Promoting Health at Every Size:

The General Paediatric Ward Challenge

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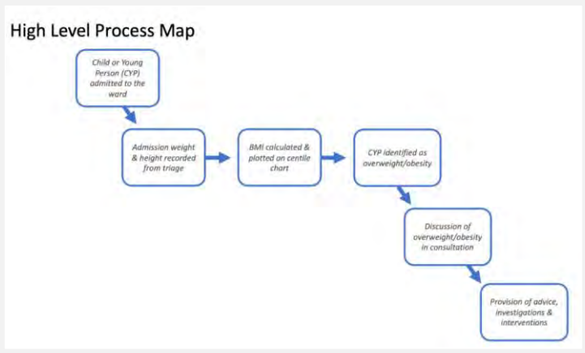
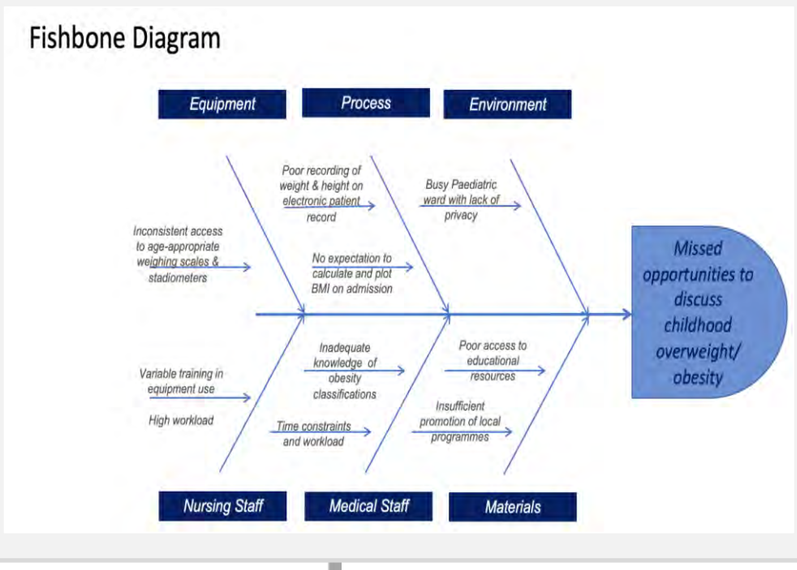
BACKGROUND

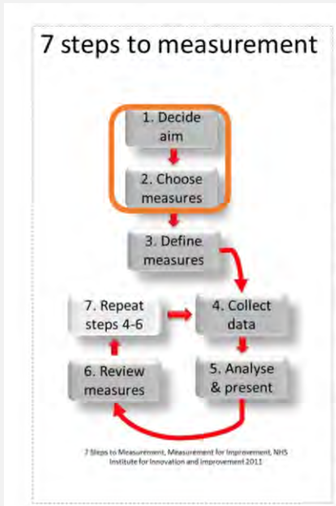
Many children presenting to hospital are overweight or obese. Yet, Paediatricians often overlook this problem, failing to prevent long-term harm.

DIAGNOSTICS





AIM & MEASUREMENT DEFINITION



Aim

By August 2021 all children admitted to the general paediatric ward should have their height, weight and BMI measured, documented and discussed.

Chosen measure

Documentation of height, weight and BMI on growth chart in electronic patient record during current admission

Inclusions

All patients admitted under the general paediatric team

Exclusions

Patients primarily under other speciality teams

Sampling method & frequency

Can you do this for cases retrospectively? Yes

Weekly review of electronic patient records for admission to the general paediatric ward

CHANGE IDEAS

Ideas to encourage measurement of height & weight:

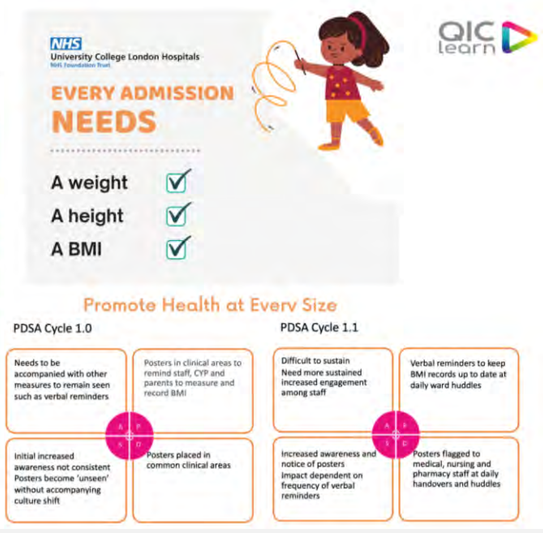
- Posters in clinical areas to remind staff, CYP and parents
- Encourage and empower families to ask for measurements
- Verbal reminders to keep records up to date at daily ward huddles
- Education sessions for nursing and medical staff
- Ward round template including height, weight, BMI
- Make height & weight information an Integral part of handover from ED
- Electronic patient record reminders
- Electronic bar to prescribing without height & weight
- Ward round template including height, weight, BMI

