

Alivia Kowal BSN, RN

DNP Project Chair: Margaret Quinn, DNP, CPNP, CNE

DNP Team Members: Tracy Vitale, DNP, RNC-OB, C-EFM, NE-BC, Anita Persaud BSN, RN

Introduction

- Childhood obesity is one of the **most significant public health challenges** of the 21st century with the prevalence increasing at an alarming rate²
- The prevalence of obesity affects **1 in 5 children** and adolescents in the United States³
- Proper assessment and management is essential for **positive patient outcomes** and **the best quality of life**

Background & Significance

- Childhood obesity can have **immediate health consequences and long-term comorbidities** for children and adolescents⁴
- The **economic impact** of pediatric obesity continue to **rise annually, average health cost \$14 billion**¹
- Appropriate identification and diagnosis** of overweight and obesity in the pediatric population will lead to **proper implementation in managing** this disease

The prevalence of pediatric obesity is preventable!

Design

A quantitative, **needs assessment survey**

Setting

Pediatric clinicians in a large health care system located in central New Jersey

Study Population

125 potential participants
~General pediatric clinicians & specialty clinicians

Measures

- Identification**
- Clinicians perspectives**
- Management** and referral patterns
- Potential barriers**

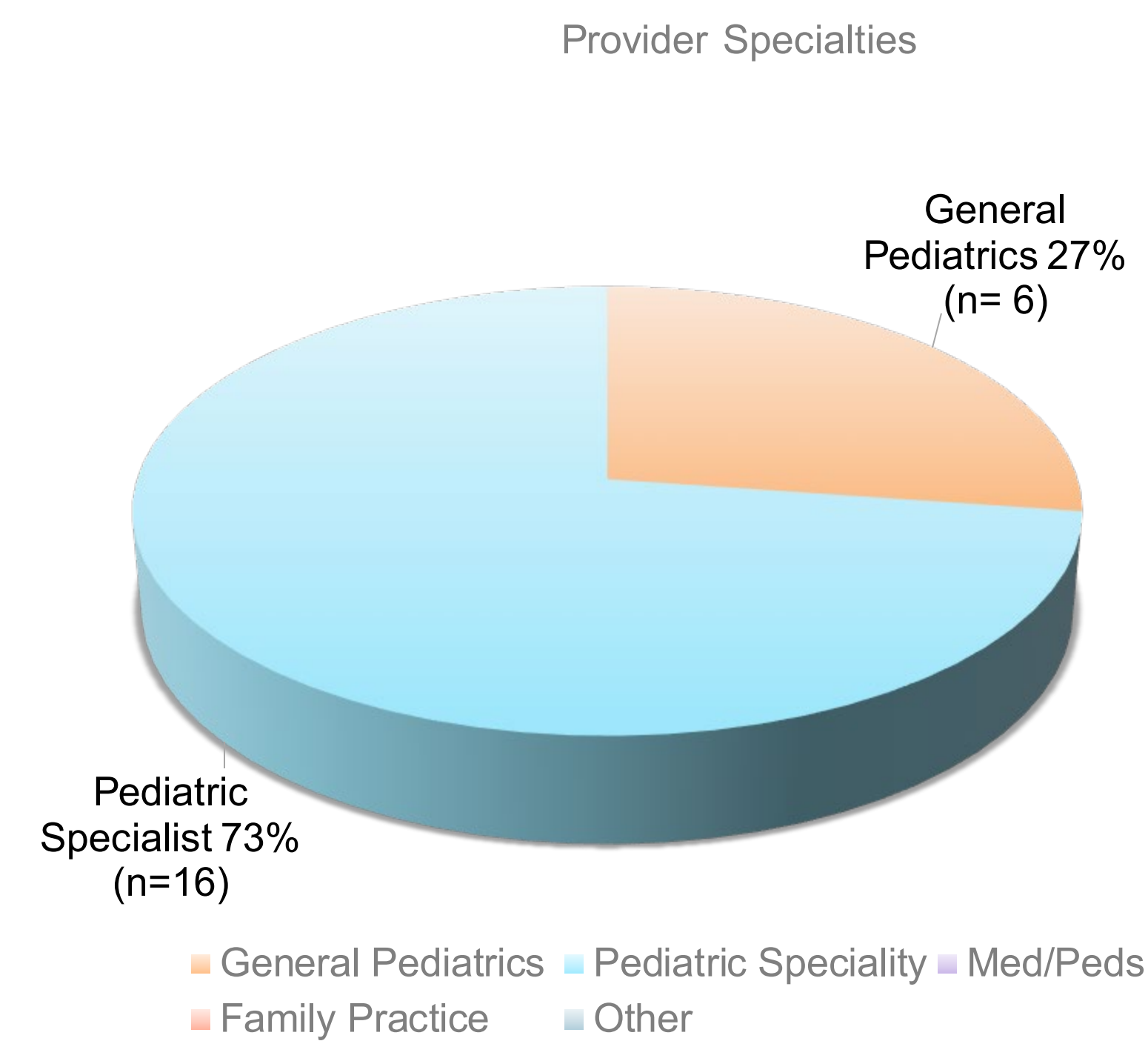
Analysis

- Descriptive statistics**

Results

Demographics

- 17% (n=22)** completed/partially completed
- All of the clinicians were **MD/DO**



