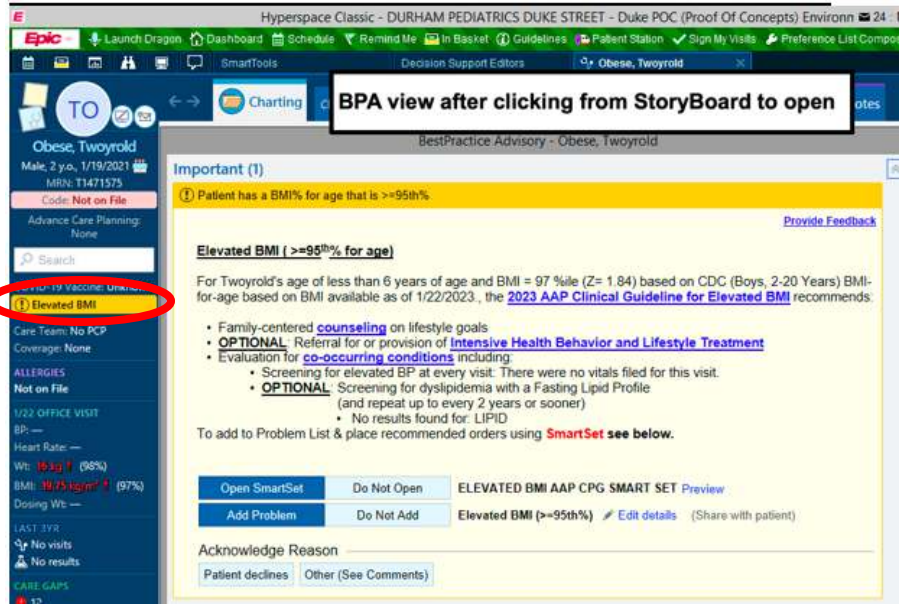


# NEW Epic Tools for the 2023 AAP Guideline for Elevated BMI

## Storyboard Notification + “Hover to Discover” BPA

- Recommendations tailored to your patient
- Snapshot of relevant vitals and labs to date
- Not a pop-up, won't interrupt your workflow!



**BPA view after clicking from StoryBoard to open**

**Elevated BMI (>=95th% for age)**

For Twyroid's age of less than 6 years of age and BMI = 97 %ile (Z= 1.84) based on CDC (Boys, 2-20 Years) BMI-for-age based on BMI available as of 1/22/2023, the [2023 AAP Clinical Guideline for Elevated BMI](#) recommends:

- Family-centered [counseling](#) on lifestyle goals
- **OPTIONAL:** Referral for or provision of [Intensive Health Behavior and Lifestyle Treatment](#)
- Evaluation for [co-occurring conditions](#) including:
  - Screening for elevated BP at every visit. There were no vitals filed for this visit.
  - **OPTIONAL:** Screening for dyslipidemia with a Fasting Lipid Profile (and repeat up to every 2 years or sooner)
    - No results found for: LIPID

