



## PCMH User Group Highlights 10/28/2014

Thanks to all who attended in person or via dial-in.

### **Pediatric Obesity: Dr. Labian Traverse Area Pediatric and Adolescent Care (TAPAC)**

Dr. Labian has done extensive research in developing TAPAC's Pediatric Obesity Program. The first thing to remember is that children are unique because they do not have control over their environment, so the younger they are to start teaching them about healthy behaviors the better. Motivational Interviewing has a key role in assisting in this process. It is important to identify the child's issues and then start with only one change at a time. Many of these children have multiple family issues which must also be addressed.

Dr. Labian created a four step process to follow (Further information provided in the PowerPoint).

#### Step 1: Prevention Plus

- Set Goals-nutritional and exercise
- Counsel on 5-2-1-0 Method
  - 5 fruits or veggies a day
  - 2 or less hours of screen time a day (TV, computer, tablet, etc.)
  - 1 hour outside playtime a day
  - 0 sugar drinks
- Engage the Family-create a family plan that consists of eating the same foods, exercising together, come up with different activities to do together.
- This could take 1-3 months. If there is no improvement, change the timeframe to 3-6 months. At this time if there is still no improvements, continue to Step 2.
- NPO note: This method can be applied to adults when creating a goal and action plan.

#### Step 2: Structured Weight Management

- Created the F3 Program (Fun, Food and Fitness)
  - This is a program that is currently offered to TAPAC patients who are "Invited" (formal invitation card) on Thursdays from 4:00-6:00.
  - Staffed by: Dr. Labian, a nurse, personal trainer(s), and Kevin DeBruyn, case manager.
  - A full assessment is performed every 2 weeks. This is where you can explore sleep patterns, social situations, etc. Labs such as HbA1c, CBC and Lipid can be completed to monitor levels.
  - During this time the patient will meet with the physician and will meet with a personal trainer. The patient will set one behavioral or social goal (along with what the parents

need to do) and one exercise goal. They will start with basic concepts such as what your plate should look like (pictures available in the PowerPoint). The first visit is the initial appointment to do an evaluation (What are we dealing with? Bullying, depression, anxiety, hoarding, fears? Why?) and an assessment. The personal trainer will also do an assessment that consists of walking, sit-ups and push-ups to see where the patient is at and to show their progress at the follow-up visits. At the follow-up appointment the nurse will ask how the patient did with the goals that were set, then help set up new goals with the patient, and the patient continues workouts with the trainer.

- During this program, the patient will also meet with Kevin DeBruyn. He is onsite in a private room. He works not only with the patient, but also the parents/caregivers. He works on stabilizing the patient's social environment and works closely with the Dr. Labian.
- She would like to see this program open up to other PCPs and have it work like a consultation.
- If the patient succeeds in Step 2, they will be moved back to Step 1. If further intervention is needed, the patient will continue with Step 3.

#### Step 3: Comprehensive Multidisciplinary Intervention, Specialized Program.

- This step still needs to be created. It will be Adolescent focused because the child will need to say they need/want the change.
- This would consist of weekly intervention. TAPAC is currently working on a texting program to directly communicate and motivate the Adolescent.
- This Step would also need the help of local agencies or programs outside of the physician office.
- If the patient shows improvement, move back to Step 2. Otherwise, continue to Step 4.

#### Step 4: Tertiary Care: Hospital Setting with Experience Team

- This area does not have the proper resource here for this level of care. U of M or Devos would be more appropriate settings.

#### Questions/Comments:

- The F3 program is currently only once a week during a specific timeframe due to physician time constraints and to minimize physician distractions due to normal clinic operations.
- Is there outpatient dietary counseling involved in the F3 program?
  - This would be a part of Step 3. Have tried it before, but it was not as successful. Dietitian started working more on counting carbs instead of healthy eating habits. A great resource is the Red Light, Green Light, Yellow Light foods.
  - Red Light: Chips, cookies, French fries, etc. Stop and think first. How many red light foods have you had today? Try and titrate down to 1 per day.

- Green Light: Raw fruits and vegetables. These are the “go” foods, so you can have as many as you want with the exception of potato and corn.
- Yellow Light: Slow down on these foods. You can still have them, but in moderation. Corn and Potatoes (with a dinner meal). This is all in proper portions.
- Do you encounter financial pushback to eating healthy?
  - When we encounter this issue, we ask the parents what they can do and work from there. TAPAC has community resources available to offer the patients that informs the parents what coupons are available or what is on sale for fruits and veggies. We also have a resource listing of exercise activities for families to do together such as bowling or snowshoeing (these are available to rent).
- How many kids do you see at one time during the program?
  - Around 4-6. It does vary, but as many as 8 and sometimes only a couple.

NPO was authorized by Dr. Labian to record today’s presentation and it will be available on NPO’s website. We are very grateful and appreciative for the time and information Dr. Labian and the TAPAC staff gave us today. The resources used in the office are listed on the PowerPoint Presentation that is attached.

### **Next Meeting**

#### **November Meeting:**

- 11/20 Thursday 11:30-1P
  - Suttons Bay will be presenting on Planned Visits.

***PLEASE NOTE: If you plan to attend the November meeting either in-person or telephonically, please either email [kelliott@npoinc.org](mailto:kelliott@npoinc.org) or call NPO at 231-421-8505 to RSVP. After we receive your RSVP, we send you an Outlook appointment. Please bring in parking garage tickets for validation.***

#### **Future Meeting Date/Times & Agendas:**

- December – no meeting in December