### Pediatric Obesity Screening/Management

#### CLINIC FLOW

- Which clinic?
  - Primary care
  - Specialty care
  - Obesity clinic
  - QI/quality program
  - Other:
- Who measures?
  - MA
  - Nurse
  - NP/PA
  - MD/DO
  - Other:
- When?
  - During vital signs
  - During regular visit
  - After regular visit
  - Other time (describe):
- What measurement? Tool used?

**Ages 2-20:** BMI %ile
- paper growth charts
- scanned into EMR
- filed into paper chart
- online calculator
- EMR auto calculation

**Ages 0-2:** wt for length
- paper growth charts
- scanned into EMR
- filed into paper chart
- online calculator
- EMR auto calculation

- Which patients?
  - All patients
  - Certain age groups
  - Certain weights
  - Parent concern
  - Kids “flagged” for other reason
  - Only some patients (describe):•

#### Details:

**Target population = kids 0-5 years old**

**Overweight:**

- %ile

**Obese:**

- %ile

- When during clinic visit?
- What measurement/tool?
- Which patients?

- Tool to track?
- Protocol
- Paper pt registry
- Digital pt registry
- EMR table
- Other:

- How is follow-up done?
  - Time Frame
  - Weekly
  - Monthly
  - 6 months
  - >1yr
  - Other (describe):

- Evaluation:
  - Medical History (related to obesity)
  - Social History
  - Family History
  - Review of Systems
  - Physical exam
  - Blood pressure
  - Laboratory studies
  - Fasting cholesterol
  - Fasting glucose
  - Liver Panel (AST/ALT)
  - Other tests:

- Program components:
  - Family meetings
  - Anticipatory guidance
  - Nutrition education/plan
  - Physical activity ed/plan
  - Screen time ed/plan
  - Referrals for further care

- Staff:
  - Case-manager
  - Physician
  - Psychologist
  - Health Educator
  - Nutrition/Dietician
  - Exercise Program
  - Specialty care referrals
  - Community-based referrals (describe):

- Tool Used by Staff:
  - Protocol for all staff
  - Protocol for some staff
  - Paper forms
  - filed into paper chart
  - EMR forms/notes
  - Other (describe):

- Who evaluates?
  - MA
  - Nurse
  - NP/PA
  - MD/DO
  - Other:

- Which patients get referred?
  - (Age Weight/BMI/BMI%ile?):

- Who refers (ex. MD)?

- From where (ex. primary care)?

- Intervention target(s)/goal(s):
  - pediatric patient
  - parent/guardian
  - Goals
  - Slow down wt gain
  - Nutrition
  - Physical activity
  - Screen time
  - Other:

- How is tracking & evaluation done?
  - Tool to track?
  - Protocol
  - Paper pt registry
  - Digital pt registry
  - EMR table
  - Other:

- How is follow-up done?
  - Time Frame
  - Weekly
  - Monthly
  - 6 months
  - >1yr
  - Other (describe):

- Evaluation details:
  - Done
  - In-process
  - Planned
  - None

- Provider reminders
  - Paper
  - EMR
  - During visit
  - Mail
  - Email
  - Other feedback
  - Other time (describe):

- Patient reminders
  - Calls
  - Describe
  - Texts
  - Letters
  - Other method:

- Time frame

- Process outcomes (health services delivered)

- Patient outcomes
  - Knowledge/attitude/skills
  - Health behaviors
  - Health outcomes

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