

New Clinical Practice Guidelines for Treatment and Management for Children and Adolescents with Obesity: What Primary Care PNP's need to know

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Abstract

Background & Significance: Children and adolescents with overweight and obesity frequently have comorbidities such as dyslipidemia, hypertension, obstructive sleep apnea, and nonalcoholic fatty liver disease. The American Academy of Pediatrics (AAP) have released updated Clinical Practice Guidelines (CPG) which include early treatment and management of children and adolescents who meet criteria for overweight and obesity.

Purpose: The purpose of this educational poster is to share clinical practice guidelines as well as resources that will assist the primary care pediatric nurse practitioner in the treatment and management of children who meet criteria for overweight or obesity.

Problem: Primary care pediatric nurse practitioners may not be aware that the AAP recently released new CPG guidelines. Primary care PNPs that are aware of the new CPG guidelines may experience barriers when attempting to apply treatment and management recommendations in their daily practice.

Methods: An overview of treatment and management guidelines with strategies and resources for implementation will be shared.

Discussion: It is imperative for PNPs to understand guidelines, recommendations, algorithms for decision-making, and available resources to lead the implementation of the CPG into practice and support long-term health improvements in pediatric patients.

Key Words: Childhood obesity, evaluation, management, treatment guidelines

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