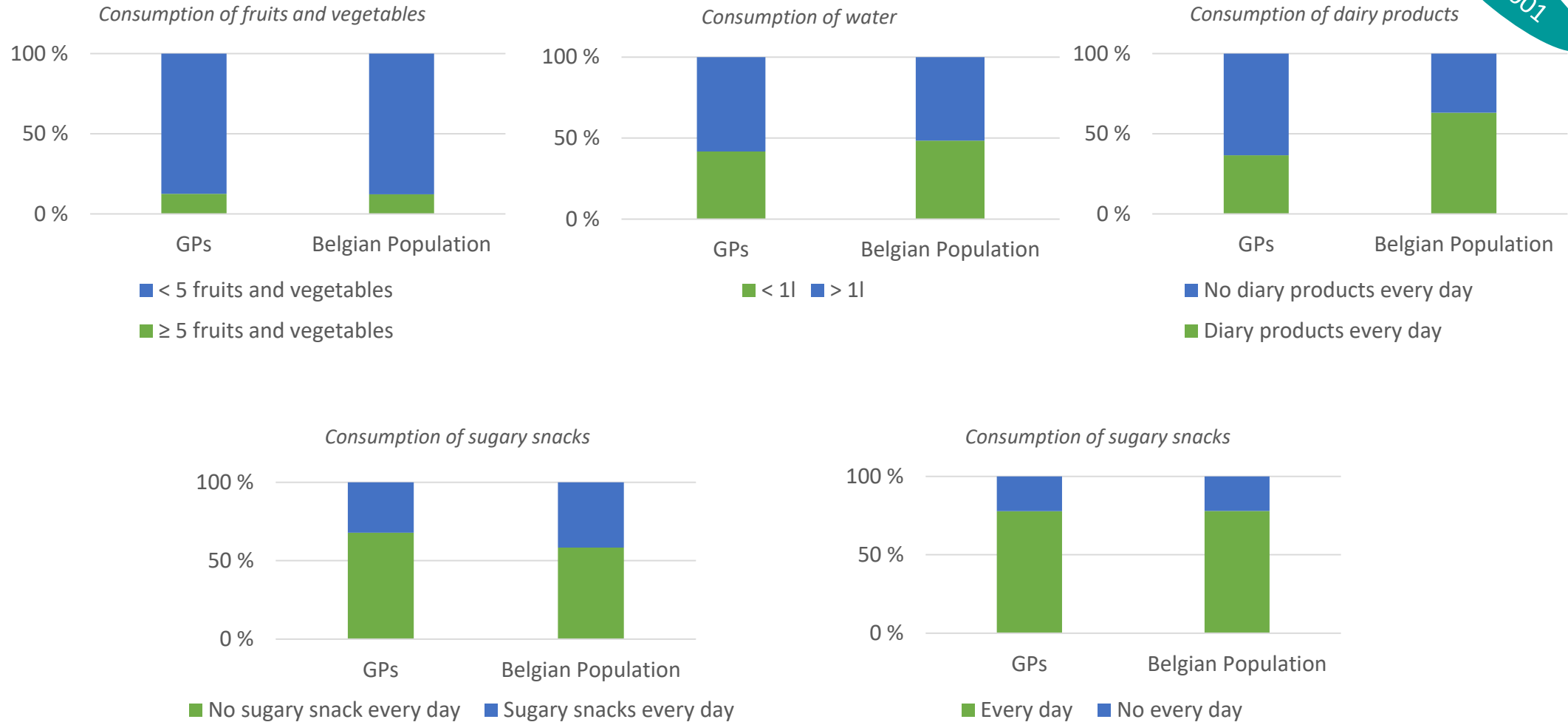
Consumption of sugary snacks



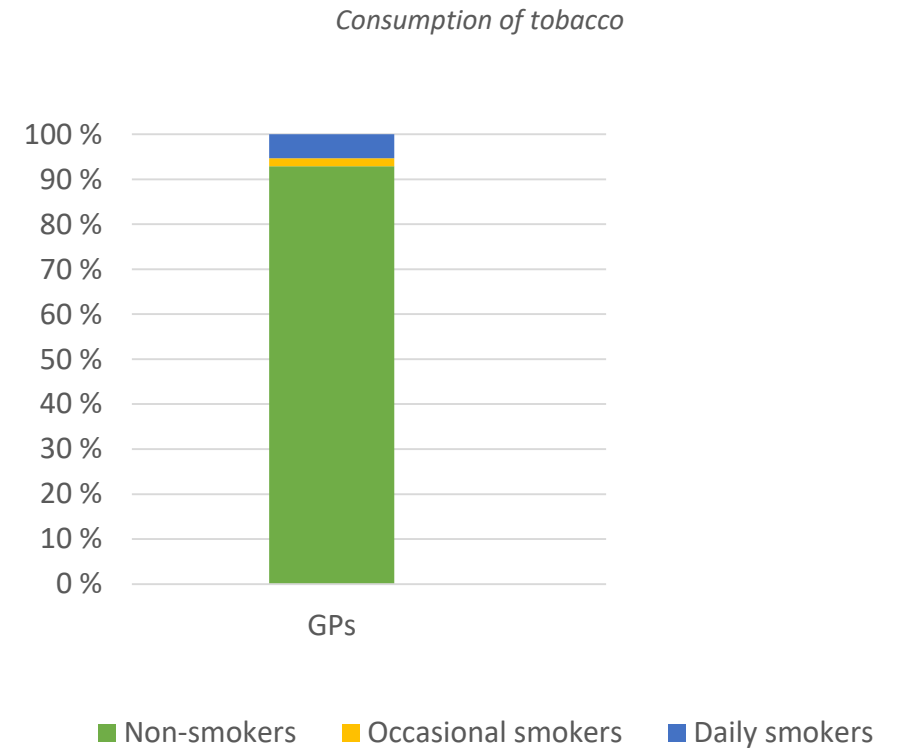
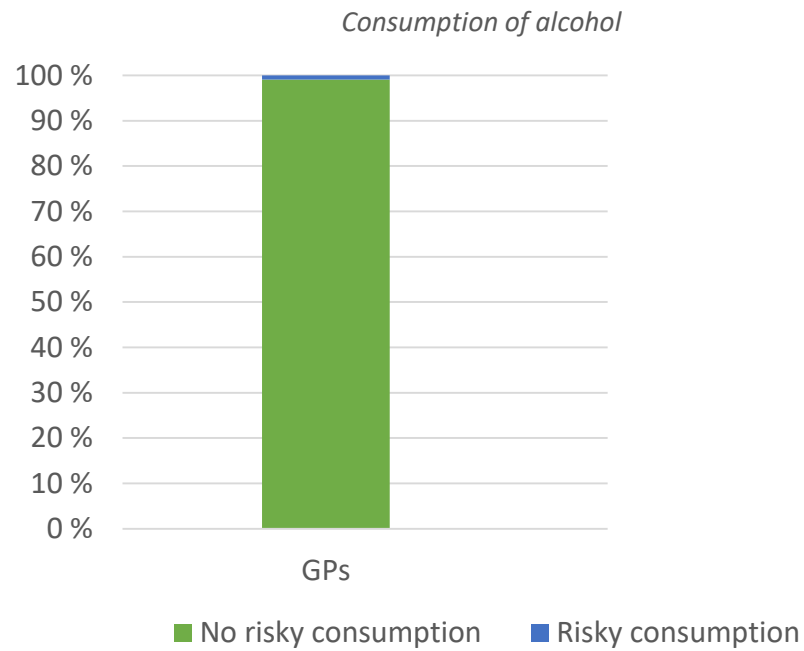
