



尊重生命 · 人本醫療

佛教大林慈濟綜合醫院   
Buddhist Da Lin Tzu Chi General Hospital

# The Effect of Collaborative Programs on Obese Patients with High Risk Factors of Coronary Heart Disease

Yi-Ping LIU  
Buddhist Dalin Tzu Chi General Hospital, Taiwan



# Introduction-1

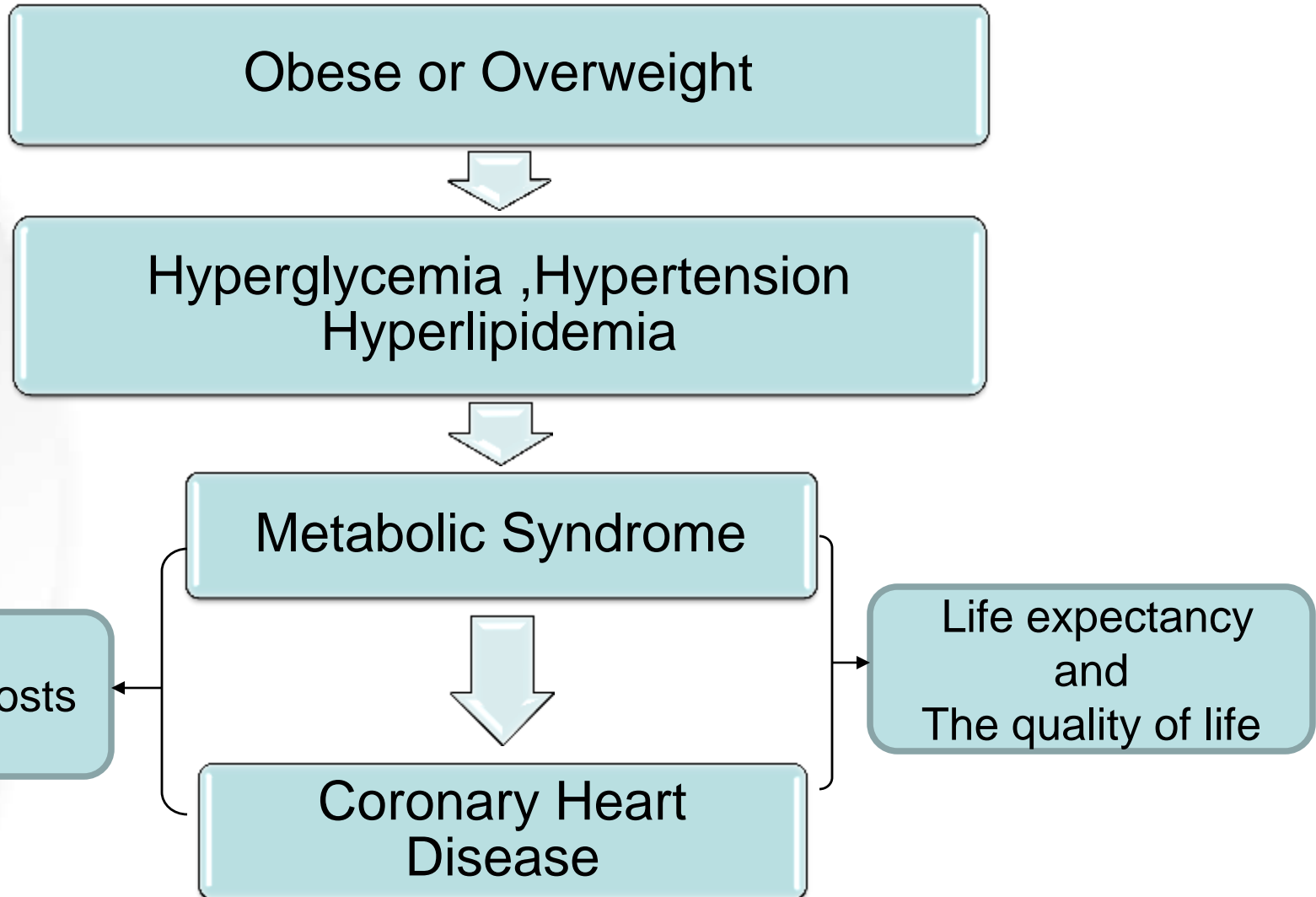


Figure 1 (King ,& Zhang ,2008)

