



NEW Epic Tools for the 2023 AAP Guideline for Elevated BMI

Storyboard Notification + BPA

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

BPA preview when hover over left panel notification

Elevated BMI

Research Partic...

Care Team: No PCP
Coverage: None

Allergies: Not on File

Coverage: None
Social Determinants: Not on file
Learning Needs: Learning Needs Incomplete

2/22 OFFICE VISIT
Height: 167.6 cm (66") (>99%)
Wt: 90.7 kg (200 lb) (>99%)
BMI: 32.28 kg/m² ! (>99%)

Elevated BMI ≥ 95%tile

For Kiddo's age and last BMI (99.30 %ile on 2/22/2023), the [2023 AAP Guideline for Elevated BMI](#) recommends:

- Family-centered [counseling](#) on lifestyle goals
- Refer/provide [Intensive Health Behavior and Lifestyle Treatment](#)
- Evaluate for [co-occurring conditions](#):
 - BP at every visit (*No blood pressure reading on file for this encounter.*)
 - Lipid panel, ALT, and diabetes screening (fasting glucose, OGTT or HbA1c), may repeat every 2 years or sooner as needed

No results found for: CHOL, LDL, HDL, TRIG, GLUCOSE, HGBA1C, LABALT
No lipid testing completed in past 2 years
No ALT completed in past 2 years
No diabetes testing completed in past 2 years

The following actions are recommended:
Open Smart Set: Elevated BMI AAP CPG

BPA When Opened

Elevated BMI ≥ 95%tile

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Open SmartSet Do Not Open **Elevated BMI AAP CPG Preview**

Add Problem **Do Not Add** Elevated BMI (>=95%tile) [Edit details](#) (Share with patient, Priority: Medium)

Acknowledge Reason _____

Patient declines Other

Accept **Cancel**

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





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Note Template

- Includes relevant results
- Links to AAP Educational Content for care team and families
- SmartList of recommended actions

Elevated BMI

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Actions taken today

Goals:

Goals Addressed

None

- [\[Elevated BMI Management Plan catchall \(Optional\):29155\]](#)

Provided family-centered counseling on evidence-based lifestyle goals
Referred to Intensive Health Behavior and Lifestyle Treatment
Referred to dietitian
Will reassess BMI and patient goals at return visit
Deferred discussion of BMI for future visit

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Elevated BMI AAP CPG [Manage User Versions](#)

Elevated BMI ≥ 95thtile

From BestPractice

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- Refer/provide [Intensive Health Behavior and Lifestyle Treatment](#)
- Evaluate for [co-occurring conditions](#)
 - BP at every visit (No blood pressure reading on file for this encounter.)
 - Lipid panel, ALT, and diabetes screening (fasting glucose, OGTT or HbA1c), may repeat every 2 years or sooner as needed

No results found for: CHOL, LDL, HDL, TRIG, GLUCOSE, HGBA1C, LABALT
No lipid testing completed in past 2 years
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The content in this SmartSet is based on [2023 AAP Guideline for Elevated BMI](#) and summary [algorithm](#).

Diagnoses

▼ Elevated BMI Diagnoses

- BMI (Body mass index), pediatric, 85% to less than 95% for age [Z68.53]
- Body mass index, pediatric, greater than or equal to 95th percentile for age [Z68.54]
- Screening for endocrine, nutritional, metabolic and immunity disorder [Z13.29, Z13.21, Z13.228, Z13.0]
- Screening for lipid disorders [Z13.220]

Labs

▼ Lipid Testing (Screen for Dyslipidemia)

No results found for: CHOL, LDL, HDL, TRIG

Recommended if ≥ 10 yrs of age

Optional if < 10 yrs of age AND BMI is ≥ 95th%

May repeat every 2 years or sooner as needed

- Lipid panel w/reflex Direct LDL - Fasting
Routine, Clinic Collect, Blood, Peripheral, Fasting
- Lipid panel w/reflex Direct LDL - Non-Fasting
Routine, Clinic Collect, Blood, Peripheral, Non-Fasting

▼ Glucose Testing (Screen for Type II DM/Gluc Intol)

No results found for: GLUCOSE, HGBA1C

Recommended if ≥ 10 yrs of age AND BMI is ≥ 95th%

Optional if ≥ 10 yrs of age AND BMI 85th% - <95th% AND risk factors for T2DM or NAFLD.

- T2DM risk factors:** family history of T2DM in 1st or 2nd degree relative, maternal gestational diabetes, signs of insulin resistance or conditions associated with insulin resistance (acanthosis nigricans, hypertension, dyslipidemia, polycystic ovary syndrome, or small-for-gestational-age birth weight), obesogenic psychotropic medication
- NAFLD risk factors:** Male sex, prediabetes/diabetes, obstructive sleep apnea, dyslipidemia, or sibling with NAFLD.