Having a breakfast



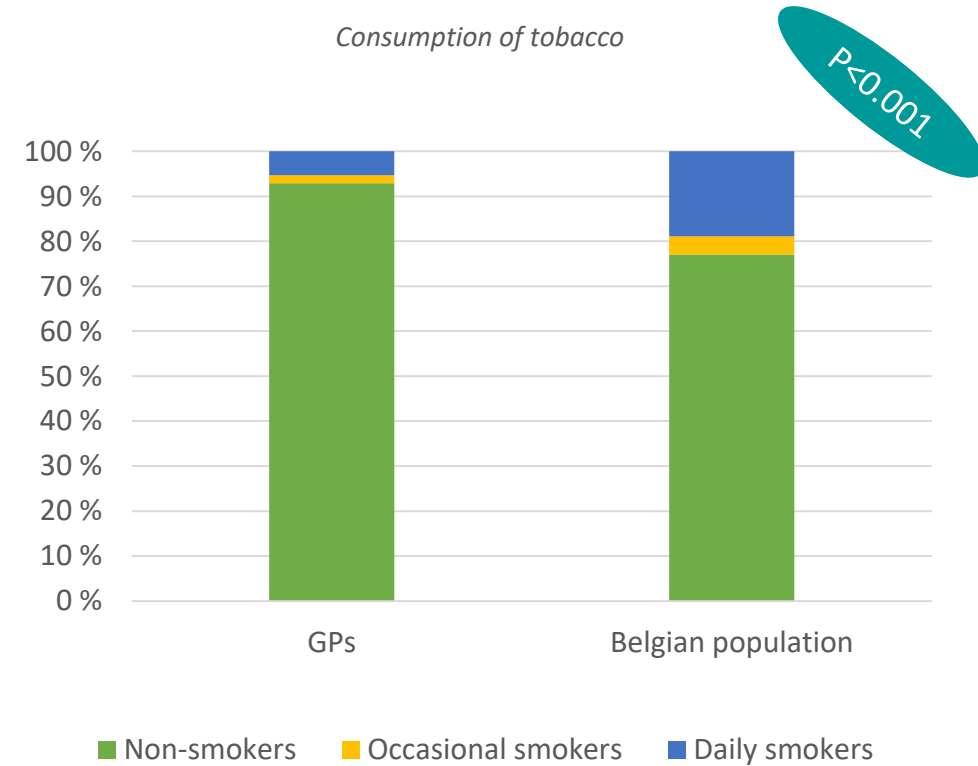
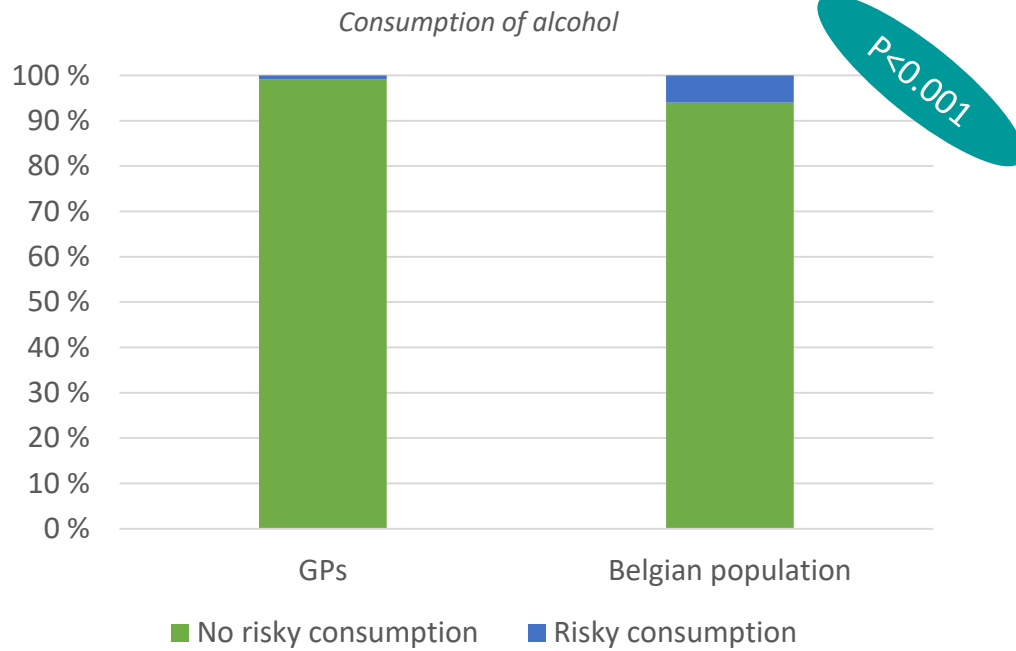
## Nutrition habits



