

# Improving Self-Management of Healthy Weight Related Goals at the Pediatric Healthy Weight Clinic

## Authors

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## Disclosures

Nothing to Disclose

## Introduction

- According to the CDC, obesity affects one in five children and adolescents in the United States
  - Increased risk for diabetes, hypertension, sleep apnea, hyperlipidemia, etc
- Physicians and nutritionists at the PHWC have been working together to assist overweight children manage their weight and make lifestyle changes
  - Initial visit is extensive with a risk for information overload
  - Clinic had provided self management packets in the past but had not tracked the usefulness or obtained patient input/feedback
- **Aim Statement:** By July 2021, 100% of new patients at the Pediatric Healthy Weight Clinic will have documented receipt of a self-management packet in their charts. 75% of these new patients will report increased satisfaction in managing their new lifestyle changes.

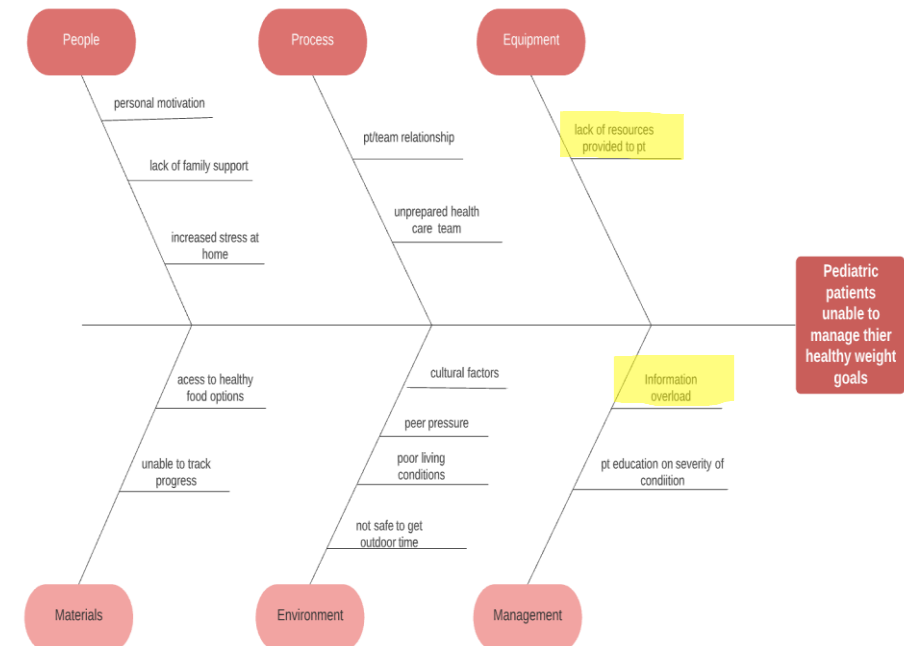
## Methods

### •Context

- Setting: Pediatric Healthy Weight Clinic (PHWC)
- Participants: New Patients at PHWC
- Time Course: Jan 2020 – Sept 2021

