

The Implementation of the Clinical Practice Guideline on Screening Management of Overweight and Obesity in an Ambulatory Care Setting



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Background

- More than 1/3 of the adults in the US are overweight or obese. Obesity is a nondiscriminatory health problem affecting millions of individuals from a variety of backgrounds
- One group impacted by this disease is the US military
Data from a 2005 survey estimated that 60.5 percent of the active duty military were identified as either being overweight or obese
More recent data from annual health exams revealed that 47.2 percent of the active duty Air Force were overweight and another 12.2 percent were obese
- Obesity greatly increases the risk of hypertension, hyperlipidemia, type 2 diabetes, heart disease, stroke, osteoarthritis, and certain cancers. These diseases lead to an increased risk in mortality, making obesity a major contributor to preventable deaths.
- The health related consequences of overweight and obesity has greatly increased our military health care expenditures and has a direct impact on our nation's military readiness

Setting or Method

Setting: multispecialty ambulatory care military medical clinic servicing approximately 28,000 total beneficiaries of which 5,400 are active duty service members at Offutt Air Force Base, Nebraska.

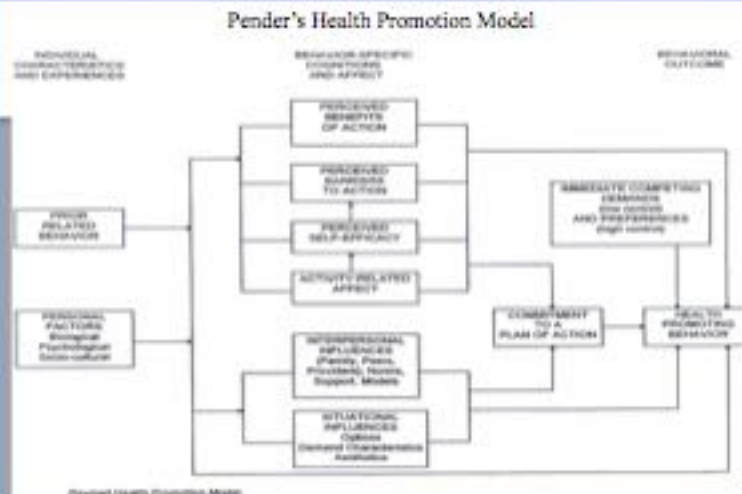
Method: longitudinal study observing the effects of the CPG on the active duty Air Force at Offutt Air Force base using repeated measures pre and post implementation of the CPG. During routine appointments active duty members with a body mass index (BMI) of greater than or equal to 30 will be offered a comprehensive weight management option. Those active duty with a BMI of ≥ 25 will be offered information on weight control and may participate in the comprehensive option if desired.

Purpose

Utilize the Veterans Affairs/Department of Defense's (VA/DoD) Clinical Practice Guideline (CPG) on Screening and Management of Overweight and Obesity to reduce the incidence of overweight and obese active duty military members assigned to Offutt Air Force Base, Nebraska



Theoretical Framework



University of Michigan (n.d.). Pender's Health Promotion Model. Retrieved from Retrieved from: <http://stemmler.umich.edu/pender.health.promotion.model/files/chart.gif>

Proposed Project

- PICOT Clinical Question: How does implementation of the Veterans Affairs/Department of Defense's (VA/DoD) Clinical Practice Guideline (CPG) on Screening and Management of Overweight and Obesity effect the rate of overweight and obese population of active duty Air Force members at Offutt Air Force over a six month time period?
- The project goal to have a 5 percent change in the incident rate of overweight and obese at Offutt
- Promoting healthy long-term weight loss practices is essential for combating obesity
- Understanding the complexity of weight management is also essential to structuring clinical practice to meet the patient needs
- Dissemination of the project findings to facilitate the implementation of the CPG at other military medical treatment facilities

Implications for Practice

- The overall desired effect of a weight management program is a reduction in the rate of overweight and obesity
- The success of the program has a secondary effect of reducing health care expenditures
- An indirect consequence of a successful weight management program would be improved productivity of its active duty members and a force fit to serve in both their peacetime and wartime capacity
- The issue of obesity is significant to nursing practice, as a doctorally prepared nurse leader, the opportunity to intervene in this crisis is crucial
- The use of evidenced based practice in nursing to implement weight management strategies is key to making progress in fighting this epidemic