## Consumption of alcohol, tobacco

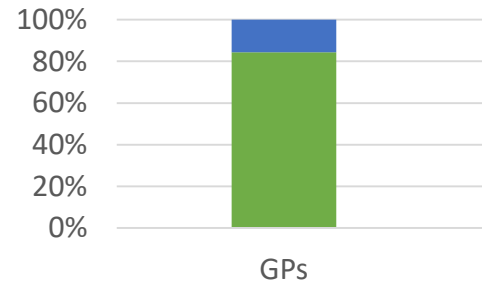


### Consumption of alcohol, tobacco



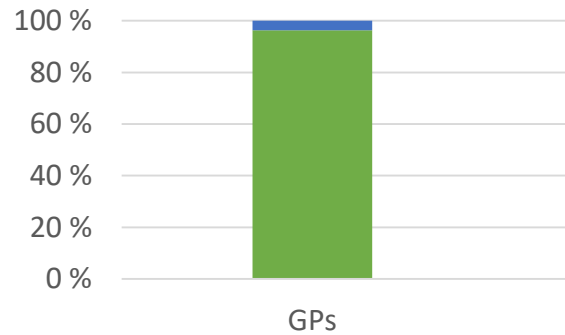
## Consumption of drugs

Consumption of anxiolytics, hypnotics or sedatives



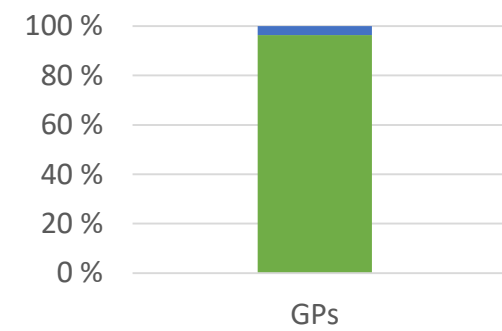
■ No consumption during past year ■ Consumption during past year