- Hemoglobin A1c
- Hemoglobin A1c (POC)
- Glucose - Non-Fasting
- Glucose - Fasting
- Glucose (POC)

▼ ALT Testing (Screen for NAFLD)

No results found for: LABALT

Recommended if ≥ 10 yrs of age AND BMI is ≥ 95th%

Optional if 10+yo with BMI 85th% - <95th% AND risk factors for T2DM or NAFLD.

- T2DM risk factors:** family history of T2DM in 1st or 2nd degree relative, maternal gestational diabetes, signs of insulin resistance or conditions associated with insulin resistance (acanthosis nigricans, hypertension, dyslipidemia, polycystic ovary syndrome, or small-for-gestational-age birth weight), obesogenic psychotropic medication
- NAFLD risk factors:** Male sex, prediabetes/diabetes, obstructive sleep apnea, dyslipidemia, or sibling with NAFLD

- Alanine aminotransferase

Pharmacotherapy

▼ Medications for Elevated BMI / Prediabetes / Type II DM - (Consider ONLY if ≥ 12 yrs AND BMI% is ≥ 95th%)

Recommended if ≥ 12 yrs of age AND BMI ≥ 95th%. 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.

- metFORMIN (GLUCOPHAGE) 500 mg tablet
R:3
- orlistat (XENICAL) 120 mg capsule
R:3
- liraglutide (VICTOZA) 0.6 mg/0.1 mL (18 mg/3 mL) injection
R:3
- phentermine 15 mg capsule
R:2

Referrals to assist with BMI Management

▼ Weight Management (Intensive Wt Mgmt & Lifestyle Tx)

Refer/provide [Intensive Health Behavior and Lifestyle Treatment](#)

Recommended if ≥ 6 yrs of age and optional if <6yo

- Ambulatory referral to Pediatric Gastroenterology
Outgoing Referral

Nutrition

- Ambulatory referral to Dietician

Medical Subspecialty

- Ambulatory referral to Pediatric Endocrinology
- Ambulatory referral to Pediatric Gastroenterology
- Ambulatory referral to Pediatric Nephrology
- Ambulatory referral to Adult Endocrinology
- Ambulatory referral to Adult Gastroenterology
- Ambulatory referral to Adult Nephrology

Document Patient Goals to Improve BMI

Use the [Goals Activity](#) to record goals set together with the family.

Remember: Goals set in this activity will automatically appear on the AVS.

Patient Instructions to assist with BMI Management

▼ Elevated BMI General Patient Instructions

Select one or more of the items below to add to the AVS.

- @ Is Weight Loss Surgery Right for My Child?
- @ Obesity: A Complex Disease
- @ Talking to Children About Healthy Weight
- @ What is BMI?
- @ What is IHBLT?
- @ What to Expect from Treatment

Elevated BMI Smart Set

Includes:

- Diagnosis Coding
- Recommended Labs
- Guidance on Pharmacotherapy
- Referrals
- Link to Goals activity
- Patient Instructions for the AVS

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for video demonstrations
of new Epic tools





NEW Epic Tools for the 2023 AAP Guideline for Elevated BMI

Access the
Patient Goals Activity
from the Elevated BMI
Smart Set

....or from the
Rooming
Navigator tab

Goals addressed in the
encounter will appear in the
Elevated BMI Note Template

Patient Goals are
automatically included in
the After Visit Summary

Plan
Med Management SmartSets BestPractice

The content in this SmartSet is based on [2023 AAP Guideline for Elevated BMI](#) and summary [algorithm](#).

- Diagnoses
 - Elevated BMI Diagnoses [Click for more](#)
- 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
 - 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 the [Goals Activity](#) to record goals set together with the family.

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Rooming

Visit Info Visit Log Travel/Exposure SBIRT Screening Natl Patient Safety Questions PHQ-2 SDOH Allergies

History Developmental SWYC Hearing/Vision **Goals** MyChart Proxy Access Consents

With Correction: Inadequate Exam

Patient Goals

Search for goal [+ Add](#)

Goal: Eat a balanced, healthy diet This Visit's Progress: No change

[Create Notes](#)

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

My Note [Tag](#) [Share w/ Patient](#) [Details](#)

Service: Pediatrics

Cosign Required

[Insert SmartText](#)

Actions taken today

Goals:

Goals Addressed

- Eat a balanced, healthy diet
- Reduce sugary drinks with water

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