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Developing a Pediatric Weight Management Program in Primary Care

Alyssa Bosse, RDN, LD

Introduction

The practicum was completed at Central Ohio Primary Care Physicians (COPC), a large group of physician owned primary care practices. COPC would like to start a program for pediatric weight management utilizing their three pediatric Registered Dietitian Nutritionists (RDNs). The first step was collecting data to see any improvements that are needed from the current nutrition program. The second step was reviewing the literature on pediatric weight management to ensure the new program is evidenced-based. All steps were evaluated by COPC leadership and collaborated with internal company resources.

Goals

1. Work alongside the Electronic Health Record team to pull data on pediatric nutrition appointments and population level BMI data.
2. Create a weight management program with measured outcomes
3. Build leadership skills by creating agendas, meeting with senior medical directors, and public speaking at the pediatrician meeting
4. Complete a literature review on weight management programs in primary.
5. Collaborate with three different departments within COPC

Experiences

Build Leadership Skills

The program development process has involved working alongside several key stakeholders: senior leadership, wellness program manager, electronic health record team, marketing, primary care pediatricians and fellow dietitians. Gathering information and insight from each entity helped ensure the program was supported from multiple sides. A PowerPoint presentation was shown at the bi-monthly pediatrician meeting where physicians and senior executives were able to gain information on the new program.

Implement a New Program

The new program involved creating a program flyer and patient educational handouts with a cohesive look. There also needed to be changes with the Electronic Health Record reporting system to track patients who opt-in verses those who decline enrollment. A budget for the program was discussed to allow for funds to purchase rewards for program completion.

Evidenced Based Approach

By conducting a literature review along with the advice of the Senior Medical Director and Wellness Program Manager, a new program was built. The literature review included research on attrition rates, importance of earlier intervention for weight management, using positive reinforcement to build self efficacy, and increasing the number of touch-points to help with accountability. The rewards are used to ensure follow up retention and reinforce healthy eating behaviors. Weekly email check-ins with the parents are aimed at increasing touch-points in a more convenient way than bringing their child to the appointment.

Activities

1. Analyzed data pulled from the Electronic Medical Record reports to analyze ages of patients referred and follow up retention.
2. Collaborated with wellness manager to create a new program with clear expectations, positive reinforcement, and earlier intervention.
3. Regularly met with the senior medical director to ensure program aligns with COPC mission and vision.
4. Presented new program to all pediatricians at the bi-monthly meeting.
5. Work alongside marketing to create graphic visuals for the program flyer and patient education.

Goal Achievement

1. Collaborated with the senior medical director and wellness manager to find areas of improvement with current nutrition program, and how to implement into the new program.
2. Presented new program to all pediatricians at the bi-monthly meeting
3. Created a program flyer and two patient educational tools to incorporate during the program
4. Collected data on patients who enroll in the new program, including their ages, show rates, follow up retention and a post-program survey
5. Completed a five-page literature review on weight management in primary care

