

## PS2.259

### **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 19 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 GPs function as role models, thereby empowering them to better promote behavioural changes.

**Results:** of 2015: 10 very satisfied participants, 6 male, 4 female. Mean age was 50.5 years and mean BMI 23.31 kg/m<sup>2</sup>, mean frequency in physical activity 4.8 times/week, mean duration 6.5h/week, consuming fruits and vegetables 3.8 times/day.

**Programme:** On 19 May 2016 the Luxembourgish Scientific Society of Family Physicians in cooperation with other public stakeholders (Luxembourgish Health Ministry, the University of Luxembourg, Luxembourg Institute of Health, trainees in Family Medicine, medical students) will run the Intervention "One Day with Your Doctor" on a larger basis. The results will be presented during the WONCA conference in Copenhagen in June 2016.

The programme will include:

- (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) For children a teddy clinic.
- (5) Booths for blood pressure measurements and blood sugar levels.
- (6) Keynote lectures after the cooking session and sports activities.

**Methods:** Participants will be invited directly, mailing and social media channels. Participants will be asked to complete questionnaires during the intervention and online 3 and 6 months after the intervention.

**Conclusions:** Promotion of lifestyle changes could be even more successful, if GPs adopt a healthy lifestyle themselves. By doing so, they could act as role models and encourage behaviour changes in their patients.

Luxemburg offers ideal conditions to investigate the effects of lifestyle interventions in a multicultural environment. It represents a European focus area with more than 50% of its population coming from EU countries other than Luxemburg.