Utilizing the Clinical Decision Support Tools in the BMI Growth Module

What are the Clinical Decision Support Tools?
The Clinical Decision Support Tools are customized clinical guidelines provided in the Body Mass Index (BMI) Growth Module in the Michigan Care Improvement Registry and based on specific age groups and BMI percentile categories. The clinical guidelines synthesize the American Medical Association’s and the American Academy of Pediatrics’ Expert Recommendations (Barlow, et al).

The appropriate treatment guideline is provided based on the following categories:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>BMI Percentile Group:</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-5 years</td>
<td>Healthy Weight: 5 – 84%</td>
</tr>
<tr>
<td>6-11 years</td>
<td>Overweight: 85 – 94%</td>
</tr>
<tr>
<td>12-18 years</td>
<td>Obese ≥ 95%</td>
</tr>
</tbody>
</table>

How Do I Access the Clinical Decision Support Tools?
At the BMI/Growth screen, using your computer mouse, click on the ? (question mark) icon to open the BMI status summary popup. Click on the Clinical Decision Support link to open the document.

The document opens in a separate window. You can print, save, or perform other actions through the window’s toolbar. Use the scroll bar to move through pages in the document.

Click the X icon in the upper right to close the window when done.

How Do I Utilize the Clinical Decision Support Tools?
The Clinical Decision Support Tools are designed to be interactive and to become a part of the patient chart. The tools consist of at least two components, each tailored for the specific age group (2-5, 6-11 and 12-18) and BMI category as shown above. The tools include:

- A patient/parent survey for providers to determine a child’s behavioral and family history risk factors
- For children identified as overweight or obese, a four part clinical form is provided to guide the clinician through appropriate assessment and counseling. The form includes sections for:
- assessment of specific medical risks for that child
- assessment of behavioral risks and readiness to change
- counseling tailored according to whether or not the child has medical risks posed by obesity
- assessment and plan including a summary of referrals provided and behavior change goals identified

- For children identified as “Healthy Weight,” an abbreviated clinical decision support tool is provided which includes the short survey tool and recommendations for actions related to risk modification, if appropriate.

**Survey Tool**

- The survey tool, which is provided with all Clinical Decision Support Tools, can be completed by the caregiver and/or child while sitting in the waiting room prior to the visit, or, with minor modifications, it can be administered orally by a clinician during the patient visit.
- Survey questions vary slightly according to a child’s age. For example, questions relating to portion size and quantity vary.
- It is assumed that a caregiver will be responding for younger children while older children will answer the survey questions on their own.
- It is not required that patients fill out the survey to use the clinical decision support for treatment. The sections on the Clinical Decision Support Tools that pull from the survey are clearly marked. If the survey is not filled out, the clinician may choose to discuss these items with the caregiver and/or child to provide assessment.

**FOUR PART CLINICAL FORM**

**STEP 1: Assessing Weight Related Disease Burden**

- Assess for hypertension:
  - Blood pressure charts provided on the Clinical Decision Support Tools show only those readings which are at the 95th percentile. Patient’s whose systolic and diastolic readings fall below the numbers identified on the chart are NOT considered hypertensive for purposes of identifying weight-related risk
  - Identify the child’s height percentile shown on the top of the growth chart provided by the BMI Growth Module
  - Choose the blood pressure chart appropriate for the child’s gender
  - Using the gender-appropriate chart, identify the patient’s age and height percentile shown along the top of the chart
  - If the patient’s systolic and diastolic readings are EQUAL TO OR ABOVE those identified on the chart for the patient’s gender, age and height percentile, the patient is considered hypertensive and should be considered as having medical risk for overweight or obesity and the “Y” box should be checked next to the blood pressure charts

- An age-and BMI category- appropriate medical exam and review of systems is provided.
- If any medical risks are identified, the appropriate “Y” box should be checked on the right side of the Clinical Decision Support Tool.
STEP 2: Review Behavior Targets and Family Readiness for Change

• Using the parent/patient survey tool, determine patient behaviors which put him/her at greater risk for obesity or overweight complications. Check those behaviors on the Clinical Decision Support Tools.

• Using the survey tool, identify how ready the patient/family is to change risky behaviors.

STEP 3: Tailor Approach to Family/Patient

• Identify whether medical risks are present and, using the chart in step 3, identify the appropriate goal, treatment, follow up, and referral plan for the patient.

STEP 4: Assessment & Plan

• Use the space provided to track lab values, identify recommended follow up and referral (when appropriate) as well as what was communicated with the patient and family related to behavior change.

• Add additional notes and sign and date document.

In addition to guiding providers through weight assessment and treatment, each of the clinical decision support tools offer clinicians resources for further information and education as well as recommendations for possible billing codes and guidance.

➢ Clinical Decision Support on “Healthy Weight” Status

The rationale for including this guidance for healthy weight patients is that the American Academy of Pediatrics Expert Committee Recommendations instruct that ALL children, regardless of BMI status, are considered at risk for obesity.

1. The guidelines included on this sheet are based on the evidence based behaviors that are mentioned in the Expert Committee Recommendations to prevent obesity.

2. Item 7 pertains to parents teaching children self regulation and determination of appropriate quantity of food.