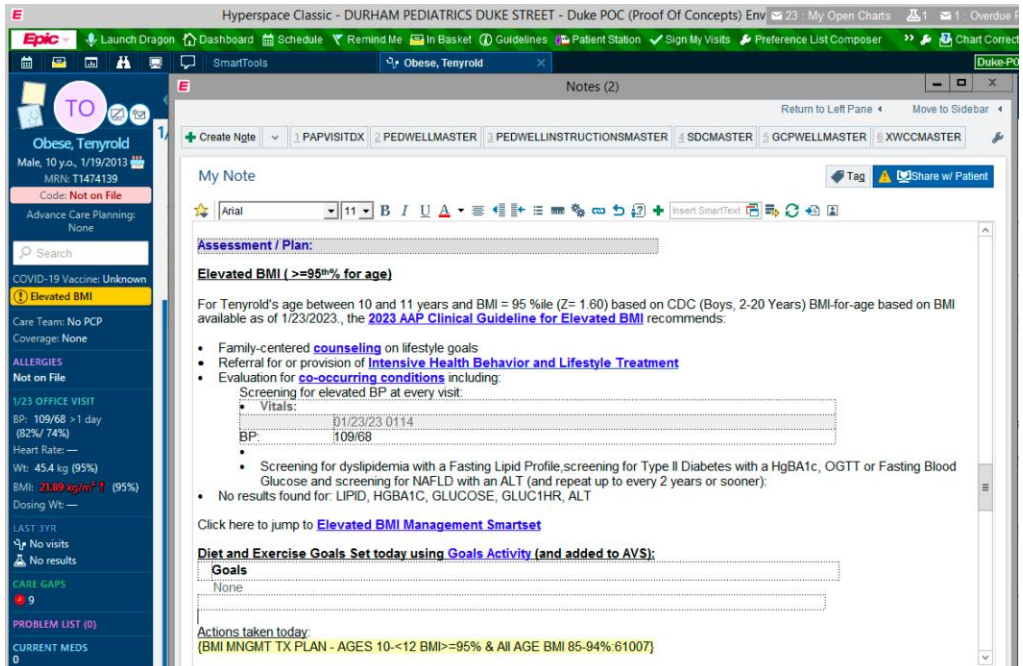
To add to Problem List & place recommended orders using [SmartSet](#) see below.

Buttons: Open SmartSet, Do Not Open, ELEVATED BMI AAP CPG SMART SET Preview, Add Problem, Do Not Add, Elevated BMI (>=95th%) Edit details (Share with patient)

Acknowledge Reason: Patient declines, Other (See Comments)

## Note Template

- Includes a link to Smart Set (from the note), a link to the Goals Activity, relevant results, and links to AAP sponsored Educational Content relevant to the care team and patient.



**Elevated BMI (>=95th% for age)**

For Tenyroid's age between 10 and 11 years and BMI = 95 %ile (Z= 1.60) based on CDC (Boys, 2-20 Years) BMI-for-age based on BMI available as of 1/23/2023, the [2023 AAP Clinical Guideline for Elevated BMI](#) recommends:

- Family-centered [counseling](#) on lifestyle goals
- Referral for or provision of [Intensive Health Behavior and Lifestyle Treatment](#)
- Evaluation for [co-occurring conditions](#) including:
  - Screening for elevated BP at every visit.
    - Vitals:
      - BP: 109/68
  - Screening for dyslipidemia with a Fasting Lipid Profile, screening for Type II Diabetes with a HgBA1c, OGTT or Fasting Blood Glucose and screening for NAFLD with an ALT (and repeat up to every 2 years or sooner).
  - No results found for: LIPID, HGBA1C, GLUCOSE, GLUC1HR, ALT

Click here to jump to [Elevated BMI Management Smartset](#)

**Diet and Exercise Goals Set today using [Goals Activity](#) (and added to AVS):**

Goals: None

Actions taken today: (BMI MNGMT TX PLAN - AGES 10-<12 BMI)>=95% & All AGE BMI 85-94%:61007)

Click [here](#) or scan this QR code for video demonstrations of these new tools





**Elevated BMI AAP CPG SMART SET**

From BestPractice  
Patient has a BMI% for age that is >=95th%

**Elevated BMI (>=95% for age)**  
For Twelveyroid's age between 12 and 13 years of age and BMI = 95 %ile (Z= 1.64) based on CDC (Boys, 2-20 Years) BMI-for-age based on BMI available as of 1/23/2023, the [2023 AAP Clinical Guideline for Elevated BMI](#) recommends:

- Family-centered [counseling](#) on lifestyle goals
- Referral for or provision of [Intensive Health Behavior and Lifestyle Treatment](#)
- Offering treatment with [Weight Loss Pharmacotherapy](#).
- Evaluation for [co-occurring conditions](#) including:
  - Screening for elevated BP at every visit.