Consumption of antidepressants



■ No consumption during past year ■ Consumption during past year

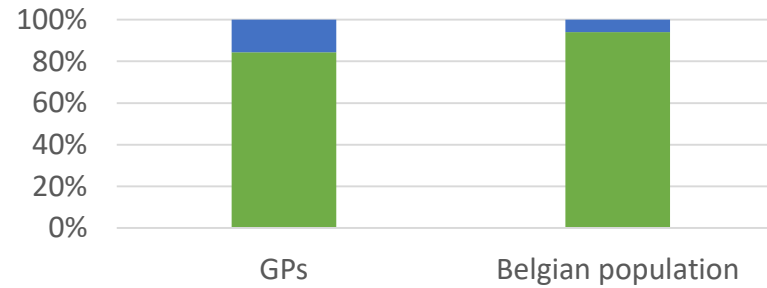
Consumption of illicit drugs



■ No consumption during past year ■ Consumption during past year

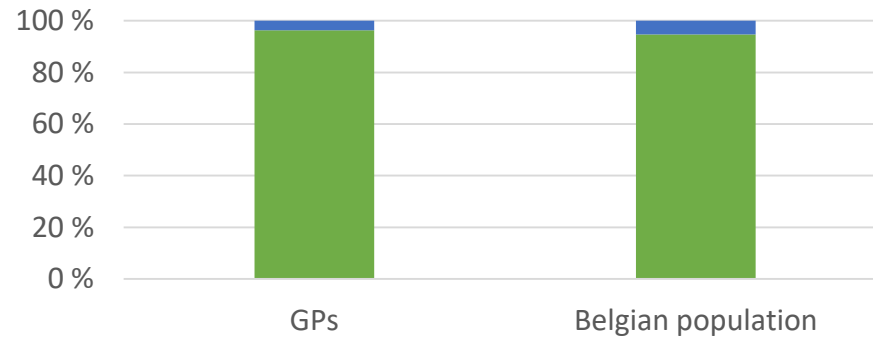
### Consumption of drugs

Consumption of anxiolytics, hypnotics or sedatives



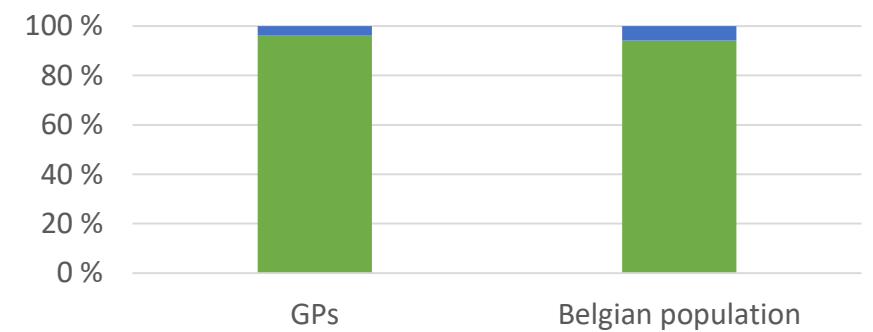
■ No consumption during past year ■ Consumption during past year

Consumption of antidepressants



■ No consumption during past year ■ Consumption during past year

Consumption of illicit drugs



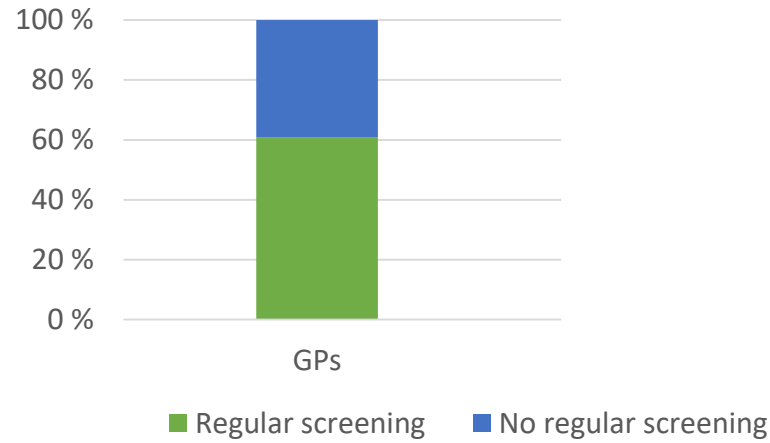
■ No consumption during past year ■ Consumption during past year



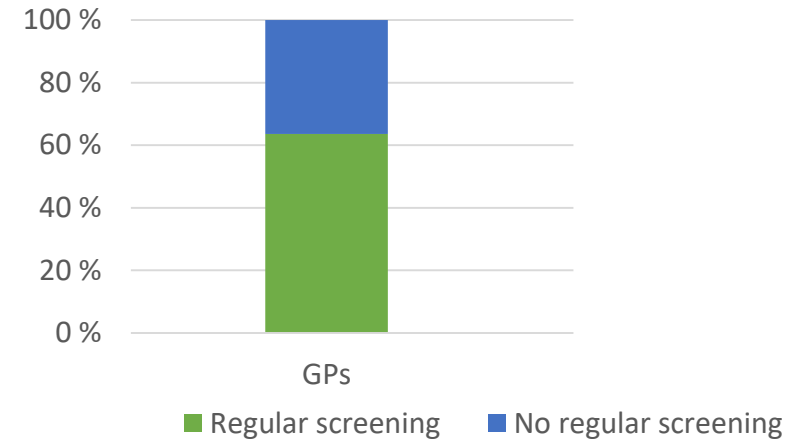
# Prevention

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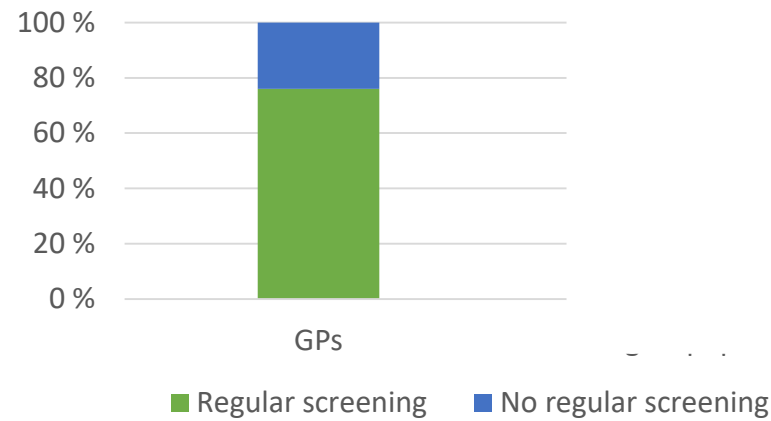
Screening for colorectal cancer  
GPs from 50 years old



