

Emily Barnes DNP, FNP-C  
West Virginia University  
[ebarnes@hsc.wvu.edu](mailto:ebarnes@hsc.wvu.edu)  
Year Completed: 2009  
Category: Clinical Practice

### Implementing Clinical Practice Guideline Recommendations to Address Adult Obesity: A Practice Change in Primary Care

The goal of the change project was to provide improved patient care by increasing providers' adherence to the recommendations of a clinical practice guideline for the assessment and treatment of overweight and obese adults in primary care.

The Theory of Planned Behavior was used as a framework in planning interventions to promote behavior change in the nursing staff and primary care providers. Strategies to promote behavior change in this project included reminder systems, audit and feedback, and addressing perceived barriers to the treatment of obesity.

The project was evaluated based on the following three objectives: 1.) A 20% increase over baseline in the documentation rate of body mass index, 2.) A 20% increase over baseline in the documentation rate of a diagnosis of obesity, if the body mass index was at least 30, and 3.) A 20% increase over baseline in the documentation rate of a weight loss plan, if the body mass index was at least 25. Pre- and post-intervention chart review was used to collect this data. One hundred charts were reviewed for each time period.

Prior to data analysis, the level of significance was determined as  $p < 0.05$ . The goal of a 20% increase in each objective was not met. However, there was a 13% increase in the documentation rate of BMI in the post-implementation sample, which was a statistically significant increase ( $p = 0.0006$ ). No statistically significant change was observed in either the documentation rate of diagnosis of obesity or documentation rate of a weight loss treatment plan.

The project is the first step in the process of changing the social norm of the clinic to include adherence to the recommendations set forth in the guidelines for the diagnosis and treatment of obesity. The successful implementation of the project may have long-lasting impact on attention to healthy weight within the clinic population.