



Provider Comfort & Knowledge of Pediatric Obesity Comorbidity Screening

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BACKGROUND

Screening for comorbid conditions in patients with obesity at outpatient preventative visits is suboptimal. Prior quality improvement data at this institution² demonstrated that obesity comorbidity screening for diabetes, non-alcoholic fatty liver disease, and dyslipidemia with the recommended labs is low.

This study aimed to evaluate:

1. Percentage of pediatric providers who are aware of recommendations for screening labs
2. Perceived barriers to ordering recommended labs for pediatric patients with a BMI \geq 95th percentile
3. Provider comfort addressing obesity with patients

METHODS & RESULTS

- Cross-sectional survey study with *Qualtrics*
 - Online questionnaire to general pediatricians ("attending") and pediatric residents ("residents") at a single institution
 - Survey consisted of 13 multiple choice questions and a qualitative comment text box
 - Survey responses were anonymous and categorized as either attending or resident responses
 - Data were analyzed using percentages
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- Survey was sent to 52 attendings (29 responses) and 43 residents (32 responses)
 - **83%** of attendings and **56%** of residents are aware of the current recommended screening labs for patients with obesity
 - **62%** of attendings and **22%** of residents felt they were comfortable discussing weight with an **obese** pediatric patient
 - **97%** of attendings and **41%** of residents felt comfortable discussing weight with an **underweight** pediatric patient
 - Main barriers to discussing weight included: patient readiness, family dynamics, and lack of time in an office visit
 - **59%** of attendings and **59%** of residents felt they did not have adequate training to discuss obesity with patients
 - **69%** of attendings and **94%** of residents reported being more likely to obtain obesity screening labs with additional electronic health record (EHR) tools

- Both attendings and residents reported that they were more comfortable discussing weight with **underweight** compared to **overweight** patients (FIGURE 1)
- Both groups identified the main barriers to discussing weight included: **patient readiness**, **family dynamics**, and **lack of time** in an office visit

CONCLUSIONS

Findings suggest an opportunity for:

- Provider education about appropriate screening labs
- Increased training to enhance the discussion of obesity with patients
- EHR tools to streamline lab ordering for obesity comorbidities

Next steps include:

- Simplifying ordering of screening labs
- Investigating methods to increase provider comfort with discussion of weight for patients with obesity

ADDITIONAL KEY INFORMATION

Comorbidities of Obesity: ^{1,3}

- Dyslipidemia
- Insulin Resistance
- Hypertension
- Non-Alcoholic Fatty Liver Disease

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- 2) Brichta C, Shadman K, Jain S, Lasarev M, Nelson C, Marten (2020). Improving Pediatric Obesity Comorbidity Screening In Primary Care Clinics
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FIGURE 1