Clinical Practice Guidelines

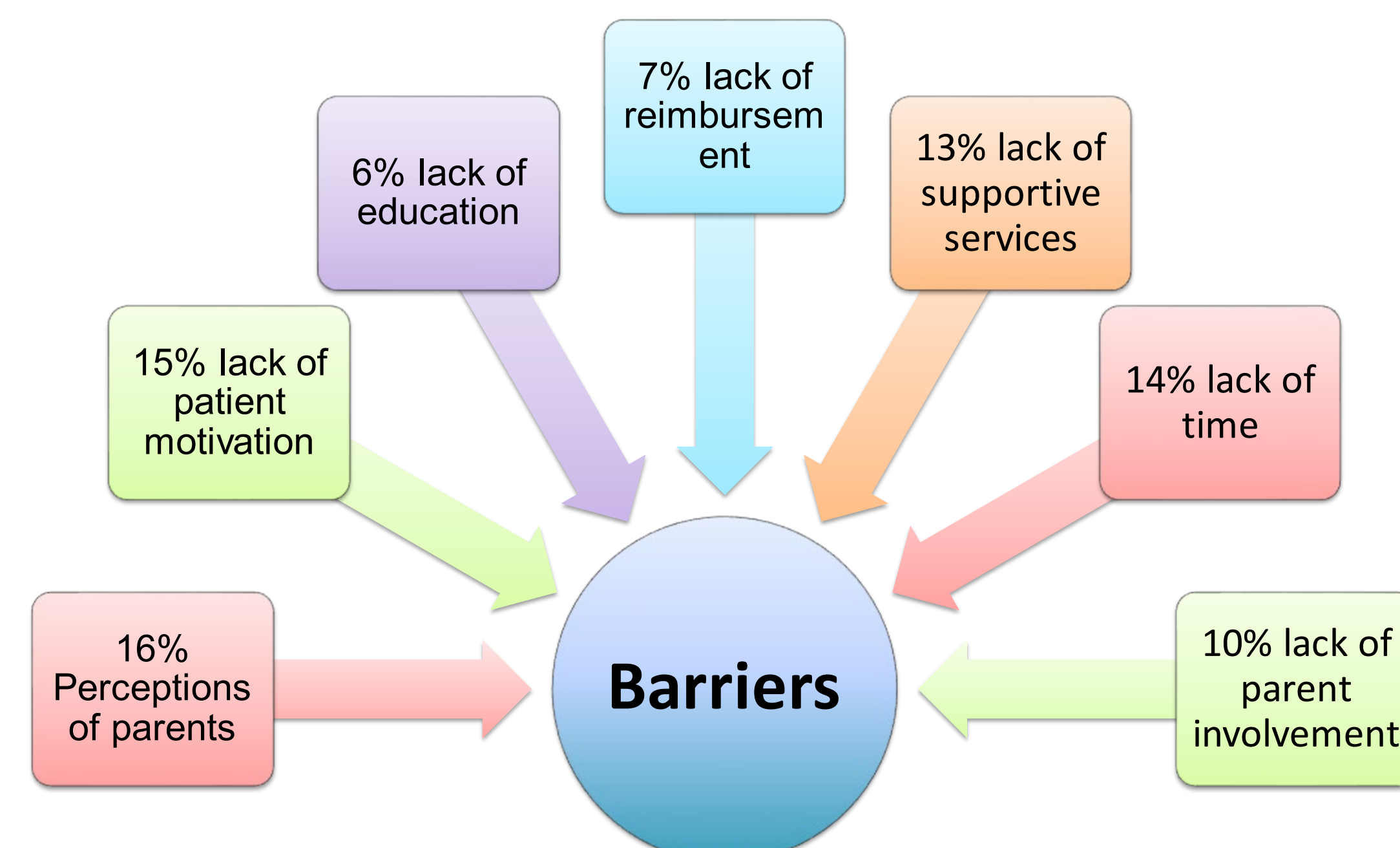
~Documentation at each well visit

- 95%** (n=19) documented weight for age and sex
- 90%** (n=19) documented length for age and sex
- 90%** (n=19) documented growth on CDC growth charts over the age of 2

