

Let's make every encounter matter, and take a step towards tackling childhood obesity in our local communities

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Background

The next pandemic?

Childhood obesity is an ever growing problem that we as frontline health professionals need to get better equipped at tackling.

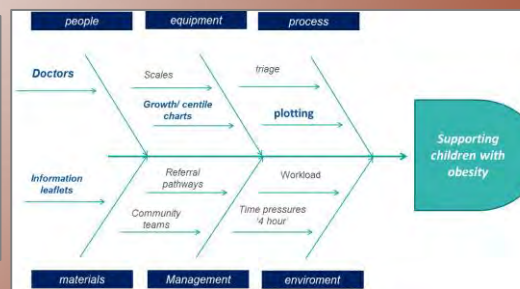
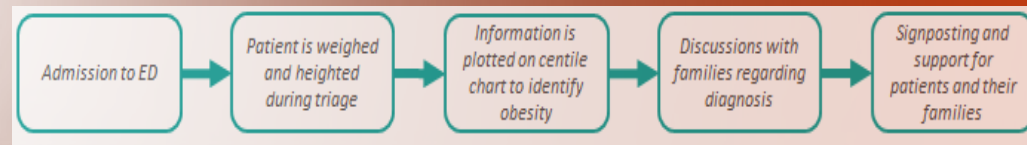
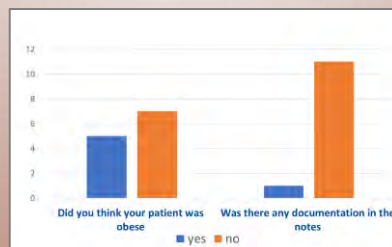
Lets get this right and help support these vulnerable children.

Pdsa's and Run chart

PDSA Test #	PLAN	Do	STUDY	ACT
1.1	Posters	Place posters around department	Audit of notes on a weekly basis	Continue with spreading the word
1.2	BMI Charts	Annotate and update rcpcd posters, get them printed in a2 and hung.	Audit of notes on a weekly basis	Continued encouragement of colleagues
1.3	Post it notes on computer screens	Bright, short reminders to check patients height	Audit of notes on a weekly basis	Continued efforts to increase awareness
2.1	Email to colleagues	To increase awareness of QI project in weekly bulletin	Audit of notes on a weekly basis	Continued efforts to increase awareness
2.2	Whatsapp reminder in group	Text to team as a reminder	Audit of notes on a weekly basis	More formal approach to be used

In 2018-2019 over 1/3 of year 6 students were overweight/ obese in the uk. These numbers were worse in the more deprived areas of the country

Diagnostics



Aim & measure

Aim

Improve documentation of height and body mass index (BMI) in children by 80%

Chosen measure

Run chart

Inclusions

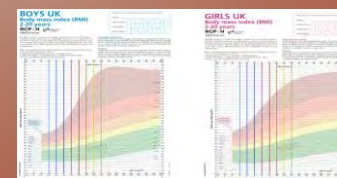
All children aged 5-12 years

Exclusions

those not seen by a doctor/ ANP

Sampling method & frequency

25 cases randomly selected every week
Can you do this for cases retrospectively? Yes



Learning

- Awareness and understanding helps motivate engagement and compliance with change.
- Emergency units are busy- steps need to be as simple as possible
- Limitations in equipment availability
- Easier to introduce 'change' at the start of a doctors rotation rather than mid way.
- Utilisation of other team members such as the play specialist.

