

Weight Management

in Community Health: Bridging Systems & Care Coordination



RAPID RECAP/KEY TAKEAWAYS

Learning Objectives:

- Ascertain metrics of your healthcare center against key performance measures related to the obesity care
- Identify barriers to diagnosing and treating obesity for patients in your healthcare center
- Formulate an improvement plan for establishing diagnostic and treatment plans for patients with obesity in your healthcare center
- Develop an improvement plan for managing holistic care of patients with obesity in your healthcare center

Aim Statements:¹⁻⁶



- Create a concise purpose statement before defining global and specific aims
- Assemble the team to brainstorm ideas
- Refine the ideas collaboratively
- Use multi-voting to select the best statement that captures the project's overarching goal
- Develop a global aim for more detail
- Develop a specific aim for further precision

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Identifying Gaps:¹⁻⁶



- 1** • Assess the current discharge planning process and adherence
• Identify strengths and weaknesses in current practices and future
- 2** • Engage stakeholders in project-through meetings, touch-bases, and communications
• Present current state challenges and rationale for improvements
- 3** • Collaborate with interdisciplinary teams on discharge protocols
• Create a list of all components affected (med rec, dietary, activity, symptom monitoring, etc.)

Setting Realistic Goals:¹⁻⁶

Specific

What will be achieved?
What are the next steps and actions?
Incorporate flexibility?
Timeline to check back.

Measurable

Be sure baseline is incorporated from x to x.
What data will be collected to know if the goal has been met?
What does success look like?

Attainable/ Achievable

What resources are available?
Who are the leadership sponsors to remove barriers?

Relevant

Does the goal align with organizational values, goals, and priorities?
How will the ultimate result matter?

Timely

Timeline?
Is the scope appropriate for time allotted?
Be sure not to skip steps because of time pressure.

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Setting Realistic Goals:¹⁻⁶

The objective is to create goals that:

- Specific
- Measurable, achievable, and time-bound
- Aligns with organizational strategic goals and priorities
- Reflect stakeholder perspectives and priorities (Patients, frontline staff, leadership)
- Keep the team focused on purpose, goals, and tasks

Examples of Trackable Metrics for Obesity/Overweight:⁷

OPERATIONAL TRACKING:

- Obesity/overweight prevalence (BMI measurements)

QUALITY PERFORMANCE:

- Obesity diagnosis
- Documented follow-up plan
- Change in weight over time
- Anti-obesity medication prescriptions
- Assessment of obesity-related complications

PATIENT-CENTERED CARE:

- Patient-reported outcomes

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Key Takeaways:

- The aim statements are foundational elements in QI projects that guide the team's efforts, measure successes, and align with organizational objectives to achieve meaningful and sustainable improvements
- The gap analysis in QI is a systematic approach to identifying and understanding performance deficiencies, setting priorities, and guiding strategic improvements to achieve better outcomes
- By using the SMART framework, QI teams can set goals that are well-defined, trackable, and align with organizational priorities, thereby enhancing the likelihood of successful improvement initiatives

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