

**West Virginia School-Based Health Centers
Self-Management CQI Tool for Children \geq 10 Years of Age**

SENTINEL CONDITION: OBESITY	REFERENCES	RESOURCES (Middle and High School)	MARKERS (All Ages)	MEASUREMENT (All Ages) First Year Threshold*
Middle/Junior High Senior High	AAP GAPS ADA Nemours	<ul style="list-style-type: none"> • Scales, BP cuffs/monitor, Height measure • Nurse/midlevel able to give anticipatory guidance • Growth and BMI chart • Primary care physician/ dietician • Educational materials: <ul style="list-style-type: none"> ○ WV Self-Management Survey ○ 5-2-1-Almost None A Prescription for Health by Nemours ○ WV Self-Management Action Plan <p><u>Nutrition/Exercise/Wellness Plan:</u> Universal Guidelines:</p> <ul style="list-style-type: none"> • Guidance • A Prescription for Health by Nemours • Action plan as indicated • Ca/folic acid as applicable • Reaffirm positive behaviors <p>BMI < 20%: Universal Guidelines plus</p> <ul style="list-style-type: none"> • Affirm healthy nutritional status • Guidance; may need referral/consultation <p>BMI \geq 20% and < 85%: Universal Guidelines</p> <p>BMI \geq 85% and < 95%: Universal Guidelines plus</p> <ul style="list-style-type: none"> • Intervention Stages • Labs (screen biannually) Fasting Lipid Profile • With risk factors: Fasting Glucose, ALT, AST <p>BMI \geq 95%: Universal Guidelines plus</p> <ul style="list-style-type: none"> • A management plan with referral/consultation • Labs (screen biannually) Fasting Lipid Profile • With risk factors: Fasting Glucose, ALT, AST, <p>BMI above 99%: Universal Guidelines plus</p> <ul style="list-style-type: none"> • Same protocol as > 95% above • Labs (screen biannually) Fasting Lipid Profile & Glucose, ALT, AST, BUN, Creatinine, U/A 	<p>A. % of all charts documenting BMI/ growth curve and BP on first provider visit</p> <p>B. % of all charts documenting BMI/growth curve and BP at least annually</p> <p>C. % of all charts documenting annual BMI/growth curve/BP and Self-Management Survey on well child or sports physical exam</p> <p>BMI \geq 20 % and < 85% (Normal Range):</p> <p>D. % of charts documenting guidance</p> <p>BMI \geq 85% and <95% (At Risk):</p> <p>E. % of charts documenting risk factor history: family hx obesity, diabetes, hypertension, CVD, increased lipids</p> <p>F. Without risk factors: % of charts documenting guidance</p> <p>G. <u>With</u> risk factors: % of charts documenting guidance plus Action Plan</p> <p>H. % of charts documenting f/u assessment utilizing Self-Management Survey within 3 months</p> <p>I. Labs: As listed in previous column</p> <p>BMI \geq 95% (Overweight)</p> <p>J. % of charts documenting guidance plus Action Plan with referral/consultation or protocol</p> <p>K. % of charts documenting follow up assessment utilizing Self-Management Survey within 1 month</p> <p>L. Labs: As listed in previous column</p> <p>BMI > 99%</p> <p>M. Same protocol as > 95% (above)</p> <p>N. Labs: As listed in previous column</p>	<p>A. >75%</p> <p>B. >75%</p> <p>C. 100%</p> <p>D. >50%</p> <p>E. >75%</p> <p>F. >50%</p> <p>G. >75%</p> <p>H. >75%</p> <p>I. >75%</p> <p>J. >75%</p> <p>K. >75%</p> <p>L. > 75%</p> <p>M. >75%</p> <p>N. >75%</p>