

# Health Habits *Evaluation* Visit

Expert Comm Recs, AAP (2007); Implementation guide, NICHQ (2007)



MA

Vitals: Ht, Wgt, BP (cuff covers 80% upper arm, use pediatric norms)

## Healthy Weight History [Form]

Review of Symptoms	
Anxiety, Sleep disturbance (Depression)	Abdominal pain (GERD, GB dis)
Excessive thirst, urination, weight loss (DM2)	Joint Pain (SCFE)
Headaches (Pseudotumor cerebri)	Oligomenorrhea, Amenorrhea (PCOS)
Loud snoring, fatigue (OSA)	Constipation
Risk Factors (RF)	Family History
HTN	Type 2 Diabetes
Chronic steroid (excludes ICS for asthma)	High blood pressure
Low birth weight or high birth weight	High cholesterol
Physical disability	Obesity
Social History: Barriers to care	Gestational Diabetes
Social and financial support, travel, safe environment	Early CVS (under age 55)
Psychosocial limitations of caretakers, patient	

## PCMH Standing Orders

Categorize BMI, Inactivate prior classifications.

## Assessment

### Review Assessment Tools

521AN Health Habits Assessment and Plan

Physical Exam Finding	Associated Comorbidities
Poor linear growth	Hypothyroid, Cushings, Prader-Willi
Dysmorphic features, Undescended teste	Genetic syndromes, Prader-Willi
Acanthosis nigricans	NIDDM, insulin resistance
Hirsuitism, Acne	Polycystic Ovary Syndrome
Violaceous Striae	Cushing's
Papilledema, CN VI paralysis	Pseudotumor cerebri
Tonsillar hypertrophy	Obstructive Sleep Apnea
Hepatomegaly	Nonalcoholic fatty liver disease
Abdominal tenderness	Gall bladder dis., GERD, NAFLD
Limited Hip ROM	SCFE
Lower leg bowing	Blount's disease

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## Plan

Treatment Options	Quality Metric: MHP27/NQF0024
Classify BMI and communicate to family with empathy	Numerator: BMI%ile documentation
Nutritional and Physical Act Counseling [521AN]	Numerator: Nutritional counseling
PCMH Self Care Support: 521AN Healthy Weight Form	Numerator: Physical activity counseling
Follow-Up	Denominator: Patients 3-17yo seen in measure year.
Per "Readiness": 2wks – 6mo?	Registry Management
	Obtain Hgt and Wgt at every office visit. Offer nutritional and physical activity counseling as nec.
Laboratory Diagnostics (Repeat Every 2 years if normal)	
Any age +RF, or BMI 85-94% no RF	Lipid*
>9yo, BMI 85-94%&+RF, OR BMI >95%	Lipid*, AST, ALT, HgbA1c, Glucose*
Notes: Insulin level not appropriate; *If random Lipid/Glucose abn, rpt fasting	

# Health Habits *Follow-Up* Visit

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Previsit Planning: Consultation notes, lab results.

Vitals: Ht, Wgt, BP (cuff covers 80% upper arm, use pediatric norms); Categorize BMI

PCMH Standing Orders	PCMH Self Care Support: SMART Goal Setting
Categorize BMI, Inactivate prior classifications.	521AN Healthy Habits Form

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## Assessment

Review Assessment Tools	
521AN Health Habits Assessment and Plan	
Physical Exam (See Evaluation Visit for full template)	
Review growth curves for Hgt, Wgt, BMI	

## Plan

Stage 1 Treatment	Quality Metric: MHP27/NQF0024
Classify BMI and communicate to family with empathy	Numerator: BMI%ile documentation
Nutritional and Physical Act Counseling [521AN]	Numerator: Nutritional counseling
If "Readiness" > 7, Weight Targets per Chart below	Numerator: Physical activity counseling
Tracking Tools for Patients	Denominator: Patients 3-17yo seen in measure year.
PCMH Self Care Support: 521AN Healthy Weight Form	Registry Management
Follow-Up	Obtain Hgt and Wgt at every office visit. Offer nutritional and physical activity counseling as needed.
Per "Readiness": 2wks – 6mo?	
Laboratory Diagnostics (Repeat Every 2 years if normal)	
Any age +RF, or BMI 85-94% no RF	Lipid*
>9yo, BMI 85-94%&+RF, OR BMI >95%	Lipid*, AST, ALT, HgbA1c, Glucose*
Notes: Insulin level not appropriate; *If random Lipid/Glucose abn, rpt fasting	
Co-Management Strategy: Refer to Specialist if care needed exceeds PCP capacity. Return to PCP when stable.	
Medical Nutrtrtion Therapy: Stage 2 Readiness > 7, in depth nutritional assesement and recommendations	
Counseling: Significant behavioral barriers to care	
Endocrine: Stage 3 HgbA1c≥5.7	
Care Management: Extensive social barriers	

## Weight Targets

BMI	85-94%, -RF	85-94%, +RF	95-98%	≥99%
2-5yo	↓WGV or WM	WM	↓WGV or WM	↓1lb/mo
6-11yo	WM	↓WGV or WM	WM or ↓1lb/mo	↓2lb/wk*
12-18yo	↓WGV or WM	WM or ↓1lb/mo	↓2lb/wk*	↓2lb/wk*

↓WGV=↓Weight Gain Velocity; WM=Weight Maintenance

\* Evaluate excessive weight loss for high risk behavior