

BACKGROUND

According to the CDC obesity **affects one in five children and adolescents** in the United States.

- Leads to an increased risk for other health comorbidities like diabetes, hypertension, sleep apnea, hyperlipidemia, etc.

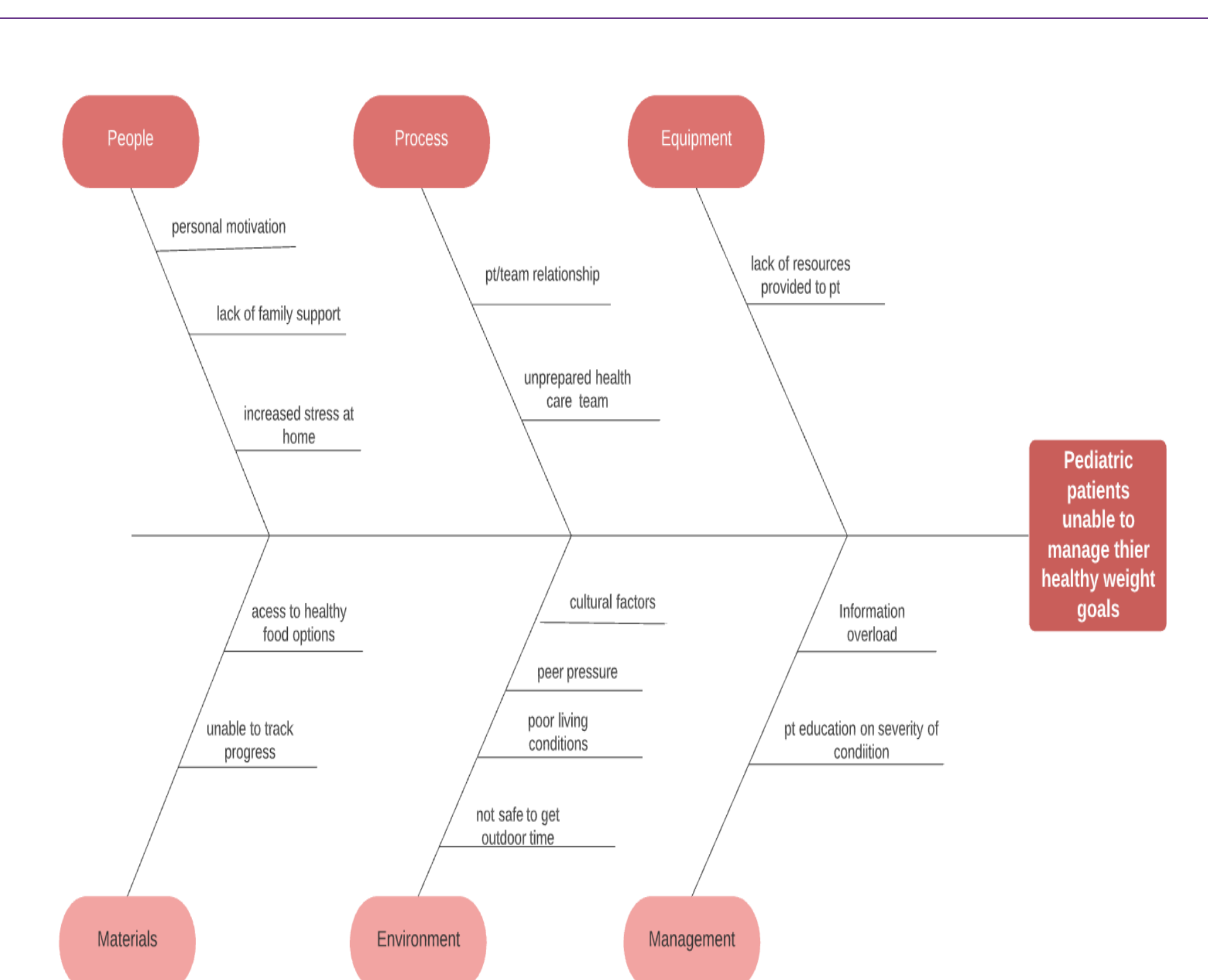
Physicians and nutritionists at the Pediatric Healthy Weight Clinic (PHWC) have been working together to assist overweight children manage their weight and make lifestyle changes.

