



## Barriers, attitudes, confidence, and knowledge of nurses regarding metabolic health screening and intervention in people with mental illness: a pilot study from Uganda

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DOI: [10.4314/ahs.v19i3.30](https://doi.org/10.4314/ahs.v19i3.30)

**Keywords:** Exercise, diet, metabolic syndrome, screening, smoking.

### Abstract

**Background:** People with mental illness are at an increased risk for developing cardio-metabolic disorders. Routine screening following pharmacotherapy is however unacceptably low in sub-Saharan African countries with less than 1% adequately screened. It is unknown whether this is due to a lack of adequate competences.

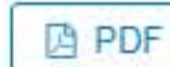
**Objectives:** The aim of this pilot study was to assess the barriers, attitudes, confidence, and knowledge of nurses regarding metabolic health, prevention and treatment in Uganda.

**Methods:** Twenty-eight nurses (39% female, 30.9±6.9 years) completed the Metabolic – Barriers, Confidence, Attitudes and Knowledge Questionnaire and the physical activity prescription rate item of the Exercise in Mental Illness Questionnaire.

**Results:** More than 75% had a positive attitude towards metabolic screening and intervention and more than 50% were confident in providing smoking cessation advice, and physical activity and nutritional counseling. However, 57% stated that their heavy workload prevented them from doing health screening and promotion activities. There was a negative correlation ( $p=-0.54$ ,  $P=0.003$ ) between the frequency of physical activity prescription and the perception of the inability of patients to change.

**Conclusion:** The present findings suggest that nurses are generally supportive of metabolic health screening and intervention but their high workload prevents them from implementing metabolic health interventions.

**Keywords:** Exercise, diet, metabolic syndrome, screening, smoking.



Published  
2019-11-06

Issue  
[Vol. 19 No. 3 \(2019\)](#)

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