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INTRODUCTION

What is overweight/obesity?

- A chronic health condition related to complications due to increased adiposity
- Overweight: BMI 25-29.9
- Obesity: ≥ 30

Why is it a problem?

Obesity increases risk for complications with other health conditions such as heart disease, diabetes, high blood pressure, abnormal lipid profile, sleep apnea, stroke, liver disease, gall stones, cancer, arthritis, varicose veins, gout.

Treatment requires ongoing follow-ups, reevaluations, and long-term treatments which can become challenging for the patient to keep up with healthcare appointments.

CURRENT PROBLEM

PICOT Format:

- Population: 22-65 y/o adults with BMI ≥ 30 with I or more complication of obesity, controlled blood pressure, normal EKG, non-pregnant
- Intervention: Literature review
- Current practice: Exercise for more than 30mins, 3 times/ week, low fat, low carbohydrate diet
- Outcome: Less than 2lb weight loss
- Time: 6 weeks

PROJECT GOALS

- Explore area of improvement in current practice
- Decrease health complications related to obesity in adult patients
- Implementation of effective, evidencebased interventions within the primary care clinic capacity.

PROJECT TIMELINE

- August-September 2022: 10-Day Practice Assessment completion to discover quality improvement (QI) project
- September 2022: Proposal to employer for QI project
- November 2022: IRB application and approval letter received
- January-March 2023: Work setting recruitment and implementation

PROJECT DESCRIPTION

- 5 week duration
- · Start: Pre-assessment
 - Vital signs, BMI, waist circumference measurements
 - Dietary and physical activity habits questionnaire and behavioral assessment
- Set weekly goals of diet, exercise, behavior
- · Weeks I-4: weekly check-ins
- Week 5: Post-Assessment

EVIDENCE-BASED INTERVENTIONS

- · Paleolithic inspired diet
- Protein shake meal replacements for breakfast and dinner
- Vitamins

Physical activity:

- Moderate intensity: > 150 mins/week
- Vigorous Intensity: >75 mins/week
- 3-5 days/week cardio
- Strength training: 2-3 days/week
- Decrease sedentary periods

Motivational interviewing

- Pre- & Post-Assessment
- · Weekly check-in
- Long & short-term goals

Selection control bear in selection control

PATIENT HANDOUTS

Tipe of activities	
Mnutris per ansion	
Day per week:	
Now many minutes/firs a day spent sitting continuously	

Foods	to Avoid
No Flour (Torsties, breads, cookers, crackers, etc)	No pearuts or pearut butter
No litheat or wheat products	No sweets
No oreats of ANY lond	No pices/Gatorade/No alcohor
No calmest, no cream of wheat, No granute. No com- or com-products	No vegetable of or Canala sits
No postores	No yoguns of any lind, including great;
No roe	Healthy Residurant ideas: Rudys', Healthy Pizza Climpany corder Pales could, Sartregue piaces. Nortes pizza has caulificier crust, Rufie berbeque (protein plate)
No puntes	Supplements Probotics daily, Vitamin RDK, Turment, Curcumin, Omega 2's, CSQ*12
No beare (soy pirto, garbariso, black, red, etc.)	No ierdis

Occorut OK Avocado Of Shee	Organic
Eggs Organic only	Eggland's Seet is a good cage free brand
Green or Black Teas	No Sugart
Fruit	1 fruit per day, apple, beries the best
Half & Half or heavy whopping cream for coffee	1 out per day only
Pecaris, Platachics, Almonds, Macadamies, Cesheve	All rule, no peanute (not a tipe nut)
Ounce	Topperweek only
Raw organic honey for coffee	12 to per ma
Stredded socorul (no sugar added) or fresh occorul, Joanna is great	Can make "cereal" almonds, fruit, coconut, pecare with almond milk. Eat like cereal.
Sweet Publicies	1 sweet public per week
Stevia Sweetener: use sparingly (only sweetener allowed)	1 packet per cup
Almond flour, coconut flour Change and the fall, durants, Sant Jerks	Buy Baken-Dis brand when craving chips (spanness)



