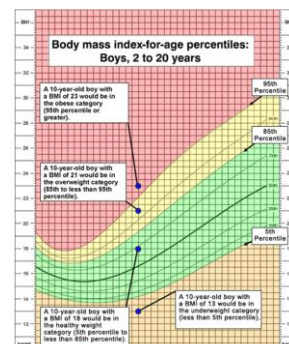


Efforts to Increase Early Detection of Obese and Overweight Children in General Paediatric Clinics

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Introduction:

Lack of attention to the paediatric Body Mass Index (BMI) by the physician during outpatient visits decreases the early detection of obese and overweight children visiting the clinic for reasons other than increased weight and subsequently delays starting active management. The aim of this project was to promote early detection and management of patients with a BMI above or equal to 85th percentile for age and gender (High BMI)



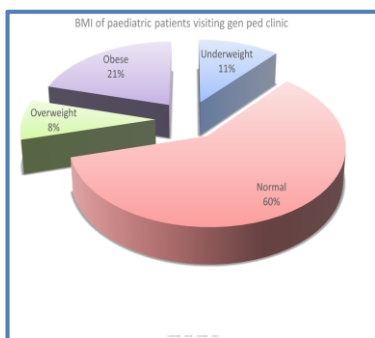
Methods: Plan Do Study Act Cycles

Education of staff regarding measurement of BMI in children

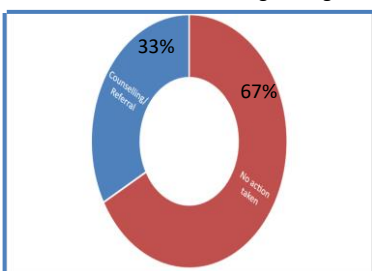
Physician notes on "office visit" template on electronic medical records so that the BMI is automatically built into documentation

Nurse identifies patients with high BMI at vital signs check and places reminder next to the patient's room number to alert the treating physician about patient's high BMI status

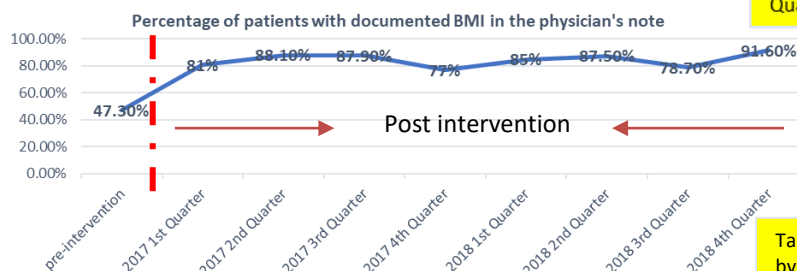
High BMI Patients' Families provided with counselling on diet and life style and referred to dietician and followed up clinically and with labs



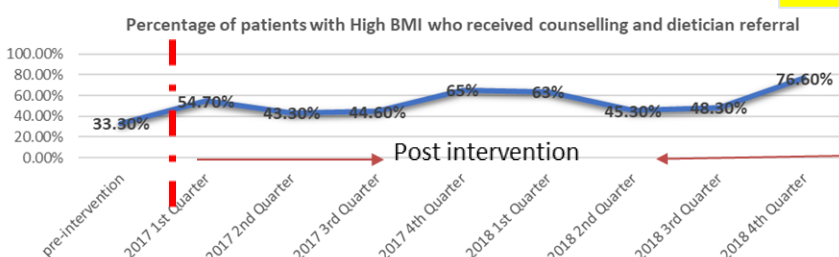
Pre-intervention : Counselling for High BMI



Results



Target- 75% by 4th Quarter 2107



Target- 75% by 4th Quarter 2107

Conclusion:

The recognition of BMI is the first step to early detection of paediatric obesity. Through simple sustained efforts we were able to improve the management of High BMI children by improving counselling and dietician referral from 33.3% to 75% in the last quarter of 2018. We intend to follow the patients detected to be overweight and obese in these clinics to see if simple measures like family counselling and dietician referral have resulted in BMI reduction over time.