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.

RESULTS/OUTCOMES

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

ACKNOWLEDGEMENTS

This poster was prepared with financial support from the American Medical Association (AMA) as part of the Accelerating Change in Medical Education Initiative. The content reflects the views of the authors and does not necessarily represent the views of the AMA or other participants in this initiative.

Thank you to Dr. Lazorick, Dr. Collier, Natalie Taft, and the staff at the PHWC for assisting me with the QI project.

Thank you to Dr. Reeder, Dr. Lazorick, and the LINC program for your guidance and support over the past 4 years.

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