

OP02.6

Primary prevention of Luxembourgish GPs: are they a risk group amongst the mean population?

Xavier Bairin

Private Practice, Blaschette, Luxembourg

Corresponding author: Mr Xavier Bairin, Private Practice, Blaschette, Luxembourg. E-mail: xavier_bairin@yahoo.com

Background & Aim: To our knowledge, there is no national data available regarding the general health status of general practitioners (GPs) established in the Grand Duchy of Luxembourg (GDL). This study was conducted in an attempt to roughly overview this issue by collecting and analyzing scientifically and objectively ascertainable data concerning the prevalence of primary prevention risk factors in this particular group.

Method: To ensure a homogenous set of guidelines and wide statistical data library, the main goals of primary prevention were targeted via literature review of the WHO guidelines. After modifiable and objectively ascertainable risk factors had been identified (Vaccination status, Physical inactivity, Alimentary habits, Arterial hypertension, Hypercholesterolemia, Hyperglycemia, Overweight and Obesity, Smoking status, Alcohol intake), collecting data concerning said risk factors and demographic data was undertaken by sending a self-administered survey to 364 GPs practicing in the GDL. The survey data was statistically compared to (preferably, if available) WHO-issued data.

Results: 212 answered questionnaires were collected. Statistically compared to the average Luxembourgish population, GPs tend to present less cardiovascular and oncologic risk factors like arterial hypertension, overweight and obesity, hypercholesterolemia, alcohol and smoking. There was no statistically relevant difference concerning physical inactivity and hyperglycemia. Luxembourgish GPs tend to consume the recommended 400 grams of fruits and vegetables less often than the mean Luxembourgish population. Due to lack of national data, it is difficult to conclude that GPs have better vaccination coverage than the mean Luxembourgish population; however, there is a statistically significant downward trend concerning said coverage particularly in male GPs over 50 years of age.

Conclusion: Luxembourgish GPs are statistically less at risk than the average Luxembourgish population of developing some non-transmittable diseases, particularly cardiovascular diseases and some types of cancer. Some efforts remain to be done regarding vaccination coverage and eating habits.