INTRODUCING ROUTINE BODY MASS INDEX PLOTTING TO THE GENERAL PAEDIATRIC OUTPATIENT DEPARTMENT AS AN OBESITY SCREENING TOOL

A.McClean, E. Sweeney, K. Orr, P. Anderson, D. McKenzie, M. Anandarajan,
Department of Paediatrics, Ulster Hospital, Dundonald, Belfast

BACKGROUND

A 2017 audit of children attending Ulster Hospital outpatient clinics (OPC) & rapid response unit (RRU) revealed: **13% of children were overweight & 15% were obese. 86% of overweight & obese children were not recognised by doctors or nurses.**

AIMS

- To increase **childhood obesity recognition** by ensuring **50% of children** will have BMI calculated & plotted by May 2018.
- To increase **staff awareness & knowledge** of obesity

METHDOLOGY

A **multidisciplinary project team** was formed. Staff & parent feedback was collected. QI methodology was used to introduce routine BMI plotting.

RESULTS

Fig. 1 The Percentage of Children (2-14 years) in Rapid Response Clinic who have B.M.I Calculated and Plotted

OUTCOME:

BMI plotting has been successfully introduced to RRU & Friday OPC.

Doctors & nurses attended training on addressing obesity with families: **100% of 50 staff members questioned “agreed” or “strongly agreed”** that the training improved their **confidence** and **willingness** to address obesity with families.

NEXT STEPS

- Embed & spread routine BMI plotting
- Increase staff training
- Pilot a childhood weight management programme for children in our local area.