

Guidance for Obesity Concerns- for FA's & Specialists

Obesity concerns are created when the height and weight is entered in the Growth Assessment in Shine under Health Exams and Screenings. An Obesity Concern is created if the BMI (Body Mass Index) is 85% or higher. If the Obesity Concern is not yet open, it looks like this:

The screenshot shows a window titled "CONCERNS" with a "Cancel" button and a "Save" button. On the left, there is a list of concerns: "Dental Concern", "Asthma", and "Obesity". The "Obesity" concern is highlighted with a red circle. On the right, the details for the "Obesity" concern are shown: "Concern: Obesity", "Initiated by: Growth Assessment - 2/1/2018", "Chronic or Acute: N/A", "Goal Required: No", and "Follow-Up Steps".

Open the Concern (click on it) and fill in:

Chronic or Acute: N/A, Goal Required: No.

This screenshot shows the details for the "Obesity" concern. The "Chronic or Acute" field is set to "N/A" and the "Goal Required" field is set to "No". Both fields are circled in red.

Click on *Follow-Up Steps*: and you will need to choose an option; "Individual Care Plan", "Parent Education" or "Rescreen".

This screenshot shows the "Follow-Up Steps" section. A dropdown menu is open, showing three options: "Individual Care Plan", "Parent Education", and "Rescreen". The dropdown menu is circled in red.

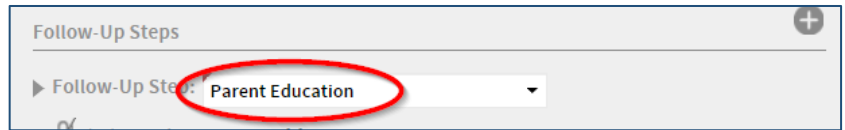
Be sure to assign the concern to yourself and set a follow up date. The follow-up date can be set by you to determine the next time you want to touch base with the family or when you want to do a Rescreen.

This screenshot shows the "Follow-Up Steps" section. The "Owner" field is set to "Select Option" and the "Follow-Up Step Next Due Date" field is set to "mm/dd/yyyy". Both fields are circled in red.

After you make your choice for *Follow-Up Step*, you will need to click on *Action*. You will document your conversation(s) with the parent at this point and/or the results of the rescreen.

This screenshot shows the "Actions" section. The "Action Taken" field is set to "mm/dd/yyyy" and the "Date" field is set to "mm/dd/yyyy". The "Actions" header and the "Action Taken" field are circled in red.

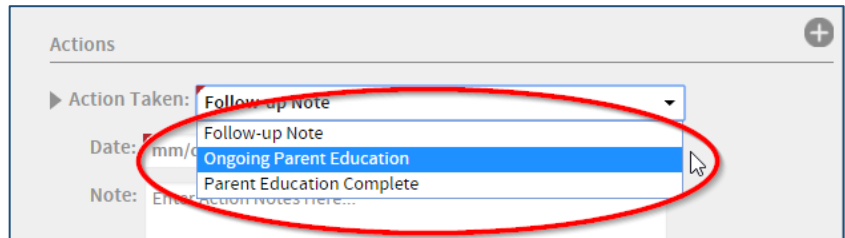
For the *Follow-Up Step*, you most often will have “Parent Education”



Follow-Up Steps

Follow-Up Step: Parent Education

You would then make a note in regards to the parent education that you provided, or conversation you had with the parent. If you need to complete multiple follow ups, you will not close this out right away. For example, if there is a weight concern you may work on it with the family and keep this concern open for a while. Please provide information to the family if needed and support them if they are working with their medical provider or WIC. You can also refer them to WIC as needed.



Actions

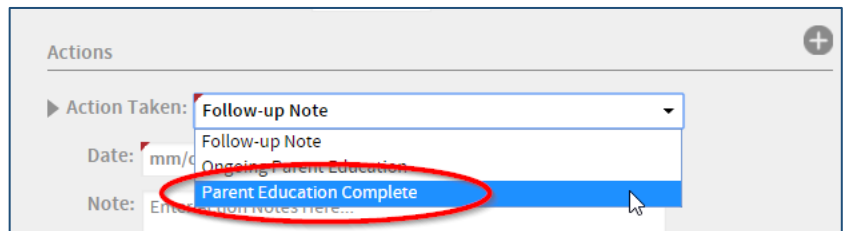
Action Taken: Follow-up Note

Follow-up Note

Ongoing Parent Education

Parent Education Complete

If there is no longer a concern, you can choose “Parent Education Complete” and note the circumstances and this closes the concern.



Actions

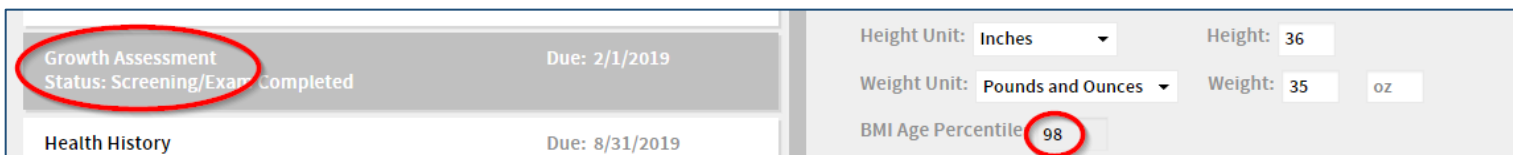
Action Taken: Follow-up Note

Follow-up Note

Ongoing Parent Education

Parent Education Complete

Remember, when starting the conversation, you can tell the parent about the height and weight measurements we completed (which is part of the Screening consent they sign) and let them know the BMI came out high. We recommend you do not use the word obese. The technical medical terms are 85-95th percentile of BMI is overweight, and over the 95th percentile is obese. We want to focus on positives – so discussing how to become a healthy weight is a good way to go about it.



Growth Assessment Status: Screening/Exam Completed	Due: 2/1/2019	Height Unit: Inches	Height: 36
Health History	Due: 8/31/2019	Weight Unit: Pounds and Ounces	Weight: 35 oz
		BMI Age Percentile	98