Screening for breast cancer  
women GPs from 50 years old

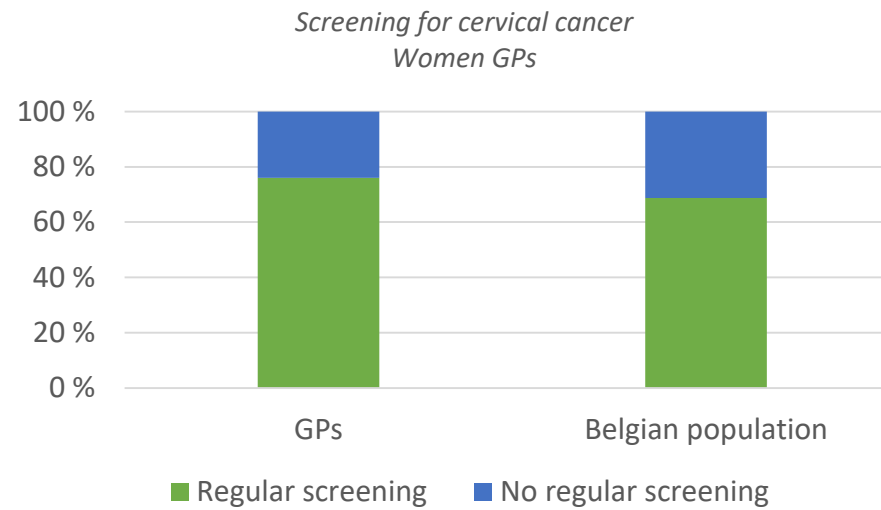
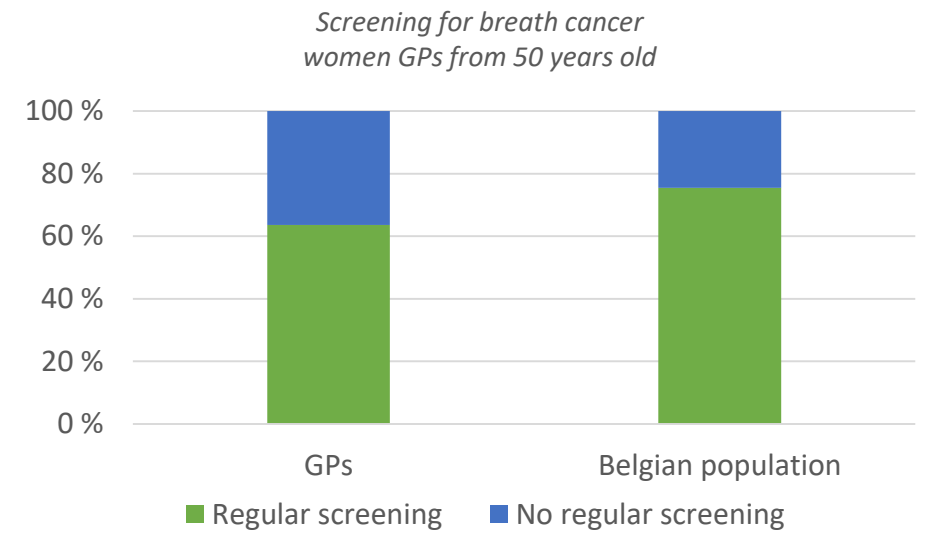
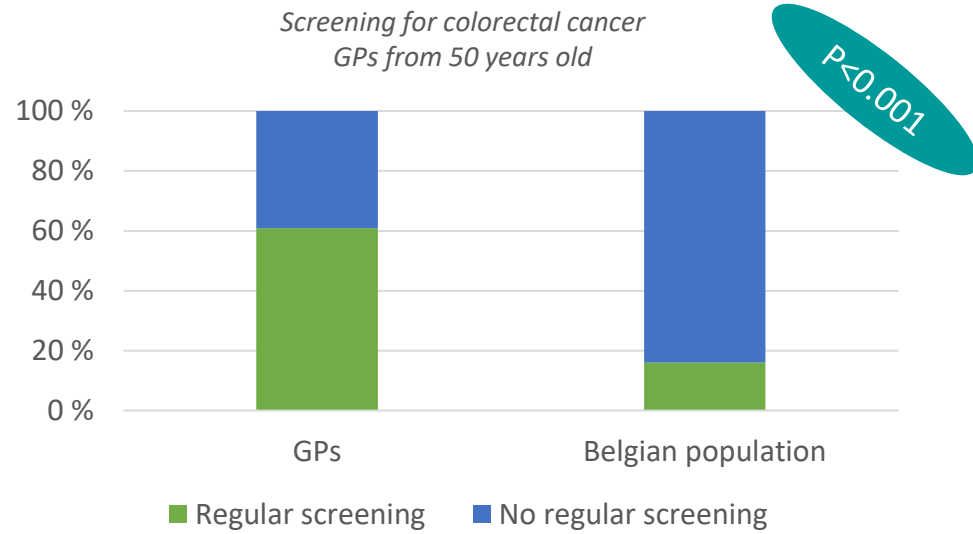


