

Abstract

Management of Comorbidities Associated with Childhood Overweight and Obesity

Purpose: Overweight and obesity in children and adolescents is often accompanied by obesity-related comorbidities. Primary care providers are often challenged to recognize and treat these comorbid conditions, but there are gaps and inconsistencies in care. Clinical practice guidelines have been developed for pediatric hypertension and dyslipidemia, but no single clinical resource is available that addresses how to manage other obesity-related comorbidities. An integrative review of the literature was performed to create a comprehensive algorithm to address this need. The purpose of this poster session is to disseminate findings from the highest quality evidence sources for use by primary care practitioners who work with children and adolescents at risk for comorbidities associated with overweight and obesity.

An integrative review of the literature was performed using CINAHL, ProQuest Nursing and Allied Health, and PubMed databases. Evidence from 2002 to present was reviewed by the project team. Guidelines and algorithms from the American Academy of Pediatrics, National Association of Pediatric Nurse Practitioners, American Heart Association, American Diabetes Association, Centers for Disease Control and Prevention, National Heart, Lung, and Blood Institute, Agency for Healthcare and Research Quality, U.S. Department of Health and Human Services and the International Diabetes Federation were also reviewed. Key information was extracted and data sources ranked according to the Polit & Beck evidence hierarchy. From this evidence the Childhood Overweight and Obesity Comorbidities Resource was developed.

Conclusions: Highest level evidence guided the recommendations used to formulate a comprehensive resource for the recognition and management of pediatric hypertension, sleep apnea, Vitamin D deficiency, non-alcoholic fatty liver disease, dyslipidemia, thyroid disease, diabetes mellitus, insulin resistance, metabolic syndrome and polycystic ovarian syndrome. Existing guidelines for hypertension and dyslipidemia are used, in conjunction with newly developed algorithms that address other common obesity-related comorbidities, to create a single point-of-care tool to help practitioners improve the quality of clinical care for pediatric patients diagnosed with overweight or obesity.

Implications for Practice: The Childhood Overweight and Obesity Comorbidities Resource provides a consistent, convenient point-of-care reference to help primary care providers increase clinical competence and bridge the gap to specialty care. This resource has been recently published in the Journal of the American Association of Nurse Practitioners. The AANP National Conference offers a unique opportunity to further disseminate this resource to practicing NPs who care for pediatric patients in primary care and other settings.