Vitals: 01/23/23 02:12  
BP: 112/73

- Screening for dyslipidemia with a Fasting Lipid Profile, screening for Type II Diabetes with a HgBA1c, OGTT or Fasting Blood Glucose and screening for NAFLD with an ALT (and repeat up to every 2 years or sooner).
- No results found for: LIPID, HGBA1C, GLUCOSE, GLUC1HR, ALT

To add to Problem List & place recommended orders using [SmartSet](#) see below.

This Smart set is designed to serve up recommended diagnoses and orders based on the [2023 AAP Guideline for Elevated BMI](#) and summary [algorithm](#). Twelveyroid's last BMI percentile is 95 %ile (Z= 1.64) based on CDC (Boys, 2-20 Years) BMI-for-age based on BMI available as of 1/23/2023, and his last 3 BP readings include

BP Readings from Last 3 Encounters:	112/73 (87 % , Z = 1.13 / 87 % , Z = 1.13)
01/23/23	112/73 (87 % , Z = 1.13 / 87 % , Z = 1.13)

\*BP percentiles are based on the 2017 AAP Clinical Practice Guideline for boys

**Diagnoses**

- Elevated BMI Diagnoses [Click for more](#)

**Blood Pressure Assessment**

**Recommended** at every visit if >= 3 years old  
Last 3 BP readings:  
BP Readings from Last 3 Encounters:  
01/23/23 112/73 (87 % , Z = 1.13 / 87 % , Z = 1.13)  
\*BP percentiles are based on the 2017 AAP Clinical Practice Guideline for boys

**Labs**

- Lipid Testing (Screen for Dyslipidemia) [Click for more](#)
- Glucose Testing (Screen for Type II DM/Gluc Intol) [Click for more](#)
- ALT Testing (Screen for NAFLD) [Click for more](#)

**Pharmacotherapy**

**Recommendation** for this 12+yo with BMI >= 95th%ile: Offer weight loss pharmacotherapy according to medication indications, risks, and benefits, in conjunction with health behavior and lifestyle treatment. There is no evidence to support the use of weight loss medications alone.  
Review [Summary](#) of 2023 AAP CPG information on medications before ordering.

- Medications for Elevated BMI / Prediabetes / Type II DM - (Consider ONLY if >=12 yrs AND BMI% is >=95th%) [Click for more](#)

**Referrals to assist with BMI Management**

- Weight Management (Intensive Wt Mgmt & Lifestyle Tx) [Click for more](#)
- Nutrition [Click for more](#)
- Medical Subspecialty [Click for more](#)

**Document Patient Goals to Improve BMI**  
Use this link to open the Patient Goals Activity to record Goals you have set together with the family and patient. Click here: [Goals Activity](#)

**REMEMBER:** Any goal set in this activity will automatically be added to a printed or MyChart AVS.

**Recommended goals:**

- Replace sugary drinks with water
- Daily activity
- Limit screen time: max 1 hr/day <5years, max 2 hrs if 5+years
- Regular bedtime routine
- Replace processed foods with fruits & vegetables

**Patient Instructions to assist with BMI Management**  
Select one or more of the items below to add to the AVS

- [Obesity: A complex disease \(Spanish\)](#)
- [Obesity: A complex disease \(English\)](#)
- [What should my family expect from obesity treatment? \(English\)](#)
- [What should my family expect from obesity treatment? \(Spanish\)](#)
- [Body-Mass Index \(BMI\) in Children \(English\)](#)
- [Body-Mass Index \(BMI\) in Children \(Spanish\)](#)
- [What is I-BMI? \(English\)](#)
- [What is I-BMI? \(Spanish\)](#)
- [Is weight loss surgery right for my child? \(English\)](#)
- [Is weight loss surgery right for my child? \(Spanish\)](#)

- Elevated BMI General Patient Instructions [Click for more](#)
- Physical Activity Patient Instructions [Click for more](#)
- Nutrition Patient Instructions [Click for more](#)

**Follow-Up**

**NOTE: Health behavior and lifestyle treatment is more effective with greater contact hours.**

- Follow Up [Click for more](#)

**Additional SmartSet Orders**

Search

You can search for an order by typing in the header of this section.

