



Free MOC IV Collaborative QI Project Identification and Management of Psychosocial Stressors in Children with Overweight/Obesity

Project Description

Body mass index reduction in children with overweight and obesity can be challenging. Psychosocial stressors, such as adverse childhood experiences, unmet social needs, and psychiatric disorders, may represent an important reason why pediatric obesity is so difficult to treat. Increasingly, the identification and management of psychosocial stressors are recognized as crucial components of caring for children with overweight or obesity. Participants will learn about the connection between psychosocial stressors and obesity and practical tips on how to screen, counsel, and refer for one focused psychosocial stressor of their choice.

This project aims to increase documentation of screening for one specific psychosocial stressor in children with overweight/obesity and to increase documentation of a management plan for those patients who screen positive for the specific psychosocial stressor.

Project Timeline

The project will run for approximately four months from mid-January to the beginning of May 2017.

January 16, 2017	Registration Deadline
Mid-January to end of February, 2017	Complete Preparatory Modules & CME
	Choose Psychosocial Stressor
	Launch Meeting
	Obtain Resources for Management Plan
March 1, 2017	Baseline Chart Review
April 1, 2017	Cycle 1 Chart Review
May 1, 2017	Cycle 2 Chart Review

Project Requirements

- Conduct chart reviews for baseline and two 30-day cycles (10 charts for each cycle) for patients with overweight/obesity
- Attend three collaborative monthly QI sessions
- Complete CME and two preparatory modules

Project Participants

- A pediatrician and at least one other site staff member are encouraged to participate in the quality improvement project
- ABP credits for MOC Part IV apply only to pediatricians (20 credits pending approval)



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Education

- *Screening for Psychosocial Stressors in Children with Overweight and Obesity*
 - Presenter: Kavitha Selvaraj MD, MAEd, FAAP
 - Learning Objectives: (1) Describe the relationship between childhood obesity and psychosocial stressors; (2) Implement an office-wide screening process for psychosocial stressors; and (3) Design a protocol for addressing psychosocial stressors identified through the screening process
- *Understanding and Assessing Psychosocial Factors Associated with Childhood Obesity*
 - Presenters: Garry Sigman, MD, FAAP and Denise Styer, PsyD
 - Learning Objectives: Identify and discuss 1) the role of parents/adult caregivers; 2) Significance of social stigma; 3) Effects of obesity on self-esteem and body image; 4) Associated mental disorders; 5) Appropriate psychosocial screening instruments
- *QI Basics Course*
- *Chart Review Simplified*

Measures

- Increase documentation of screening for one specific psychosocial stressor in pediatric patients with overweight/obesity by 25%
- Increase documentation of a management plan for pediatric patients who screen positive for the psychosocial stressor by 25%

Project cost

Free

Registration

Register for this QI project by Monday, January 16, 2017. For registration and more information, you may contact Mary Elsner, Director of Obesity Prevention Initiatives, melsner@illinoisAAP.com or 312/733-1026, ext 237 or Anna Carvlin, Manager of Obesity Prevention Initiatives at the Illinois Chapter for American Academy of Pediatrics at acarvlin@illinoisAAP.com or 312/733-1026, ext 214.



Promoting Health
Raising the Standard of
Care for Prevention
and Management of
Childhood Obesity

Promoting Health is supported by the Otho S.A. Sprague Memorial Institute and
The Illinois Department of Healthcare and Family Services.
ABP approval for this project is forthcoming.