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INCREASE SF-12 MENTAL SCORE, REDUCE OVERWEIGHT AND NUMBER OF PROBLEMS! HOW WE PERFORMED A PATIENT-FOCUSED PRIMARY PREVENTION TO YOUNGER VULNERABLE PATIENTS IN GENERAL PRACTICE, DENMARK.

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Motivated GPs got education: 15% of invited GPs from the Region participated in the training program, and 8.6% (28) recruited patient into the study, which offered a 40 hours training program. Patient-focused preventive consultation was an important part.

Fee for extra time: The GPs got fee for courses and preventive health consultations.

Find patients who need some "intervention": A screening Questionnaire (Q33) on own resources, network, lifestyle and social conditions was completed by 2,056 patients 20-45 years old when coming to the clinic for any reason. The 30% with most psycho-social problems (>7) were invited to participate and randomized to control or intervention with two consultations with their GP. One- year postal follow-up.

Motivate patients who feel they need some changes in thier daily life: A baseline-Questionnaire (Q0) with 84 questions on life conditions, health, life style and social problems was "priming" the participants to the patient-focused consultation. Patients might choose one or two goals for a better life.

Discuss resources, barriers and time schedule for chosen changes: Important to explore the patient's agenda and resources and support self-efficacy.

A 20 minutes follow-up within three months: What has succeeded and what is difficult and why? Support self-efficacy again.

A one-year questionnaire (Q1) like Q0. What has changed during the year?

Results: After one year the intervention group had significant better SF-12 mental score 4,3 (1,6-6,9), fewer problems (10,0-8,2= 1,8 problems) and the overweight who had prioritized weight-loss had mean weight loss of 4,73 kg (95% CI: 1,8-7,7).

Biography

Jorgen Lous had six year training at hospital and in 1976 he started as a General Practitioner (GP). Since 1992 he was part time academic and part time GP. From 2001 to 2009, he was a Professor in General Practice at University of Southern Denmark, Odense, and after that part time GP. He wrote his thesis on secretory otitis media in children in 1994.

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