- Initial visit is extensive with a risk for information overload.**

PROJECT AIM

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.

PROJECT DESIGN/STRATEGY



Context

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

CHANGES MADE (PDSA CYCLES)

PDSA Cycle 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

PDSA Cycle 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**

PDSA Cycle Three

- Performed a **monthly chart review to of new patients to measure documentation of packet distribution**

PDSA Cycle Four

- Collected a **patient survey from returning patients** to determine usefulness of packet

Discussion

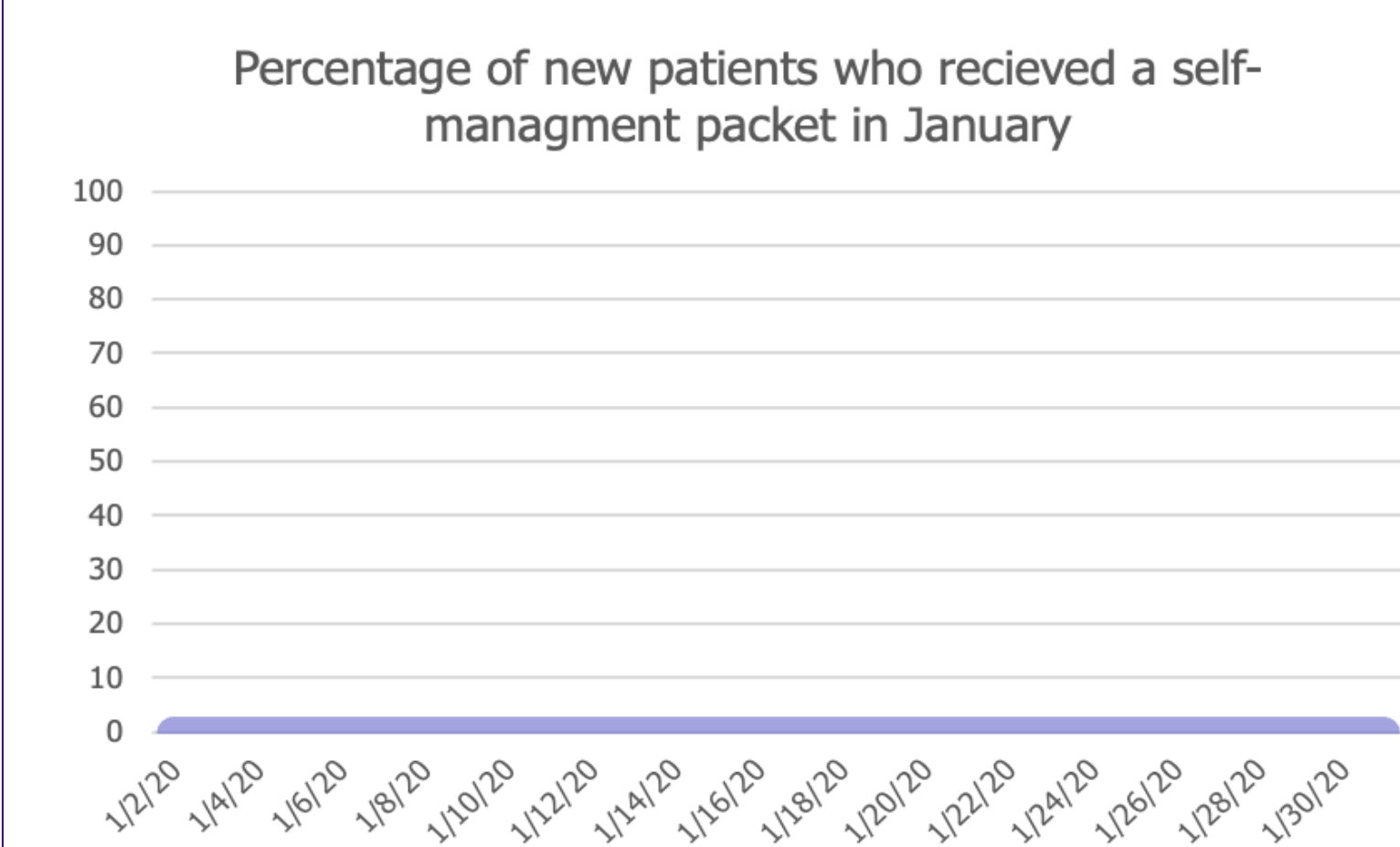
Packets were successfully created and distributed to new patients in the PHWC. Aim was partially achieved:

