Implementation of a Clinical Practice Guideline for the Prevention & Management of Adult Obesity

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Obesity is a growing epidemic impacting 39.8% of American adults (CDC, 2018). An unhealthy weight is related to a growing list of co-morbid conditions, puts additional burden on providers, and increases medical spending (Hayes et al, 2017). This project utilizes the Knowledge to Action Framework as adapted by the Registered Nurses Association of Ontario specifically for use in implementation of Clinical Practice Guidelines (CPGs). The setting is an internal medicine practice in Lexington, KY.

Step 1: Identify the Problem
> Differences in current practice and clinical practice guideline
   • Areas for improvement:
     - Addressing weight with those who are overweight
     - Setting realistic goals
     - Assess readiness for change

Step 2: Adapt Knowledge
> Selected Institute for Clinical Systems Improvement: Prevention & Management of Obesity for Adults (6th ed)
   • Focus on prevention
   • Simplistic algorithm

Step 3: Assess Barriers & Facilitators
> Barriers: time limitations & human resources
> Facilitators: experienced leader, management support, financial incentive

Step 4: Implement Interventions
> Education for providers and staff
> Algorithm & examples distributed
> Readiness for change completed at check-in

Step 5: Monitor Knowledge Use
> Chart audits
> Provider surveys

Step 6: Evaluate Outcomes
> Determine compliance via post-implementation data
> Assess barriers, facilitators, attitudes, and intentions

Step 7: Sustain Knowledge Use
> Goal is practice change
> Care congruent with most recent and best quality data
> Continue cycle of change