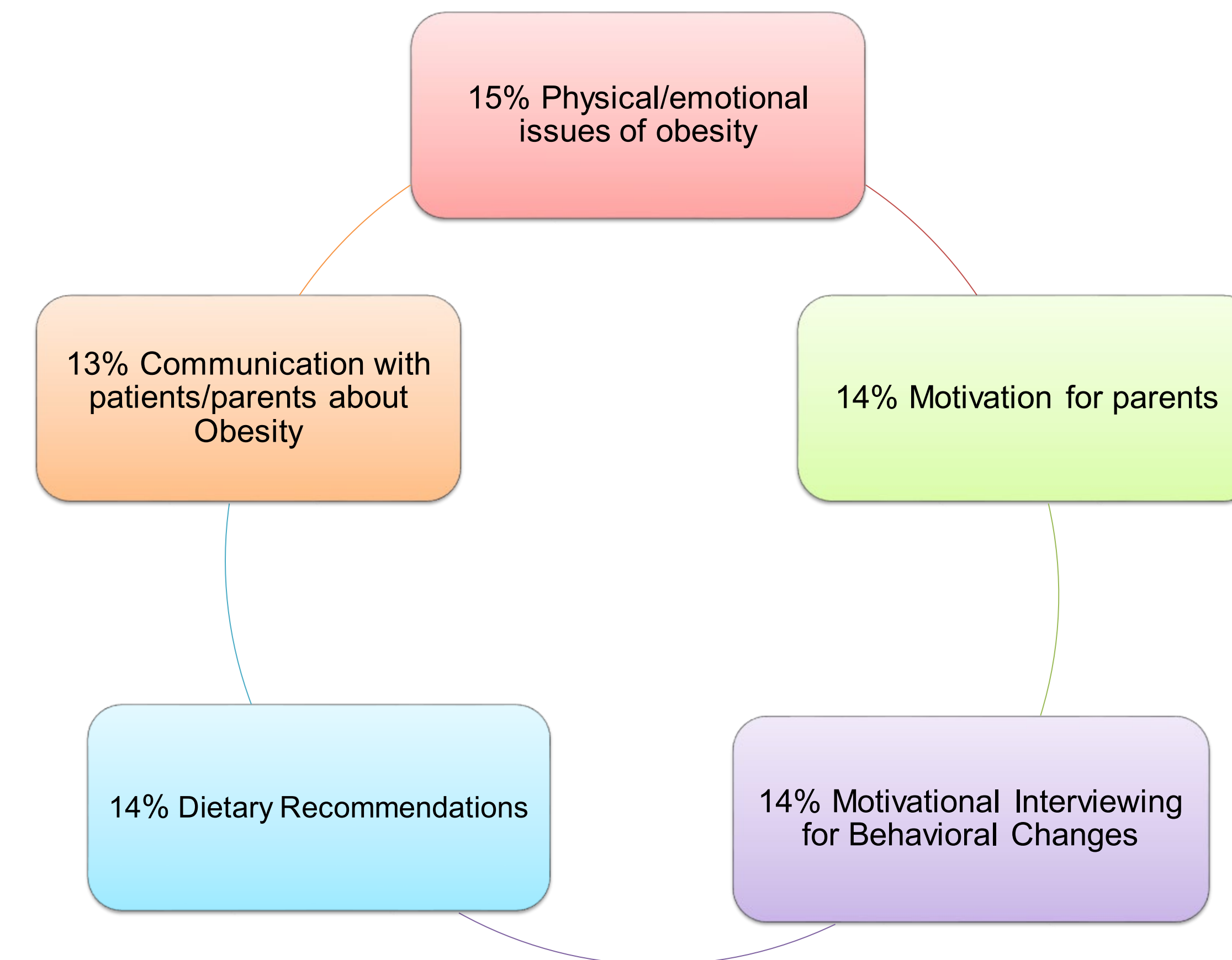
Clinicians' Perspectives

- 95%** strongly agree obesity is a medical problem
- 42.9%** are somewhat comfortable addressing and managing pediatric obesity
- 47.6%** are extremely comfortable addressing obesity concerns with patients and families