- Distribution percentage varied due to supply issues**
- 75% of patients surveyed found the packet to be “very useful” in managing their healthy lifestyle goals**

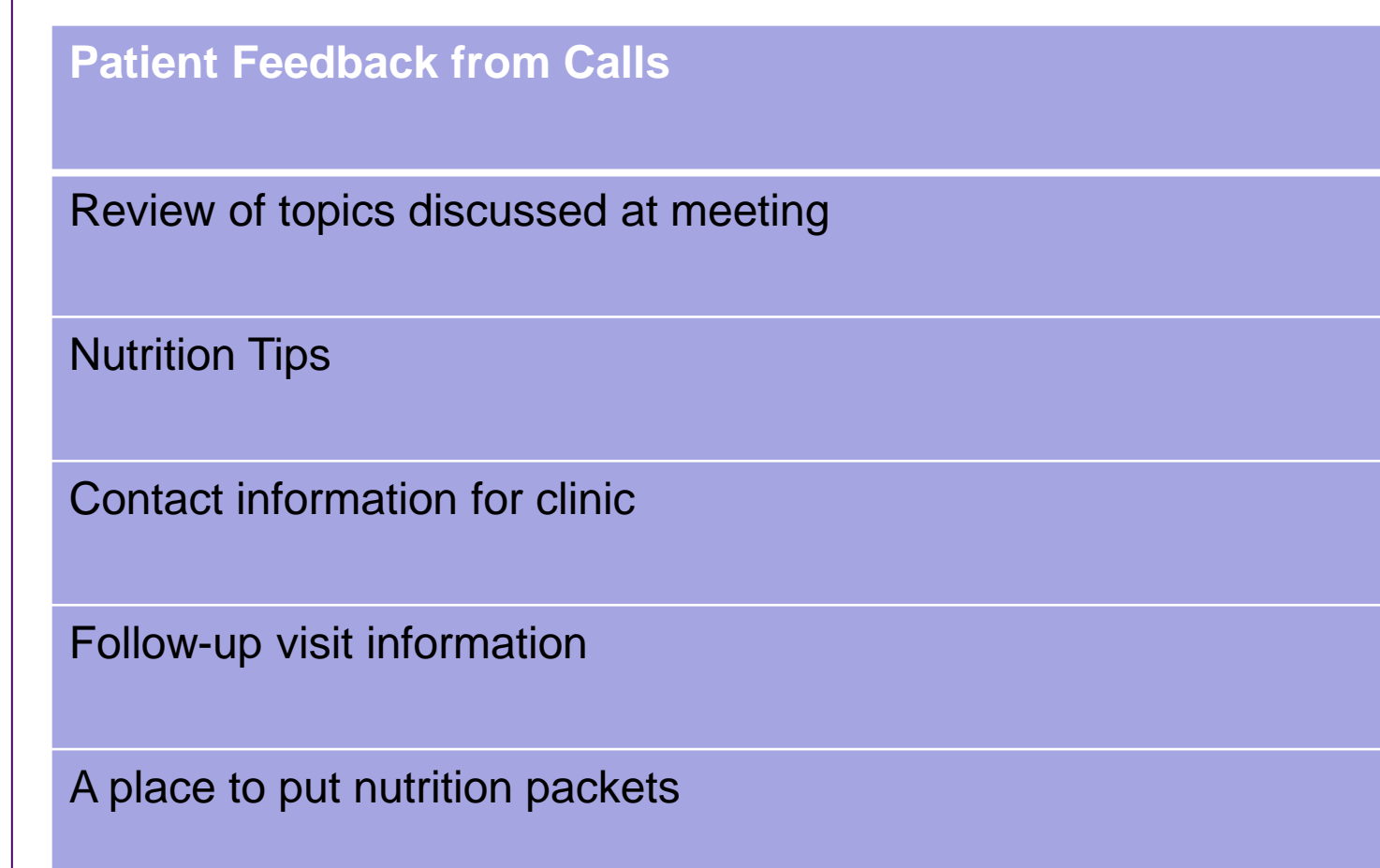
- New patient packets **allowed for an improvement in patient satisfaction** in reaching their healthy weight goals.
- This **project can be adapted for any clinic** in need of providing self-management support tools for their patients.
- Due to time restraints input was limited regarding packet use and effectiveness.

