

## OBSC – Obesity in Children (Infancy to 18 Years)

### OBSC-C COMPLICATIONS

**OUTCOME:** The patient/family will understand the complications of obesity.

#### **STANDARDS:**

1. Explain that obesity increases the risk for Diabetes Mellitus type 2 and increases an earlier onset for diabetes complications.
2. Explain that obesity increases the risk for hypertension, cholelithiasis, sleep apnea, hyperlipidemia, insulin resistance, glucose intolerance, acanthosis nigricans, fatty liver, pseudotumor cerebri, orthopedic complications, early maturation, and polycystic ovary disease.
3. Discuss the relationship of obesity to psychosocial issues such as decreased self-esteem, decreased self-image, and isolation/depression.
4. Explain that eating disorders can contribute to obesity or can be a complication of obesity.

### OBSC-CUL CULTURAL/SPIRITUAL ASPECTS OF HEALTH

**OUTCOME:** The patient/family will understand the impact and influences that cultural and spiritual traditions, practices, and beliefs have on achieving and maintaining a healthy weight.

#### **STANDARDS:**

1. Discuss cultural norms/perceptions regarding weight and how that relates to a healthy weight. Discuss mechanisms for coping with family pressure to increase weight.
2. Explain that the outcome of disease processes may be influenced by choices related to health and lifestyles, e.g., diet, physical activity, sleep, stress management, hygiene, full participation to the medical plan.
3. Discuss the potential role of cultural/spiritual traditions, practices and beliefs in achieving and maintaining a healthy weight.
4. Explain that traditional medicines/treatments should be reviewed with the healthcare provider to determine if there are interactions with prescribed treatment.

### OBSC-DP DISEASE PROCESS

**OUTCOME:** The patient/family will understand the known causes of obesity.

**STANDARDS:**

1. Explain the relationship between increased caloric intake and decreased in energy expenditure.
2. Explain that genes and environment play a role in obesity.
3. Explain that a sedentary lifestyle has been implicated with obesity and chronic disease.
4. Explain that obesity can also be caused by hypothalamic injury and endocrine disease.

**OBSC-EX EXERCISE**

**OUTCOME:** The patient/family will understand the importance of physical activity in achieving and maintaining a healthy body weight.

**STANDARDS:**

1. Discuss the benefits of physical activity, such as weight loss, improvement in well being, stress reduction, increased self-image, self-efficacy.
2. Discuss barriers to physical activity and solutions to overcome barriers. Assist the patient/family in developing a physical activity plan.
3. Discuss the appropriate frequency, intensity, time, and type of activity.
4. Refer to community resources as appropriate.

**OBSC-FU FOLLOW-UP**

**OUTCOME:** The patient/family will understand the importance of follow-up in the treatment of obesity.

**STANDARDS:**

1. Discuss the importance of follow-up care.
2. Discuss the procedure and process for obtaining follow-up appointments and keeping follow-up appointments.
3. Emphasize that full participation of the treatment plan is the responsibility of the patient/family.
4. Discuss signs/symptoms that should prompt immediate follow-up.
5. Discuss the availability of community resources and support services and refer as appropriate.

**OBSC-HPDP HEALTH PROMOTION, DISEASE PREVENTION**

**OUTCOME:** The patient/family will understand the lifestyle changes necessary to promote and maintain a healthy weight.

**STANDARDS:**

1. Explain that health and wellness refers to whole person (mind, body, and spirit) and is a positive state which results from healthy choices.
2. Discuss that low self-esteem associated with obesity may predispose to high-risk behaviors. Explain healthy lifestyle choices (e.g., spirituality, social connections, physical activity, nutrition) and avoidance of high-risk behaviors (e.g., smoking, alcohol and substance abuse, sex with multiple partners). Discuss the benefits of a healthy lifestyle.
3. Discuss wellness as an individual/family responsibility to:
  - a. Learn how to be healthy.
  - b. Be willing to change.
  - c. Set small, realistic, sustainable goals.
  - d. Practice new knowledge.
  - e. Get help when necessary.
4. Review the community resources available for help in achieving behavior changes.

**OBSC-HY    HYGIENE**

**OUTCOME:** The patient/family will understand personal hygiene.

**STANDARDS:**

1. Review the importance of bathing, paying special attention to face, pubic hair area, skin folds, and feet. Discuss hygiene as part of a positive self image.
2. Discuss the importance of good hygiene because additional body fat increases perspiration.
3. Review the importance of daily dental hygiene, with attention to brushing and flossing. A freshly brushed mouth may act a deterrent to snacking.

**OBSC-L    LITERATURE**

**OUTCOME:** The patient/family will receive literature about achieving and maintaining a healthy weight.

**STANDARDS:**

1. Provide patient/family with literature on achieving and maintaining a healthy weight.
2. Discuss the content of the literature.

## **OBSC-LA LIFESTYLE ADAPTATIONS**

**OUTCOME:** The patient/family will understand the importance of making lifestyle adaptations to achieve and maintain a healthy weight.

### **STANDARDS:**

1. Discuss methods of increasing physical activity such as, walking, participating in sports, active play. Emphasize the importance of decreasing time spent watching TV, playing video game, and other sedentary activities.
2. Encourage physical activities that the patient enjoys.
3. Discuss how to identify and avoid stimuli that trigger unhealthy eating or overeating.

## **OBSC-M MEDICATION**

**OUTCOME:** The patient/family will understand the role of medications in weight loss and weight gain.

### **STANDARDS:**

1. Explain that prescription medications are not routinely used for childhood obesity.
2. Discuss medications that can increase appetite or cause weight gain.

## **OBSC-MNT MEDICAL NUTRITION THERAPY**

**OUTCOME:** The patient/family will have an understanding of the specific nutritional intervention(s) needed for the treatment or management of obesity.

### **STANDARDS:**

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
  - a. Assessment of the nutrition related condition.
  - b. Identification of the patient's nutritional problem.
  - c. Identification of a specific nutrition intervention therapy plan.
  - d. Evaluation of the patient's nutritional care outcomes.
  - e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.
5. Refer to other providers or community resources as needed.

## **OBSC-N      NUTRITION**

**OUTCOME:** The patient/family will understand the role of nutrition in achieving and maintaining a healthy weight.

### **STANDARDS:**

1. Emphasize that nutritional management includes meal planning, careful shopping, appropriate food preparation, and eating.
2. Describe healthy food preparation methods. Emphasize the importance of appropriate serving sizes and reading food labels.
3. Explain that six to eight small meals at frequent intervals is beneficial in reducing overeating.
4. Explain that intake of sugar beverages increases caloric intake. Explain that adequate water intake is necessary in achieving and maintaining a healthy weight.
5. Discuss the growth and development for appropriate age group, and the contraindications of fad diets. Refer to registered dietitian for weight management.

## **OBSC-SM      STRESS MANAGEMENT**

**OUTCOMES:** The patient/family will understand the role of stress management in obesity.

### **STANDARDS:**

1. Explain that overeating can be a coping mechanism to deal with stress.
2. Explain that stress is related to decreased energy and can compromise physical activity.
3. Explain that being overweight can cause emotional and physical stress.