



# Progress Beyond The Scale: Using Data Collection to Provide Patient and System Level Feedback in Healthy Weight Management Program

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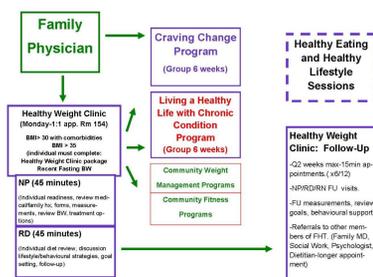
## Background

Obesity is a chronic health condition that requires long-term, interdisciplinary interventions for successful management. Historically primary health care settings have struggled with the challenge to provide the level of intensity and interdisciplinary care that is required to successfully treat Obesity and Overweight states. The Arnprior and District Family Health Team created the “Progress Beyond the Scale” healthy weight management program to begin addressing the problem of overweight and obesity.

## Progress Beyond the Scale Program

Using the 5 As of Obesity Management, published by the Canadian Obesity Network (2012), the Progress Beyond The Scale (PBS) Program encourages and supports behavioral change in patients and promotes modest weight loss, 5-10%, as a means to improving health indicators beyond the weigh scale.

## Patient Flow



## The 5 A's

The 5A's of obesity management is a set of practical tools to guide IHP's in obesity counseling and management.

- ASK- permission to discuss weight; be non-judgmental and assess readiness for change
- ASSESS- waist circumference, BMI and obesity stage
- ADVISE- health risks of obesity, the benefits of weight loss, need for a long- term strategy, and treatment options
- AGREE- on realistic weight loss expectations, targets, and behavioural changes
- ASSIST- in identifying barriers and drivers, provide resources and arrange regular follow-up

## Objectives of the Data Collection:

- 1) To collect patient information to be utilized for quality improvement in the (PBS) program.
- 2) To provide patients with 'self-management progress reports' of their health information to improve patient self-management and support behavioural change
- 3) To easily generate data for program reports to the FHT and MOHLTC.

## Time Line: Data Collection System

November 2012

5A's model integrated into Progress Beyond the Scale. Electronic Medical Record Templates created to fit 5A's Model.

EMR - RD Intake Eating Habits

Meals per day:  Well Spaced?  Portion Size Appropriate?  Mod Review Done?  % Body Fat:  FFH  TBW

Well balanced?

If no, what needs improvement?

Restaurant/Takeout meals per week?  Liquid Calories Consumed

Other issues:

Eating Habits: Emotional Eating  Fast Food  Chronic Dieter

Vitamin or Mineral Supplements

Target/Goal Weight

Realistic Weight Loss Expectations Explained?  Pt. Agreed?

Objective:

Subjective:

Goals From Last Apt:

Barriers:

Drivers:

Education/Counseling: Plan your Meals  Identify Modest Weight Loss  Change Change Strategy  3 meals per Day  Healthy Environment  Nutrition Review CPG  Discuss Treatment Options  Med. Foods  Body Image/Self Esteem

January 2013

Access database created to collect patient information, physical, biochemical and behavioural indicators of health improvement.

### ASK

Date	Encounter	Note
2012-12-10	HWC Referral - FHT MD	
2012-12-28	Dietician Follow Up	
2013-01-18	NP Follow Up	
2013-01-22	Dietician Follow Up	
2013-04-29	Dietician Follow Up	
2013-05-16	NP Follow Up	
2013-05-30	Dietician Follow Up	
2013-06-20	NP Follow Up	
2013-07-12	Dietician Follow Up	
2013-08-15	NP Follow Up	
2013-09-26	Dietician Follow Up	

## Assess

Date	Condition	Status
2012-05-16	Diabetes, Type II	New Diagnosis
2013-05-15	Diabetes, Type II	Improved
2013-08-15	Diabetes, Type II	Improved
2013-09-26	Diabetes, Type II	Resolved
2012-12-18	Dyslipidemia	Pre-existing
2013-08-27	Dyslipidemia	Improved
2012-12-18	Hypertension	Pre-existing
2013-08-27	Hypertension	Improved
2013-09-26	Impaired Fasting Glucose	New Diagnosis

May 2013

Patient 'self-management progress reports' integrate into visit schedule (6 and 12 month visits)

### Patient Profile - Healthy Weight Program

Program Start Date: 2012-03-26 Weeks in Program: 80

Item	Baseline	Month 03	Month 06	Month 09	Year 01
BMI	43.48	42.91	39.97	40.95	40.97
BMI Chg	0	-2.57	-3.97	-6.63	-4.91
Waist Circ	123.87	121.11	119.98	115.50	114.50
Waist Chg %	0	-5.64	-4.54	-10.18	-10.8
Waist Chg (cm)	0	-7.26	-8.39	-13.07	-13.87

Item	Baseline	Month 03	Month 06	Month 09	Year 01
FBG	12.1	6	5.9	6.2	6.2
HbA1c	0.093	0.067	0.061	0.06	0.06

Item	Baseline	Month 03	Month 06	Month 09	Year 01
Cholesterol	5	4.4	4.4	3.9	3.9
HDL	1.04	0.96	0.96	0.92	0.92
LDL	3.18	2.54	2.54	2.35	2.35
TC:HDL Ratio	4.8	4.6	4.6	4.2	4.2
Triglycerides	1.68	1.89	1.89	1.32	1.32

Item	Baseline	Month 03	Month 06	Month 09	Year 01
BP-SYS	128	150	130	140	134
BP-DIA	78	80	82	78	82

September 2013

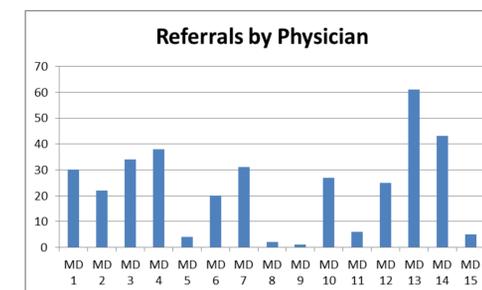
First set of report data for quality improvement of Progress Beyond the Scale program.

## Preliminary Results

### Crosstab - Report - FHT Aggregate

Item	Baseline	Month 03	Month 06	Month 09	Year 01	Year 02
Age	54.99					
BMI	43.93	39.28	36.76	36.21	36.34	38.91
BMI Chg	-0.2	-6.1	-1.49	-1.93	-1.92	-2.15
WaistCirc	123.55	117.10	118.00	113.73	113.85	116.50
Wt Chg %	-0.4	-1.64	-3.91	-5.00	-4.97	-5.61
Wt Chg (kg)	-0.5	-1.70	-4.26	-5.42	-5.42	-6.27

## Preliminary Results (cont.)



## Patient Feedback:

“[The] program taught me how to set effective goals.”  
 “I found this program to be a worthwhile experience.”  
 “[The] program helped me to manage and improve my health.”  
 “[I am] thankful for the guidance in lifestyle changes”

## Future Development:

- Group cooking demonstrations
- Body Image Workshops
- Fitness and Nutrition Information Sessions
- Virtual Grocery Store Tours
- Improved integration with the FHT mental health services

## Acknowledgements

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## Resources

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