### •PDSA Cycles

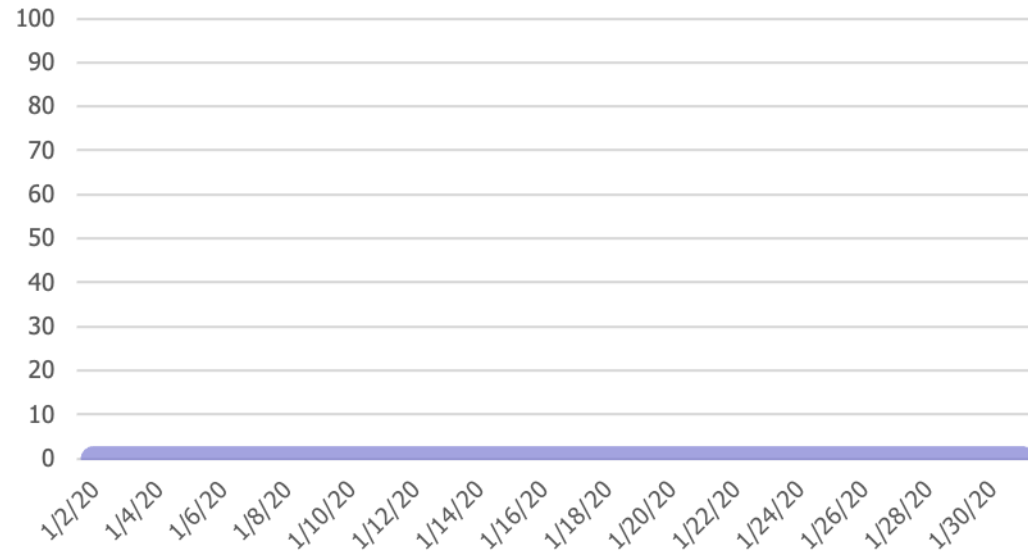
- **One:** performed a retrospective chart review of old patients to assess baseline that patients were not receiving self-management packets to take home with them
- **Two:** interviewed established patients to see what they would have wanted in a packet
  - Packet was created: general information about the clinic, energy balance, tips for talking about weight, physical activity goals, and nutrition
- **Three:** performed a monthly chart review to of new patients to measure documentation of packet distribution
- **Four:** collected a patient survey from returning patients to determine usefulness of packet



