

# OVERCOMING OBESITY:

## REMINDERS AND EDUCATION FOR PROVIDERS IN PRIMARY CARE

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### PICOT Question

In patients between five and 12 years of age (P), how does the implementation of primary care provider reminders and education (I) compared to current practice (C) impact the diagnosis of overweight and obesity, frequency of nutrition and activity counseling, and number of patient referrals as well as follow-up visit recommendations and patient weight, BMI, and zBMI (O) over a 12-week period (T)?

### Best Practice

- ❖ Multi-Faceted Approach
- ❖ Accurate Diagnosis
- ❖ Management based on AAP Algorithm
- ❖ Frequent Provider Contact

### Implementation

- ❖ Provider Education Session
- ❖ Sticky Note System
- ❖ Patient Education Handouts

### Evaluation

Frequencies and Chi-Square Results of Primary Outcomes (N = 502)

Source	Pre-intervention		Intervention		X <sup>2</sup>	df	p
	n	%	n	%			
Diagnosis	60	54.1	274	70.1%	8.636	1	.003*
Nutrition and Activity Counseling	81	73.0	301	77.0	1.587	1	.208
Referral	12	10.8	65	16.6	2.296	2	.317

\*p < .05

### Conclusion and Recommendations

- ❖ Provider reminders and education significantly increase recognition and diagnosis.
- ❖ Need for further research to examine association between diagnosis and patient outcomes.