Screening for cervical cancer  
Women GPs

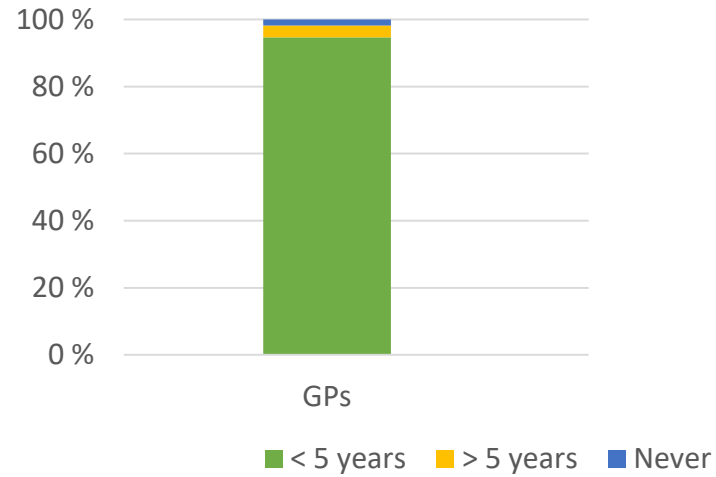


# Prevention

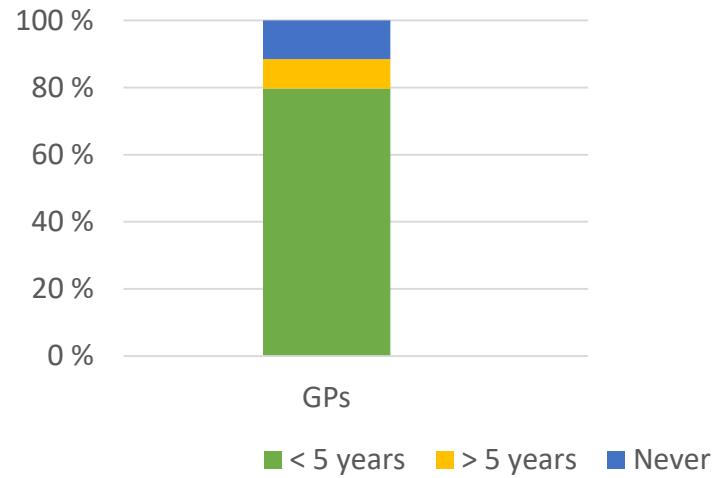
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