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Development of a Nutrition Guide for Adults with Clinical Obesity Receiving Incretin-based Therapy and Assessment of Its Feasibility in a Malaysian Hospital Setting

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Introduction:

Obesity is a chronic, relapsing disease associated with substantial cardiometabolic burden. While lifestyle modification remains the cornerstone of obesity management, long-term weight loss is difficult to sustain. Incretin-based obesity management medications (OMMs) have gained increasing attention due to their superior weight-loss efficacy when used as an adjunct to lifestyle interventions. The increasing use of these therapies has shifted obesity care towards a more complex, multimodal approach, increasing the demand for specialised, treatment-specific nutrition support. However, structured nutrition guidance for adults receiving incretin-based OMMs remains limited.

Aim:

This study aims to develop a structured, evidence-based nutrition guide for adults with clinical obesity receiving incretin-based therapy and to assess its feasibility in a Malaysian hospital setting.

Methods:

A mixed method, sequential study design guided by the UK Medical Research Council framework for complex interventions will be employed. Phase 1A will involve a clinical practice audit to evaluate current dietetic care for adults receiving incretin-based OMMs against evidence-based standards. Phase 1B will consist of a retrospective analysis of hospital medical records to examine weight trajectories and the proportion of patients achieving clinically significant weight loss at 3, 6, and 12 months. Findings from these phases, together with relevant literature, will inform the development of a dietitian-led structured nutrition guide (Phase 1C). Phase 2 will involve a pilot feasibility case series among a purposively selected group of patients to assess the guide's usability, acceptability, and preliminary feasibility indicators, including face and content validity.

Expected Outcomes:

The study is expected to identify variability and gaps in current nutrition care practices for adults receiving incretin-based OMMs. The developed nutrition guide is anticipated to demonstrate acceptable feasibility and validity, supporting its relevance and suitability for hospital-based obesity care and informing future implementation and evaluation studies.