



« EDUcation thérapeutique et préventive face au Diabète et à l'Obésité à Risque chez l'Adulte et l'Adolescent »

Projet n° 50 WLL 3 3 136



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INTRODUCTION

Prevention and treatment of obesity in adolescents represent a real public health challenge. Recommendations in Therapeutic Patient Education (TPE) for obesity tend to appear in some countries. EDUDORA² is a program dedicated to the management of TPE in obese and diabetic adults and adolescents. The objective of the present report is to inventory the practices in TPE in obese adolescents in the province of Liège (Belgium), in the Grand-Duché of Luxembourg (Luxembourg) and Lorraine (France).

What's Therapeutic Patient Education (TPE)?

"TPE helps patients acquire or maintain the skills they need to manage their life with a chronic disease in the best possible way. It covers **organized activities**, including **psychosocial support**, designed to make patients fully aware about their disease and to inform them about care, hospital **organization and procedures**, and health- and disease-related behaviours. It helps **patients and their families** understand and deal with the disease and its treatment together, in order to maintain or even improve **quality of life**."

WHO-Europe report (1996). Therapeutic Patient Education - Continuing Education Programmes for Health Care Providers in the field of Chronic Disease.

METHOD AND POPULATION STUDIED

The study was based on semi-structured interviews conducted among health professional teams according to the French recommendations in TPE. Pediatric endocrinologists, nurses, dieticians and psychologists were interviewed in **9 health care teams in Lorraine and 3 health care teams in the province of Liège**. All health care teams were **specifically involved in the management of pediatric obesity**. In Grand-Duché of Luxembourg, the only existing health care team managing obesity was interviewed. This team is involved in the **general pediatrics service**.

PRELIMINARY RESULTS

Educational practices in the management of pediatric and adolescent obesity in Lorraine, province of Liège and Grand-Duché of Luxembourg*

	Lorraine (9 institutions interviewed)	Province of Liège (3 institutions interviewed)	Grand-Duché of Luxembourg (1 institution interviewed)
Health care professionals involved	Specialized teams involving physicians, dieticians, nurses, psychologists Team composition depends on institution	Specialized teams involving pediatricians, dieticians, psychologists (plus a nurse in one institution)	Team from the general pediatrics service involving pediatricians, dieticians and nurses
Type of management	* Hospitalization * Mainly external consultation	* Hospitalization * External consultation	* External consultation
Educational diagnosis	Complete and global educational diagnosis	Various assessments made by different health professionals (general, medical, psychological and diet)	Various assessment made by different health professionals (medical, psychological and diet)
Educational objectives	According to educational diagnosis	About weight, diet and physical activities (psychologists fix few objectives)	About weight, diet and physical activities
Actions	Educational sessions, based on the educational diagnosis	* Eating practices and physical activity follow-up during individual consultation * Psychological and familial follow-up * Group activities (essentially about food)	* Eating practices and physical activity follow-up during individual consultation * Group activities (week-end,...)
Tools	Educational tools	* Mainly informative supports * Role play * Psychological tests	* Informative support * Game
Evaluation of patient's skills	At the end of the structured program Formal evaluation	At each consultation with health care professionals Informal process	At each consultation with health care professionals Informal process
Internal communication within the team	* General medical file * Educational file joined with the medical file in 2 institutions	* Weekly meetings * Computerized file accessible to all the team (2 institutions)	* Weekly meetings * Paper file shared between pediatricians and nurses
Conclusion	Structured program of TPE	No structured educational program. Education mainly based on informal process	No structured educational program. Education mainly based on informal process

* According to the French recommendations in Therapeutic Patient Education

DISCUSSION

In Lorraine, structured programs appear to be implemented in practice. This can be explained by a national policy about TPE since 2008.

No structured program in TPE for the management of pediatric obesity is available in the province of Liège and Grand-Duché of Luxembourg. In these 2 regions some steps described in TPE programs are realized (meetings with patients, evaluation of their skills,...). However, they are not formalized and systematically implemented in each institution in order to be shared between all the health professionals involved. No major difference is seen between the management of pediatric obesity by specialized teams in Belgium and the management by a service of general pediatrics in Luxembourg, except for the presence of psychological follow-up.

CONCLUSION

Given the increasing rate of obese adolescents, there is an urgent need for structuring management and considering adolescents as main actors of their health. TPE appears as a real opportunity, already implemented in Lorraine probably due to its national policy, but not yet in the province of Liège and Grand-Duché of Luxembourg. These findings support the other objectives of EDUDORA², namely the investigation of potential working tracks to propose solutions for implementing TPE in the management of pediatric obesity.