Moderate Activity Exemples	
Studing brisis (at least 3 eph but not take withing	And solving paging, or naming
Mater services	Switninglass
Bicycling slower than 12 mails	Boycing Seasor than 150 mg/s.
Terrin (doubles)	Territ birgins
Baltraum dencing	Arribic during
Conend pertoning	Ming uphill or with a home pack
2-3 Light Activity 2-3 Manual Activity 4-4 Modernian Activity	Target Perceived Exertion: Moderate intensity = 6.7 Vigorous Intensity = 7.6
7-6 Vigorous Activity 1-9 View Hard Activity 1 View Hard Activity	
Marriel Effort	







OUTCOMES

Age	Sex	BMI - Pre	BMI - Post		Waist Circumference in Inches - Pre	Waist Circumference in Inches -Post	Difference
28	F	38.04	37.33	-0.71	44.5	43	-1
49	M	33.66	32.5	-1.16	50	44	
28	М	37.6	35.13	-2.47	46	44	
38	F	36.5	36	-0.5	44	43	
38	F	34	31.3	-2.7	36	34	
55	M	34.55	34.09	-0.46	47	46	
52	F	35.66	32.8	-2.86	42.75	39.5	-3.2

	ĺ		Weekly Minutes	Weekly Minutes - Spent Exensising -		Continuous Time in Minutes Spent		
pe Sex	Exercise Quality - Pre	Elenise Quality - Post		Fox				Difference
_		stationary bike, Ned Firtes workout,						
28 F	household activities	Grow with Jo workput		280		180	45	-43
49 M		waking	30	30	0			
_		weight litting inchegym, jogging, flag				-		
	weight lifting, flag football	foot ball	360					
	household activities	weights, walking	120	250		480		45
	none	Feleton, cycling, weights			150	300		- 24
55 M	none	waking		60	60	560	240	43
		waking with weights, Nerd Fitness						
52 F	walking with weights	worked, Grow with Jowestouts	120	200	80	120	30	

Lee.	Sex	Breakfast - Pre	Breakfast - Post	Lunch - Pre	Lunch - Post	Dinner - Pre	Dinner-Post
						rice, beans,	
			protein shake,	soup, rice, beans,	soup, chicken salad,	ground beef,	
28	F	skip	blueberries	soda	vegetables	tortilla, chips	protein shake
		potato, bacon.	eggs, cookies.			coffee, sweet	
43	м	eggs, soda	shake	chili relleno, soda	chicken, corn, potato	bread	protein shake
		-	protein shake,		chicken, pork,	noodles, chicken,	
28	М	fruits	apple, banana	fast food	vegetables	steak	protein shake
					baked salmon, baked		turkey, pepperoni,
		boiled eggs,	boiled egg,		chicken, quinoa,	veggies, potatoes,	boiled eggs,
35		tater tots	fruits, outs	none	veggies	cheese	avocado, veggies
		ice cream, candy,				mac and cheese.	
38	F	McDonald's	protein shake	Wendy's	chicken, fish, salad	diet soda, steak	protein shake
		eggs, ham	eggs, ham	turkey sandwich,			
55	м	burrito	burrito	soda	steak	nachos with beef	protein shake
				steak, rice,			
				chicken soup,			
				soda, cookies,	fruits, green salad,		
52	F	eggs and bread	protein shake	chocolate	chicken	none	protein shake

PROJECT IMPLICATIONS

- 7 of the 14 patients completed the program, which could be improved
- Short project duration
- Continued need for specialist referral for some patients

Overall the program was successful at implementing evidence-based interventions within the primary care setting for obesity management. Patients who completed the program all had positive results including a decrease in BMI and waist circumference, reports of increased strength, energy, and looking better in clothing. Future projects for improvement could include collaboration within communities such as gyms or specialists such as mental health practitioners.