Connect for Health Pediatric Weight Management Program

EHR Specifications

- *EHR Specifications*

<center>***Connect for Health* EHR Specifications**</center>

Core Requirements
- Alert/ flag indicating elevated BMI
- Documentation of diagnoses and counseling codes
- Ordering of labs
- Providing patients with educational materials
- Enrolling patients in a text messaging program
- Referrals
- Follow-up

Vital section
- Highlight BMI ≥ 95th percentile (*in red*)
- Highlight BMI ≥ 85th and < 95th percentile (*in yellow*)

Alert/ Flag
- Based on visit's height and weight. If using telehealth, base the alert/ flag on the height/ weight taken within the past three months
- Interruptive or non-interruptive alert/ flag
  - Gather input from stakeholders which is better for workflow
- Content of alert/ flag is specific to percentile (three different percentile ranges below)
- Consider making the alert/flag actionable, such as adding diagnosis codes or directing clinicians to the order set
- Use family-centered language, such as "Child has a BMI between ≥ 85th and < 95th percentile".

Connect for Health Pediatric Weight Management Orders
- Header: Diagnoses
  - Sub-header: Diagnoses
    - BMI between ≥ 85th and < 95th %ile [Z68.53]
    - BMI ≥ 95th %ile [Z68.54]
  - Sub-header: Counseling Diagnoses
    - Dietary counseling and surveillance [Z71.3]
    - Exercise counseling [Z71.82]
  - Sub-header: Additional diagnoses

    - Acanthosis
    - Anxiety
    - Binge eating symptoms
    - Depression
    - Developmental delay

- Elevated blood pressure reading
- Elevated LFTs
- Elevated triglycerides with high cholesterol
- GERD (gastroesophageal reflux disease)
- Hyperlipidemia
- Nonalcoholic steatohepatitis (NASH)
- Obstructive sleep apnea
- PCOS (polycystic ovarian syndrome)
- Pre-diabetes
- Snoring
- Vitamin D deficiency
  - Sub-header: Family history diagnoses
    - Family history of cardiovascular disease
    - Family history of premature coronary artery disease
    - Family history of diabetes mellitus
    - Family history of diabetes mellitus type II
    - Family history of gestational diabetes mellitus (GDM)
    - Family history of high cholesterol
    - Family history of hyperlipidemia
- Header: Labs
  - Consider adding the date when the lab was last ordered
  - Sub-header I: Recommended Orders for BMI between ≥ 85th and < 95th %ile with health risk factors present. If normal, repeat every 2-3 years.
    - Fasting Glucose or HgbA1c
    - Alanine aminotransferase (ALT)
    - Aspartate aminotransferase (AST)
    - Lipid panel (fasting recommended)
  - Sub-header II: Recommended Orders for BMI ≥ 95th %ile. If normal, repeat every 2-3 years.
    - Fasting Glucose or HgbA1c
    - Alanine aminotransferase (ALT)
    - Aspartate aminotransferase (AST)
    - Lipid panel (fasting recommended)
  - Sub-header III: Recommended Orders for hypertension and BMI ≥ 85th %ile. For hypertension diagnosis, needs auscultatory-confirmed BP reading ≥ 95th % at 3 different visits [default closed]
    - Urinalysis
    - Chemistry panel
    - Referral to nephrology
  - Sub-header IV: Additional labs and orders
    - TSH with reflex
    - T4 total
    - LH (r/u PCOS)
    - FSH
    - Free testosterone
    - Sleep study/ polysomnography

- ECG 12 lead (hypertension)

- Header: Text Messaging Program Referral
    - Sub-header: Connect for Health Text messaging referral
        - *"We offer families a text messaging program to support healthy behavior change. Here is a fact sheet about the program. Messages are sent twice a week and include tips and information on topics like healthy eating, sleep, and helping kids be active. Messages will not include any personal information. As with any text messaging, these messages are not secure and standard text message rates may apply."*
        - Patient consents: Yes/No
        - Preferred language: English/ Spanish/ Haitain Creole
        - Phone number

- Header: Referrals
    - Sub-header I: Weight Management Programs
    - Sub-header II: Nutrition
    - Sub-header III: Mental Health (If comorbidities present)
    - Sub-header IV: Physical Therapy (If comorbidities present)
    - Sub-header V: Other Sub-Specialty Referrals
- Header: Follow-up
    - Sub-header: Follow-up
        - Follow up in 1 months
        - Follow up in 3 months
        - Follow up in 4 months
        - Follow up in 6 months
- Header: Educational Materials
    - Sub-header: Connect for Health Educational Materials and Community Resource Guides.
        [C4H ONE PAGE OVERVIEW] (pre-checked)
        Include all the educational handouts, community resource guide, and videos that clinicians can select based on the family's needs
    - Sub-header: Clinician Education
        - Connect for Health Pediatric Weight Management website
        Text: "For clinician and family resources"
        www.ch4program.com
        - Algorithm for the assessment and management of childhood obesity
        https://ihcw.aap.org/Documents/Assessment%20%20and%20Management%20of%20Childhood%20Obesity%20Algorithm_FINAL.pdf
        - Standards of Medical Care in Diabetes
        https://clinical.diabetesjournals.org/content/37/1/11
        - Dyslipidemia – UpToDate
        https://www.uptodate.com/contents/dyslipidemia-in-children-definition-screening-and-diagnosis
        - Screening and Management of High Blood pressure
        https://www.ncbi.nlm.nih.gov/pubmed/28827377