# Introduction-2

In 2007-08, the mortality from underlying cause of death

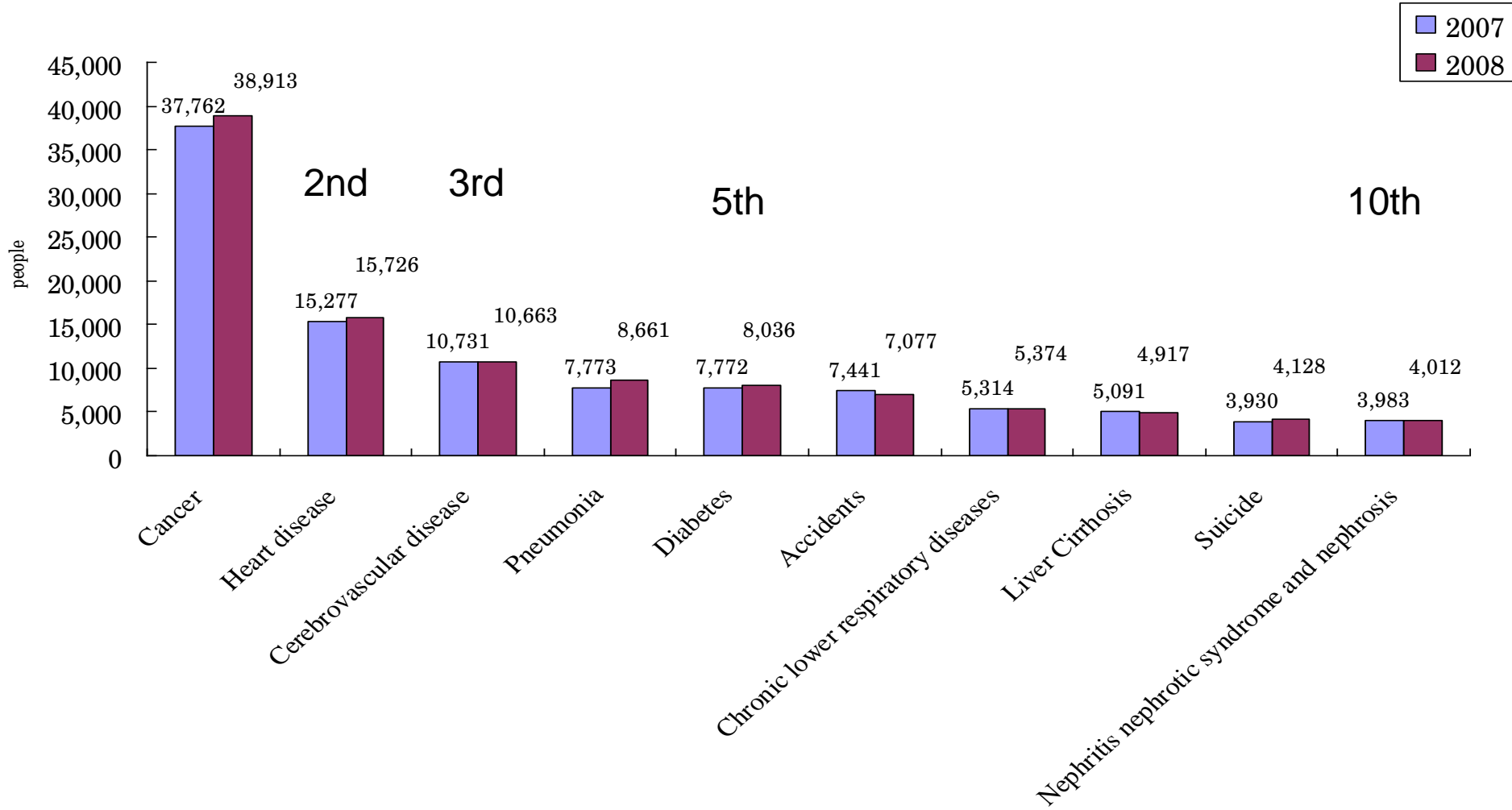


Figure 2. Extract: Department of Health 2008, Taiwan

# Introduction-3

- Literature review showed that combining diet, regular exercise and behavior change for obese persons is an ideal way in reducing the body weight. ( Chen, & Lin, 2004)



# Objective

- The purpose of the research is to provide eight-week weight reduction program to coronary heart disease patients with hyperlipemia, hyperglycemia and hypertension
- The program include diet control, regular exercise and behavioral change



**Coronary heart disease patients take body weight reduction courses.**

**Pre-test**

1. Weight
2. BMI
3. Waist
4. Hip
5. Blood Pressure
6. TCH
7. TG
8. LDL
9. Blood Sugar
10. HDL

**Post-test**

1. weight
2. BMI
3. Waist
4. Hip
5. Blood Pressure
6. TCH
7. TG
8. LDL
9. Blood Sugar
10. HDL

**Eight-week BW reduction program**

1. Diet Control
2. Regular Exercise
3. Behavior modification

**Research Framework**

Figure 3

# Method-1

- Intervention: eight-week body weight reduction program, include diet control, regular exercise and lifestyle modification.
- Subjects: patients from cardiology and metabolism clinics
- Sample size: 34 cases were enrolled from 77 patients
- Sampling criteria:
  - > 20 year old adults



- BMI  $> 24$  and at least one risk factor of

# Method-2

- The patients need to record diet and activity daily themselves and visit our team weekly.
- The collaborative team members: doctors, nurses, dietitian, physical therapists, aerobics teachers.
- Time: March, 2006-2008