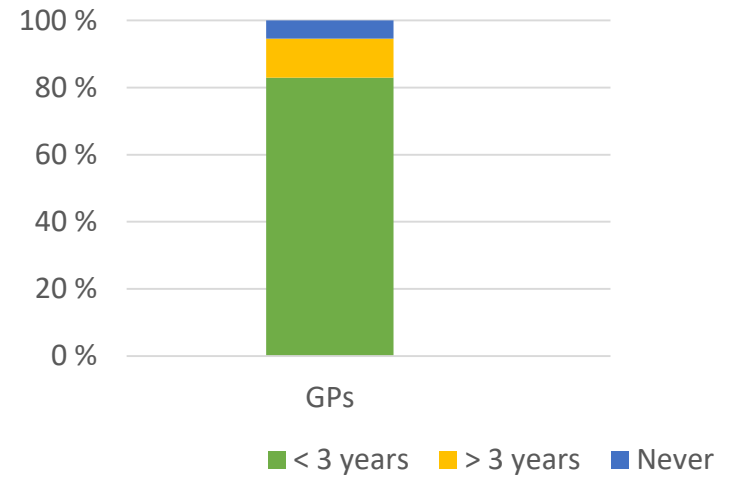
Screening for hypertension

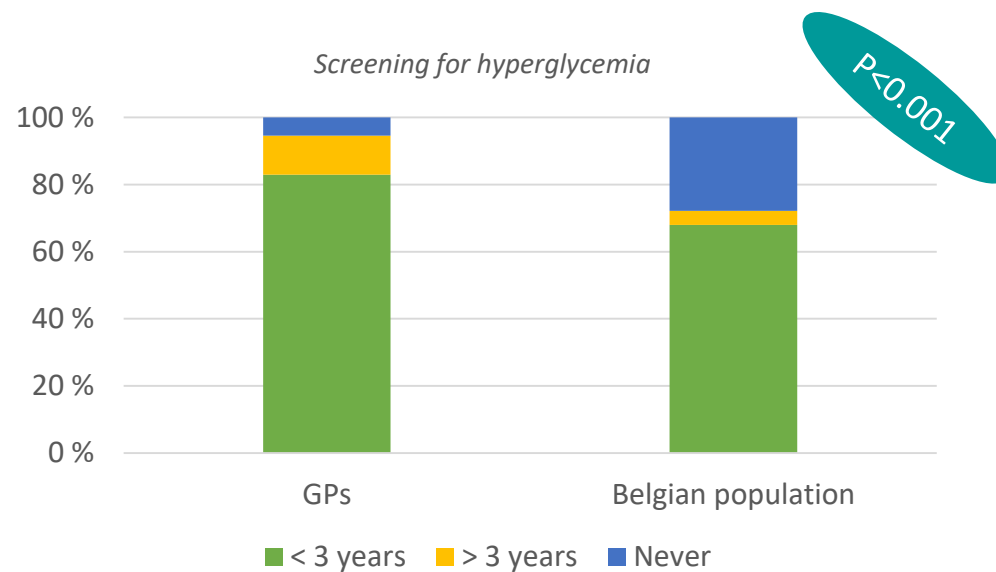
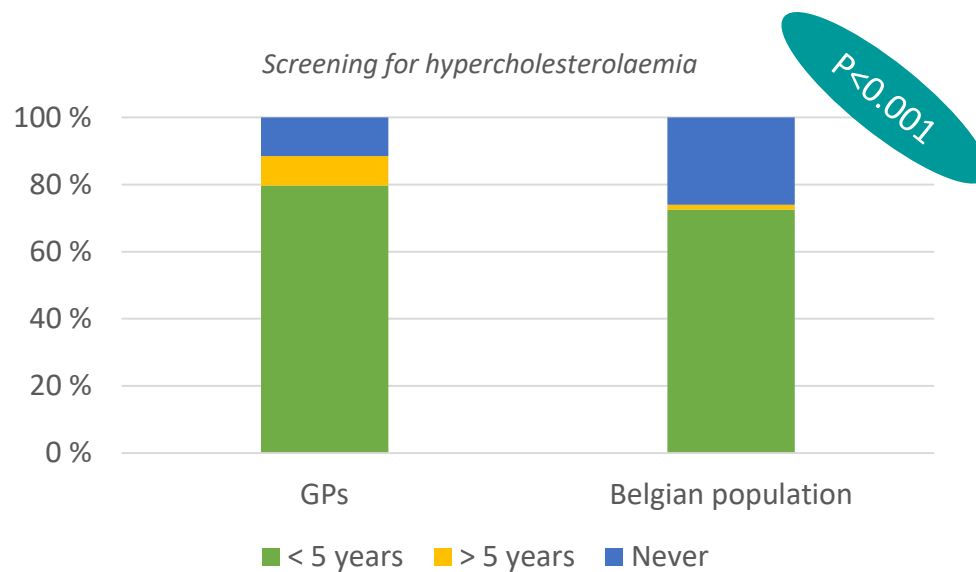
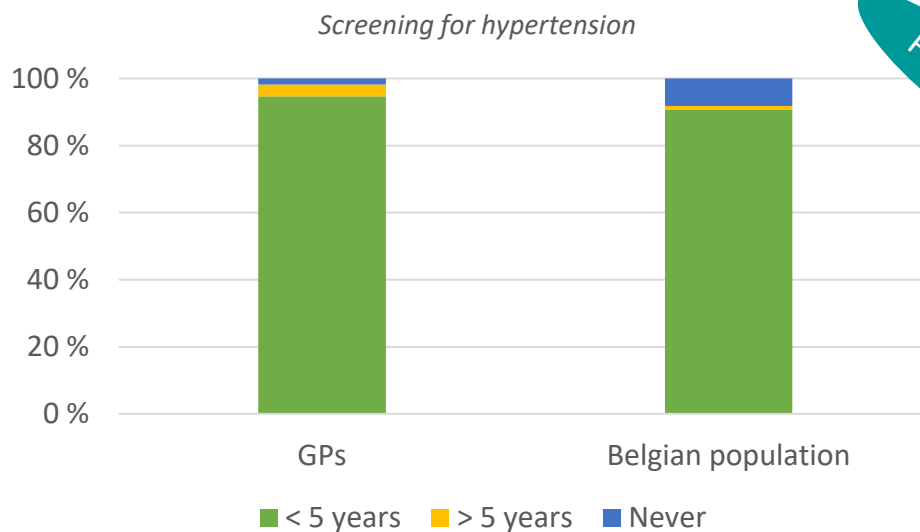


