

Weight Co-Management Guidelines

Nutrition, Exercise, Weight loss (NEW) Kids Program for Elevated BMI (Gastroenterology, Clinical Nutrition)

These guidelines support referring patients with obesity. Guidelines include criteria for referral to Lifestyle Medicine Collaborative, NEW Kids, Endocrinology and Healthy Hearts programs. To support collaborative care, we have developed guidelines for our community providers to utilize when referring to, and managing patients with, the pediatric specialists at Children's Wisconsin. These guidelines provide protocols for jointly managing patient cases between community providers and our pediatric specialists.

Diagnosis/symptom:	Referring provider's initial evaluation and management:	When to initiate referral/consider refer to NEW Kids Clinic:	What can referring provider send to NEW Kids Clinic?	Specialist's workup after referral to NEW Kids will likely include:
Signs and symptoms Child age 2-18 years with BMI $\geq 85\%$ AND At least 1 comorbid condition OR Child age 2-18 years with BMI ≥ 40 with/without a comorbid condition	Diagnosis and treatment Diagnosis is based on history, physical and additional testing, which may include but not limited to: height, weight, blood pressure, BMI, BMI%, BMI z-score, lab work, including: lipid panel, ALT, glucose, hemoglobin A1c, LDL. Treatment can be based on underlying cause, severity of obesity, age and sex. Can include, but not limited to: - Lifestyle changes - Referral to additional sub-specialists at Children's - Referral to Behavioral/Counseling - Medication - Referral to Froedtert's Adolescent Bariatric Surgery	Child age 2-18 years with BMI ≥ 40 with/without comorbid condition OR BMI $>85\%$ AND at least one comorbid condition as follows: - ALT ≥ 40 or known NAFLD - Pre-diabetes (HbA1C $<6.5\%$) - Hyperlipidemia - Non-alcoholic steatohepatitis (NASH) - Hypertension - Obstructive Sleep Apnea (OSA) - Slipped Capital Femoral Epiphysis (SCFE) - Blount's disease	In order to help triage our patients and maximize the visit, please include: - Growth charts - Chief complaint, onset, frequency - Recent progress notes - Urgency of the referral - Labs and imaging results - Other diagnoses - Office notes with medications tried/failed in the past and any lab work that may have been obtained regarding this patient's problems	- Parents will be called for an appointment. - Wait times vary for initial appointments between Main Campus and Delafield. - They will meet with a PNP in GI/NEW Kids for the first visit, an RD GI/NEW KIDS for the second visit, and third visit with the RD and PNP together, alternating appointments for up to 6 visits. - Lab frequency will be determined at the first NEW Kids appointment (repeat labs 3-9 months) after the initial visit. - The patient may be referred to additional specialists if needed. NEW Kids video

Send referrals to Children's NEW Kids Clinic.



• Internal referral via Children's Epic

Send an ambulatory referral to *NEW Kids Clinic* OR to *Weight Management*.

• External referral via Epic

Please use the NEW Kids referral form on the website found at: childrenswi.org/newkids.

• Via fax

(414) 607-5288

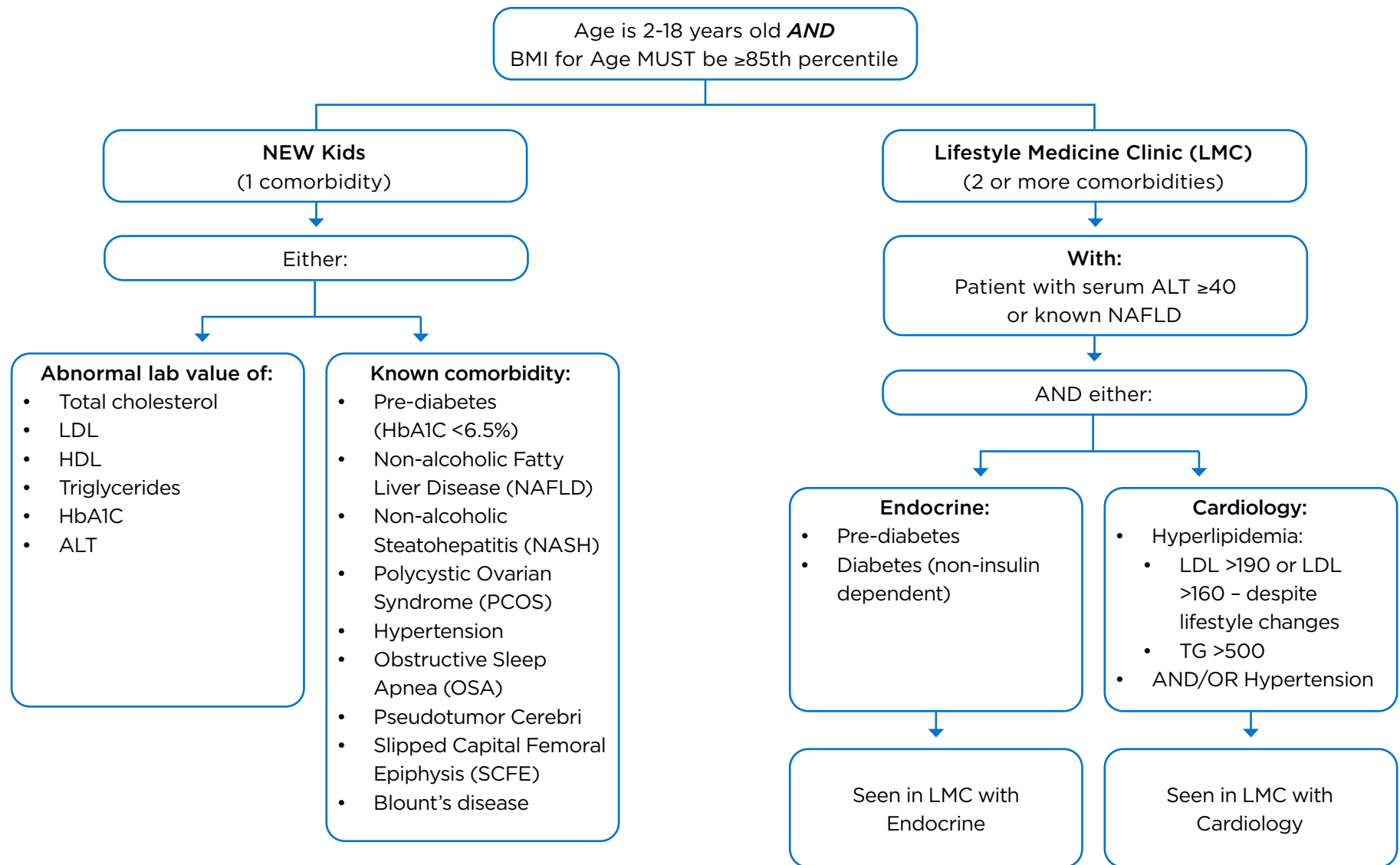
• Via phone

(414) 266-2420



Children's
Wisconsin

Kids deserve the best.



For questions concerning this work, contact mdconnect@childrenswi.org

Medical Disclaimer

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