Click here to select a pharmacy

Associate | Edit Multiple | Patient Estimate | Providers | Remove | End | Sign

View of Smart-set when opening from Note

## Elevated BMI Smart Set

Includes:

- Diagnosis Coding
- Recommended Labs
- Guidance on Pharmacotherapy
- Referrals
- Goals
- Links to Patient Instructions
- Diagnosis Coding
- Follow up and LOS\*





Access the **Patient Goals Activity** from the Note Template:

**Elevated BMI (>=85<sup>th</sup>% but 95<sup>th</sup><% for age)**

For Twelvyeareold's age of 10 years or greater and BMI = 90 %ile (Z= 1.27) based on CDC (Boys, 2-20 Years) BMI-for-age based on BMI available as of 2/1/2023., the [2023 AAP Clinical Guideline for Elevated BMI](#) recommends:

- Family-centered [counseling](#) on lifestyle goals
- Referral for or provision of [Intensive Health Behavior and Lifestyle Treatment](#)
- Evaluation for [co-occurring conditions](#) including:
  - Screening for elevated BP at every visit:
    - Vitals:
 

02/01/23 1014
BP: 104/70
    - Screening for dyslipidemia with a Fasting Lipid Profile
    - **OPTIONAL** screening for Type II Diabetes with a HgBA1c, OGTT or Fasting Blood Glucose
    - **OPTIONAL** screening for NAFLD with an ALT (and repeat up to every 2 years or sooner)
  - No results found for: LIPID, HGBA1C, GLUCOSE, GLUC1HR, ALT

Click here to jump to [Elevated BMI Management Smartset](#)

**Diet and Exercise Goals Set today using [Goals Activity](#) (and added to AVS):**

Goals  
None  
Actions taken today:

Clicking on the Goals Activity EpicAct link opens the Goals Activity in the lefthand pane of the screen in a single click

Or from the Elevated BMI Smart Set:

**Document Patient Goals to Improve BMI**

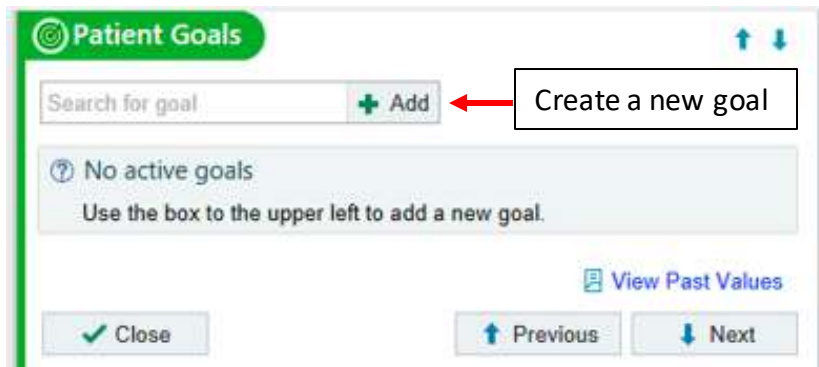
Use this link to open the Patient Goals Activity to record Goals you have set together with the family and patient. Click here: [Goals Activity](#)

**REMEMBER:** Any goal set in this activity will automatically be added to a printed or MyChart AVS.

**Recommended goals:**

- Replace sugary drinks with water
- Daily activity
- Limit screen time: max 1 hr/day <5years, max 2 hrs if 5+years
- Regular bedtime routine
- Replace processed foods with fruits & vegetables

Create New Goals and/or Track Progress on Existing Goals:



**Patient Goals are automatically included in the After Visit Summary**