Potential Barriers



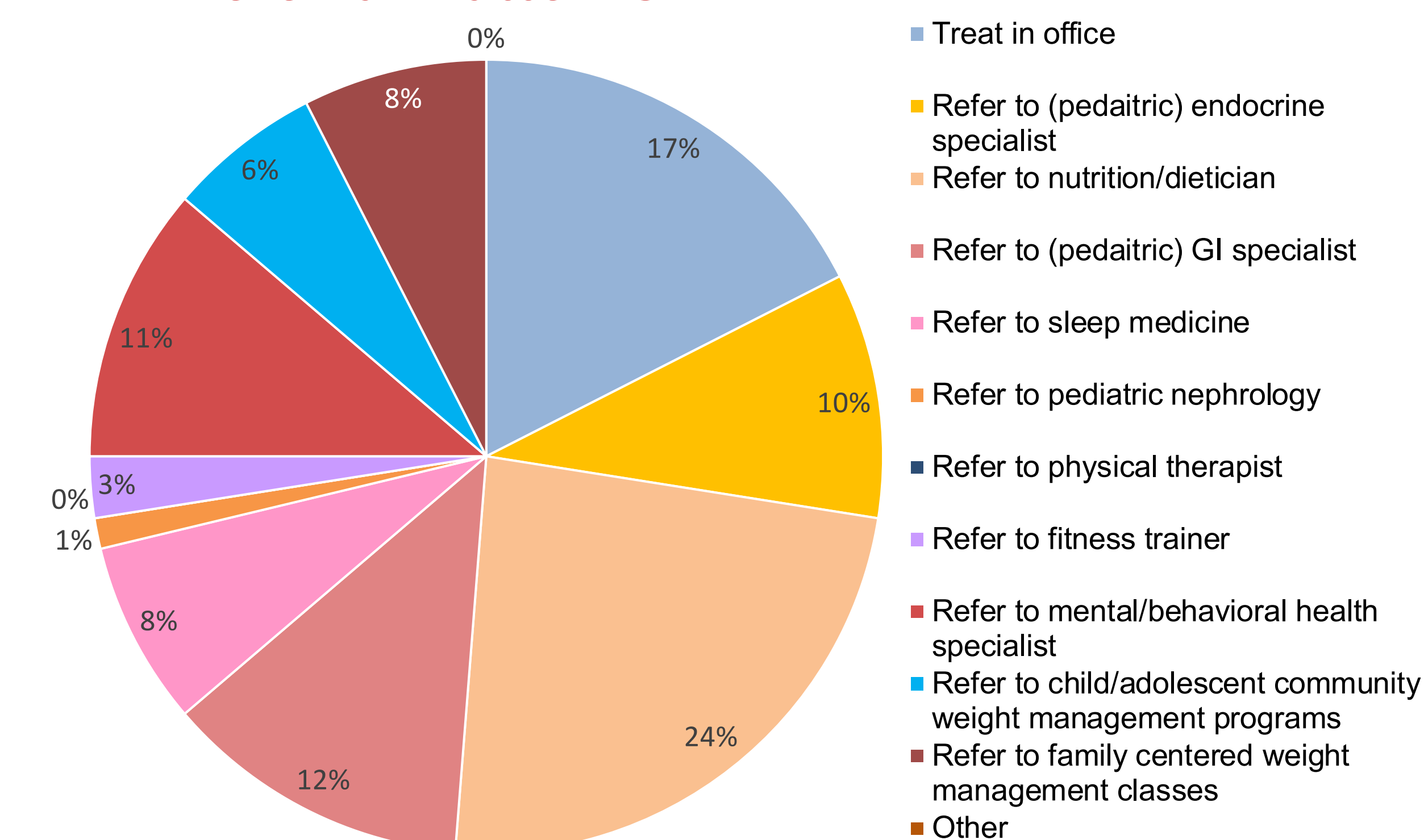
Perceived Needs for Additional Training



Management

- 10%** manage obesity entirely on their own in the office
- 31.5%** refer **10%** of their obese patients on an annual basis
- 62%** utilize **educational handouts** specific to obesity in the office
- 38%** of providers are **aware of WMP's** in their community

Referral Patterns



Discussion

The needs assessment survey was successful in identifying:

- Successful compliance rate of clinical practice guidelines**
- Positive awareness of pediatric obesity as a significant medical problem**
- Lack of comfort** in addressing and managing pediatric obesity & addressing obesity with patients and their family
- Perceived needs** for additional training is warranted
- Barriers still exist** in the management of pediatric obesity
- Management of pediatric obesity is inconsistent ~various strategies:
treating in office vs. referring patients

Clinical Implications

Appropriate education and resources about childhood obesity will lead to clinicians :

Appropriately manage the disease

Improve their patients care successfully

Decrease the prevalence of childhood obesity

Healthcare Policy

Future healthcare polices should focus on **pediatric obesity management guidelines** for the best patient outcomes.

Economic Impact

Appropriate resources and management therapies will:

- Improve healthcare outcomes
- Decreasing the prevalence of childhood obesity
- Reduce development of obesity-related illnesses
- Directly correlate in the reduction of the annual healthcare costs

Contact Info:

Alivia Kowal, BSN, RN
Ak1758@sn.rutgers.edu

References & Pamphlets:

