

**WHAT OBESE AND NON-INSULIN DEPENDENT DIABETES MELLITUS
PATIENTS EXPERIENCE AND EXPECT FROM THEIR PRIMARY CARE
DOCTORS CONCERNING WEIGHT-LOSS MANAGEMENT.**

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degree of Masters of Family Medicine.

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DECLARATION

I, Zuneid Ahmed Bham declare that this research report is my own work. It is being submitted for the degree of Master of Family Medicine in the University of the Witwatersrand, Johannesburg. It has not been submitted before for any degree or examination at this or any other University.

..... Signature

..... Day of 200.....

Dedicated with love and gratitude
to my parents Ahmed and Fatima Bham,
my wife Aasiya, and
my two children Ahmad and Ayesha

Abstract

Worldwide, obesity prevalence is rapidly rising. Doctors have poor understanding of what patients experience and expect from them regarding weight-loss management. This qualitative study explored what obese patients with Non-insulin Dependent Diabetes Mellitus experience and expect from their primary care doctors concerning weight-loss management. Free attitude interviews were conducted with eight participating patients.

The findings showed that doctors encouraged and counselled patients regarding weight-loss, mainly giving dietary advice, but did not routinely weigh them.

Patients accepted responsibility for losing weight, trusted their doctors, valued their advice highly and did not want referrals to gymnasiums or dieticians. They expected doctors to advise them practically about exercise, diet and weight-loss goals, weigh them regularly and communicate effectively. They believed that doctor-patient relationships and interaction are important in weight-loss management, patients should be treated on an individual basis and the process should be empowering. Medical intervention costs were not problematic for this group.

Generally patients were satisfied with their doctors but there were areas concerning patients' expectations that primary care doctors should take cognisance of.

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TABLE OF CONTENTS

	Page
DECLARATION	ii
DEDICATION	iii
ABSTRACT	iv
ACKNOWLEDGEMENTS	v
TABLE OF CONTENTS	vi
LIST OF FIGURES	viii
LIST OF TABLE	ix
CHAPTER 1: INTRODUCTION	
1.1. Background	10
1.2. Aim	14
1.3. Objectives	14
CHAPTER 2: LITERATURE REVIEW	15
CHAPTER 3: METHODS	
3.1. Design	21
3.2. Site of the study (setting)	22
3.3. Study population	22
3.4. Sampling	22
3.5. Data collection	23
3.6. Ethics	24
3.7. Sources of bias	25
3.8. Data analysis	25
3.9. Strengths and limitations	26
CHAPTER 4: FINDINGS	
4.1. Demographics	28
4.2. Themes that emerged from what patients experienced with their Primary care doctors concerning weight-loss management	28
4.3. Themes that emerged regarding what patients expect from their primary care doctors concerning weight-loss management	31
4.4. Summary	37

CHAPTER 5: DISCUSSION	
5.1. Summary of findings	39
5.2. Comparison with existing literature	40
5.3. Implications for practice	42
CHAPTER 6: CONCLUSIONS AND RECOMMENDATIONS	43
Appendix 1 Information sheet for the General Practitioner	44
Appendix 2 Participant information sheet for informed consent	45
Appendix 3 Participant information sheet for audio-taping	46
Appendix 4 Permission from Ethics Committee	47
REFERENCES	48

LIST OF FIGURES

Figure	Page
Figure 4.4.1 Experiences of patients	37
Figure 4.4.2 Patients' expectations	38

LIST OF TABLES

Table	Page
Table 4.1.1 Demographic details of the patients	28