- Data Analysis: SPSS 12.0. By paired t-test, we discuss the relationship between weight loss before and weight loss in our samples.



# Results



Table 1. Paired t-test variables. Before and after weight loss ( N = 34 )

Variable	M	SD	t	P(2-tailed)
paired 1				
BMI ( kg/m <sup>2</sup> )	1	0.8	6.6	.000
paired 2				
weight ( kg )	2.6	2.1	7.3	.000
paired 3				
waist circumference ( cm )	3.0	2.9	6.2	.000
paired 4				
hip circumference ( cm )	2.4	2.1	6.6	.000
paired 5				
DBP ( mmHg )	2.7	15.1	1.0	.304
paired 6				
SBP ( mmHg )	2.2	11.5	1.1	.266

P < 0.05

Table 2. Paired t-test variables. Before and after weight loss ( N = 34 )

Variable	M	SD	t	P(2-tailed)
paired 7				
Cholesterol ( mg/dl )	14.7	38.9	2.2	.034
paired 8				
Triglyceride ( mg/dl )	47.7	71.0	3.9	.000
paired 9				
fasting glucose (mg/dl )	15	40.6	2.1	.038
paired 10				
HDL ( mg/dl )	4.8	24.6	1.1	.259
paired 11				
LDL ( mg/dl )	9.2	29.7	1.8	.079
paired 12 ( n=20 )				
HBA1C ( % )	4.4	0.8	2.2	.036



# Discussion-1

- We interviewed the patients after the research and found that patients with abilities listed below showed better results,
  1. Patients who can calculate the calorie
  2. Patients who can finish daily food record and exercise diary.



# Conclusion

- Our collaborative program ,including daily self record and weekly visit really works not only in reducing the body weight but also improving the risk factors of our patients
- As a health promoting hospital, we focus on disease treatment as well as risk factors reduction through life style modification



# Acknowledgment

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**Thanks for your attentions!!**

