

Recommendations from parents of obese children in treatment to the health-care team: qualitative study

Recomendaciones de padres de niños obesos en tratamiento para el equipo de salud: estudio cualitativo

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Abstract

Introduction: *The family plays an essential role in the adherence and effectiveness in the treatment of childhood obesity. Caregivers' experience is fundamental for proper guidance. Aim: To describe the recommendations for the health-care team made by parents of children that are being treated for obesity. **Patients and Method:** Cross-sectional and descriptive study with a qualitative approach and purposeful sampling. In the first semester of 2015, interviews were conducted with nine parents of children from 4 to 10 years old that were being treated for obesity and who had at least three medical appointments in the previous year. The data analysis was based on the Grounded Theory Approach through open coding. The study was ethically approved and informed parental consent was obtained. **Results:** The results were grouped in the following main categories: a) Health-care team-caregiver relationship, b) Health-care team-child relationship, c) Encouraging family participation, d) Encouraging therapeutic adherence in the child and e) Frequency of medical appointments. **Conclusion:** From the perspective of this group of parents of obese children, the health-care team should establish a close therapeutic bond with the children and their parents during the treatment process, in addition to encouraging family participation. The importance of developing therapeutic interventions that consider the perspective of the patient's system is emphasized.*

Keywords: *Obesity, Parents, Pediatrics, Overweight, Obesity treatment*