RESULTS/OUTCOMES

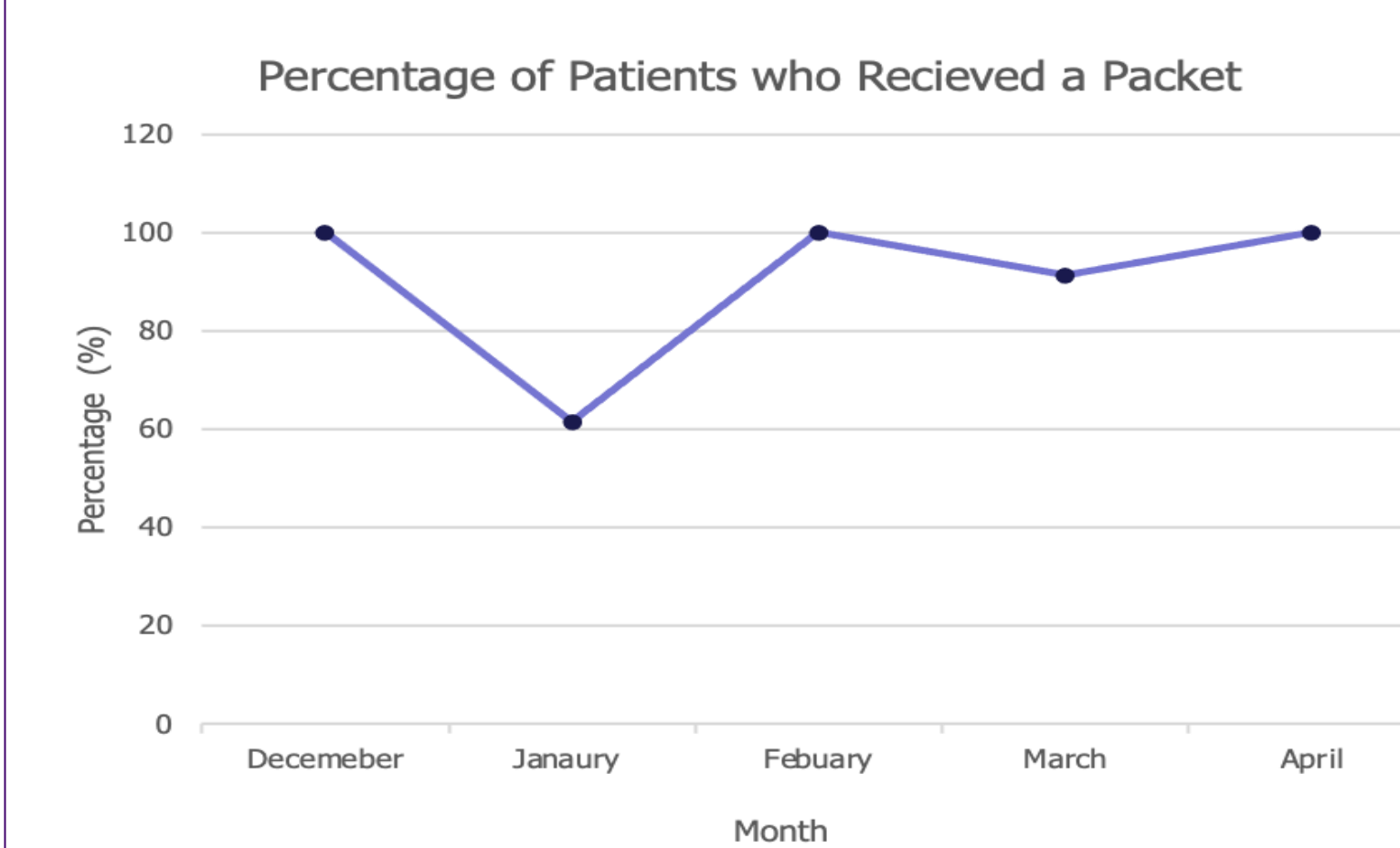
PDSA Cycle One



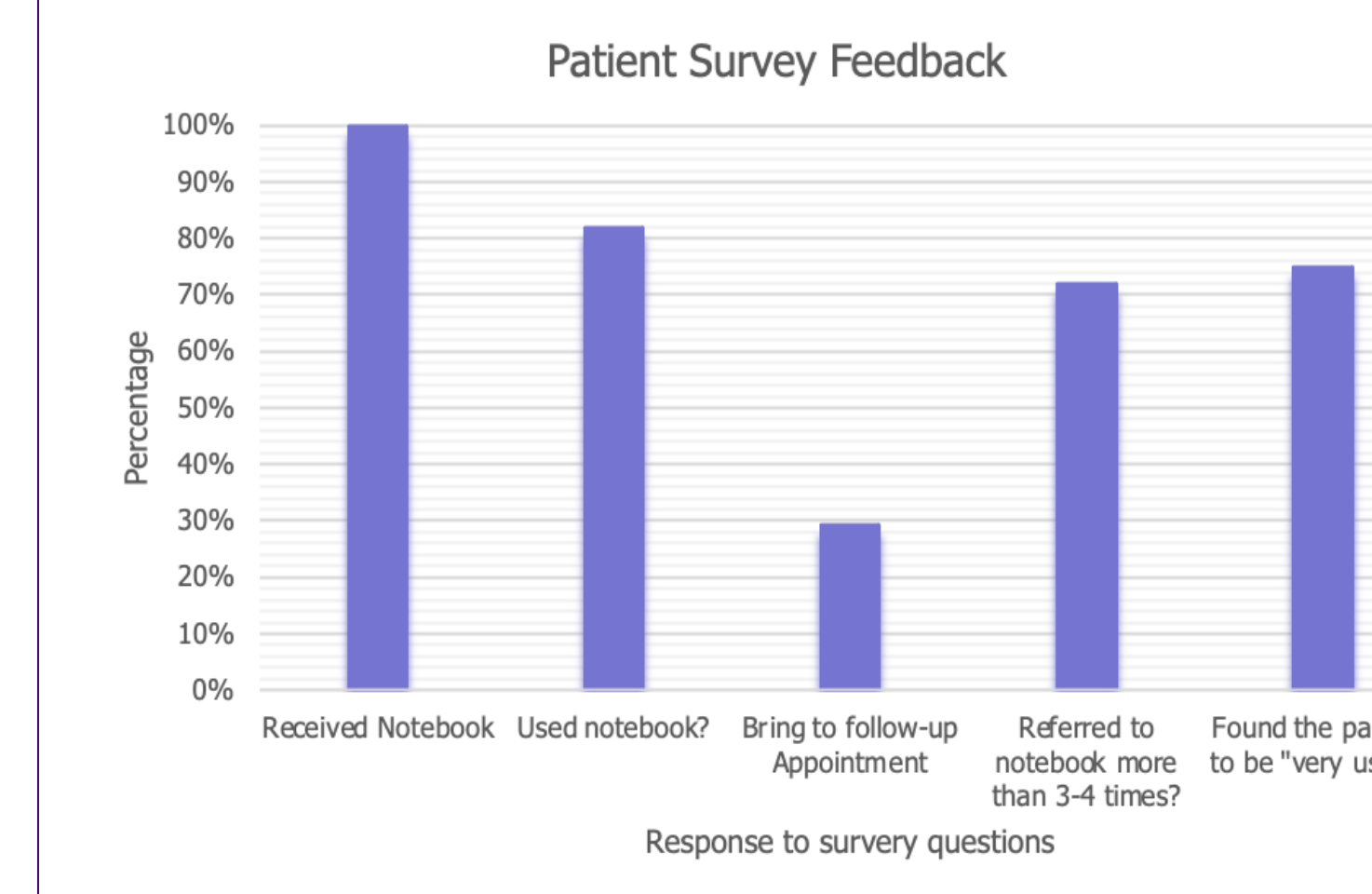
PDSA Cycle Two



PDSA Cycle Three



PDSA Cycle Four



NEXT STEPS

Further steps in this project includes:

- Full translation of all materials in Spanish
- Checking reading level of materials
- Ongoing development of packet components to better support patient needs

ACKNOWLEDGEMENTS

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