Waist Less
The changing shape of Obesity and Overweight services within The Children’s Hospital at Westmead.

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Case for change

Solutions, implementation and results

Activities:

Frontline staff focus groups

Senior staff focus groups

1:1 consultation with consumer representatives

Implementation and evaluation of the Waist Less project is ongoing in 2017

Results as at March 2017:

• Generic, streamlined pathway based on clinical severity in development, in conjunction with the NSW Ministry of Health
• Broad consultation continuing

Increase staff completion rates of e-Learning

• Weight4Kids is now open source, available for free: http://weight4kids.learnupon.com/
• Promotion in planning

Resource packs to give to families

• Collaborative working group with NSW local health districts established, led by the NSW Ministry of Health, to share information and develop resources
• Centralised, online resources will be available when website launched.

Accurate heights and weights recorded in eMR

• Ministry of Health supported equipment review for accuracy and accessibility at SCHN and JHH. CE’s to receive recommendations
• New method of estimating height when standing height unavailable (for accurate weight status estimation) in development.
• Automated alerts in eMR pending approval
• Feedback reports developed by the Ministry of Health

Sustaining change

• Ongoing partnership and solution development with network led by Ministry of Health for state-wide considerations
• Paediatric obesity model of care will be available for local implementation across NSW.
• SCHN executive commitment to strategic approach to childhood obesity.

Conclusion

Waist Less is a sub-project of the Sustainable Connections for Overweight and Obesity in Paediatrics (SCOOP) project, which aims to improve Childhood Obesity treatment in the wider Western Sydney and Nepean Blue Mountains Community. Waist less concepts are translatable to SCOOP and beyond.

Abbreviations: ACI: Agency for Clinical Innovation; CHW: Children’s Hospitals at Westmead; eMR: electronic medical record; JHH: John Hunter Hospital; MDT: multidisciplinary team; MSAU: Ministry Support Analysis Unit; SCOOP: Sydney Children’s Hospitals Network; WMS: Weight Management Service