Screening for hypercholesterolaemia

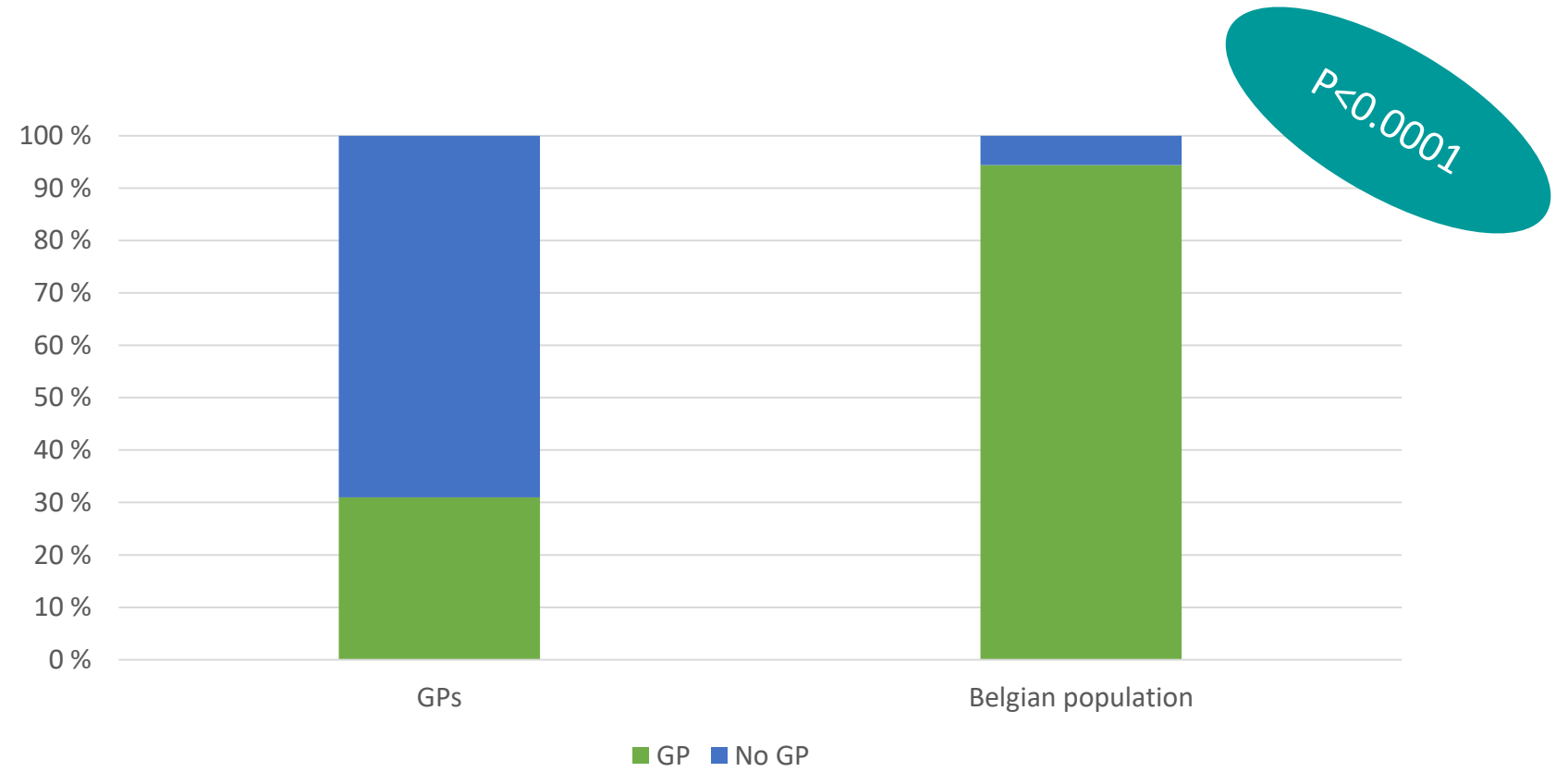


Screening for hyperglycemia

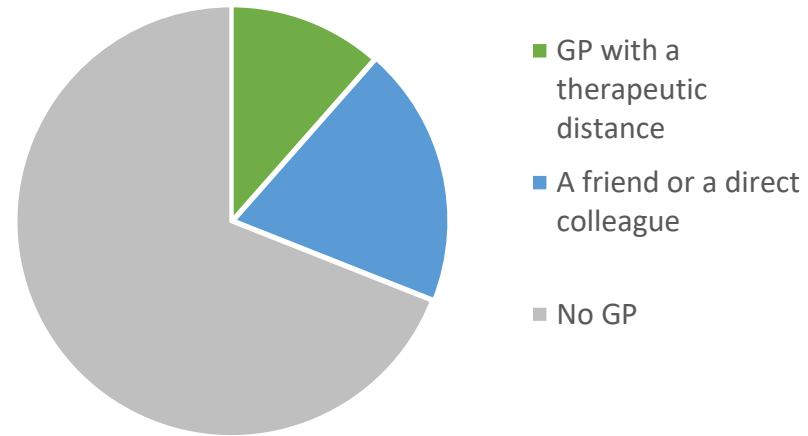




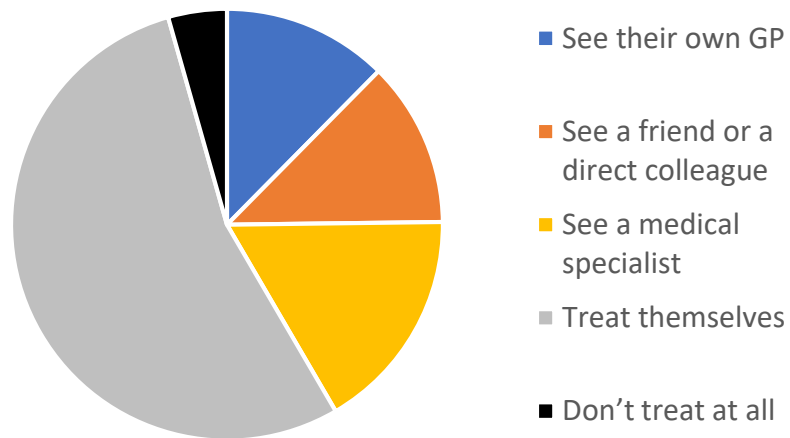
### Having a GP



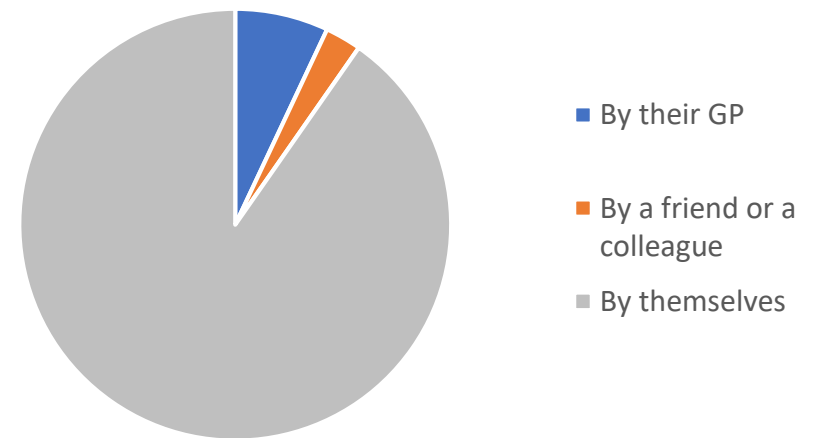
Characteristics of their GPs



In case of illness



Prescriptions





### Most of them favor the following recommendations about

- Cancer prevention (  colorectal cancer)
- Smoking cessation and other risk factors (  )
- Alcohol and tobacco (  )

Prevention



### Most of them disagree with the following recommendations about

- Some medication
- Sports



Most of them disagree with the following recommendations about the use of anxiolytics, hypnotics or sedatives

Health promotion



## Most of them

- Didn't have a GP
- Didn't see a GP in case of illness
- Practised self-prescription

WHY ?





WHY ?

Better knowledge  
Better general awareness



Lack of time ?  
Other factors ?

# D I S C U S S I O N

## Strengths

- One of the rare studies about self-health promotion
- Included several aspects of health promotion and prevention
- High response rate

## Weaknesses

- Small sample
- Reference population with several differences from the studied population (ex: socioeconomic, age, ...)

# D I S C U S S I O N

## Perspectives for research

- Qualitative research to better understand why GPs don't follow the recommendations in nutrition and physical activity
- Quantitative research to extend this study and verify the applicability of our results in a broader sample.

## Perspectives for actions

- To raise consciousness of self-health promotion and its impact on quality of care
- To encourage GPs to have their own GP

Thank you for your attention