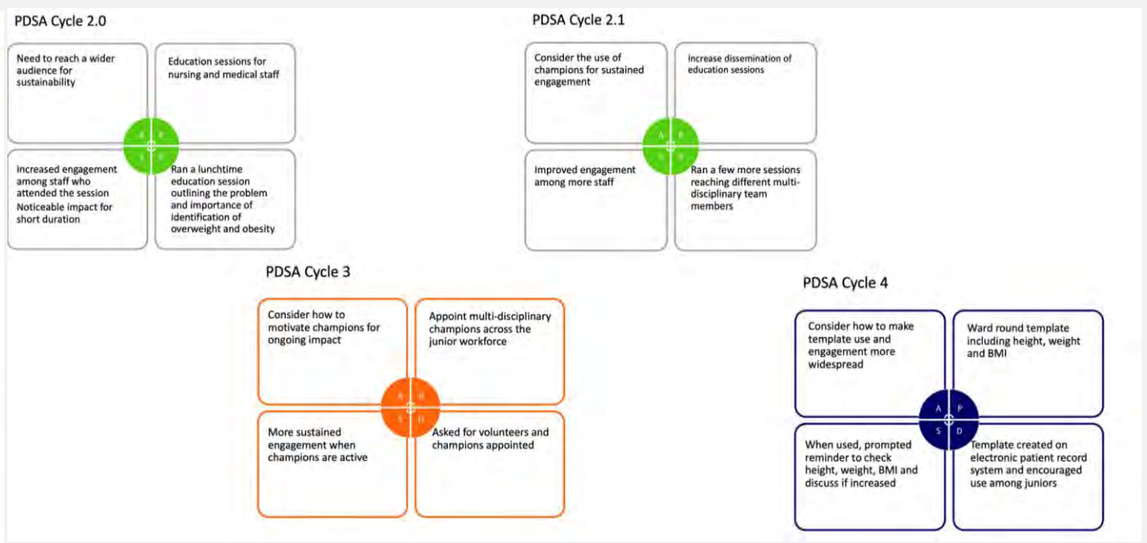
PDSA cycles

PDSA Cycles

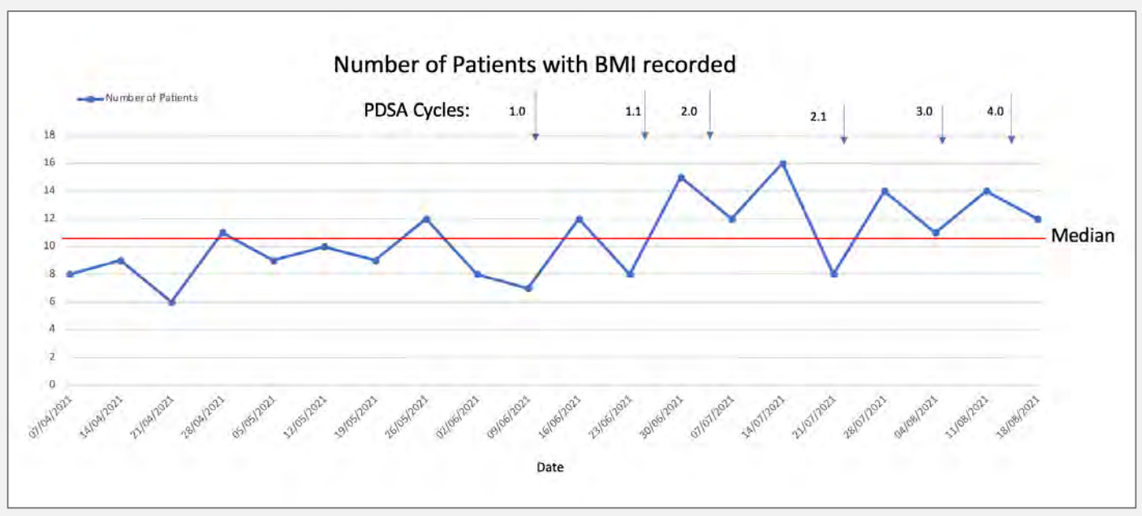
PDSA PLAN	
ONE thing to test	Posters in clinical areas to remind staff, CYP and parents
What to do	Design an eye-catching poster
When to do it	This week at handovers/huddles
Where to do it	Ward bed-board, nursing station and drug rooms
Who to do it	Myself in discussion with ward medical and nursing team
Predict outcome	Some increase to recording of weight and height
Data to collect	% general paediatric admissions for which BMI is recorded

website | qiclearn.com





RUN CHART



REFLECTIONS & LEARNING

- Taking the time to identify a specific goal and sphere of influence enabled targeted strategies to improve healthy weight promotion
- The importance of involving key stakeholders in early stages, including CYP, parents, dieticians, nursing staff and doctors to enable practical and feasible solutions
- Increasing the awareness of the need to identify CYP with raised BMIs via visual and verbal reminders in posters, meetings and education sessions demonstrated some improvements
- Difficulties were identified in sustaining these improvements, for which recruiting more project champions was shown to be helpful
- Next steps will be to expand on the electronic change ideas including ward round templates and electronic reminders