# Results

## PDSA Cycle 1

Percentage of new patients who recieved a self-managment packet in January



## PDSA Cycle 2

### Patient Feedback from Calls

Review of topics discussed at meeting

Nutrition Tips

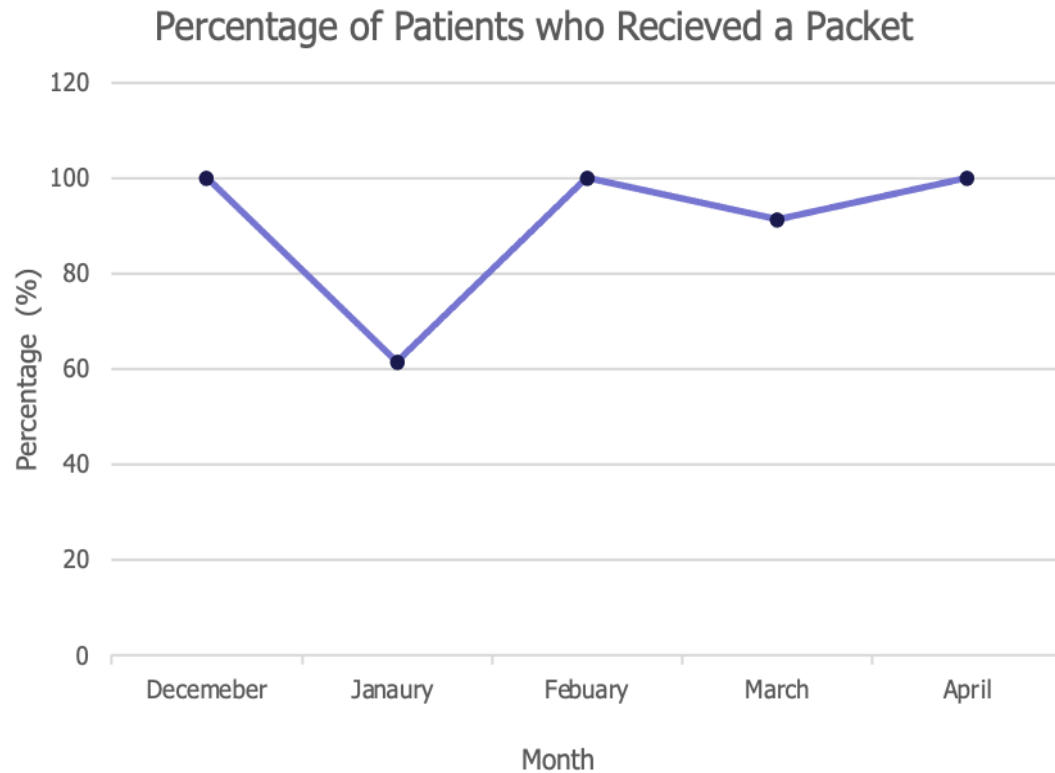
Contact information for clinic

Follow-up visit information

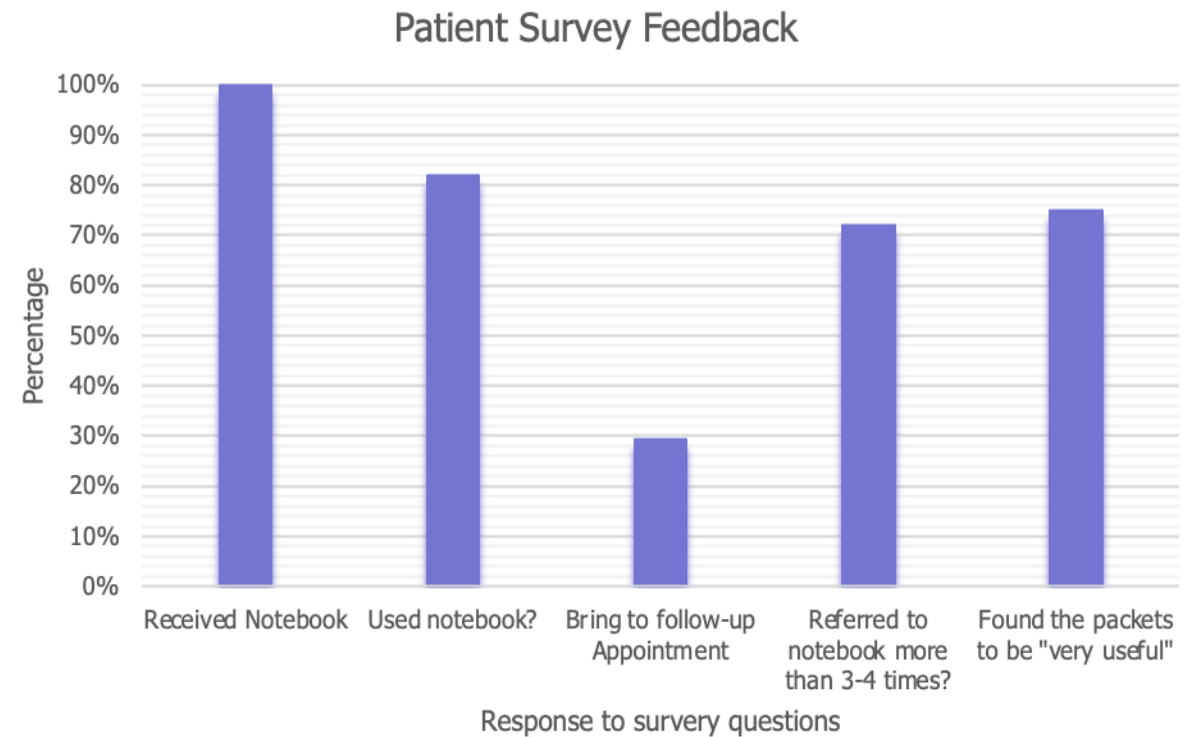
A place to put nutrition packets

# Results

## PDSA Cycle 3



## PDSA Cycle 4



# Conclusion

Packets were successfully created and distributed to new patients in the PHWC. Aim was partially achieved:

- 1) Distribution percentage varied due to supply issues
  - 2) 75% of patients surveyed found the packet to be “very useful” in managing their healthy lifestyle goals
- New patient packets allowed for an improvement in patient satisfaction in reaching their healthy weight goals.
  - This project can be adapted for any clinic in need of providing self-management support tools for their patients.
  - Due to time restraints input was limited regarding packet use and effectiveness.

Further steps in this project includes full translation of all materials in Spanish, checking reading level of materials, and ongoing development of packet components to better support patient needs