1.0 SCOPE
In Epic, the electronic medical record, the nurse or provider charts when BMI education has been given to patients and families. The options the nurse can choose when charting BMI education includes: Yes, Not Clinically Indicated, Education Refused, and Situation Inappropriate. This guideline describes when the nurse should use each one of those options.

2.0 DEFINITIONS
2.1. Body Mass Index (BMI) Education includes educating the patient and family using the BMI Knowing Note which includes the 5-2-1-0 information as well as patient specific information which includes the patient’s height, weight, and BMI for-age-percentile. BMI Education also includes talking with the patient and family about BMI, but without the BMI Knowing Note. Using the BMI Knowing Note is the preferred method for education. BMI and BMI Education are done on patients between the ages 3 and 18.

3.0 GUIDELINE
3.1. BMI should be charted on each patient who visits an outpatient clinic once per year. BMI Education should be given once per year. Review the Last BMI Data flowsheet in the Visit Navigator to determine when the last BMI and BMI Education were complete.
3.2. The BMI Education question is found in Epic under the Vitals section in the Visit Navigator. After providing BMI Education, the nurse or provider should chart based on the following criteria:
   3.2.1. If charting “Yes” – BMI Education was given to patient and family.
   3.2.2. If charting “Not Clinically Indicated” – one of the following criteria was determined:
      - 3.2.2.1. Dietitian is following the patient.
      - 3.2.2.2. Patient is already being seen in or referred to the Center for Better Health and Nutrition (Healthworks! clinic).
      - 3.2.2.3. Patient has a documented eating disorder.
      - 3.2.2.4. Patient currently takes medications which may affect weight gain or weight loss (example: steroids).
   3.2.3. If charting “Education Refused” – Patient or family did not accept education from nurse or provider.
   3.2.4. If charting “Situation Inappropriate” – Nurse or provider deemed the appointment type inappropriate for giving BMI Education. Examples of inappropriate situations include, but are not limited to: an appointment to discuss poor prognosis or an urgent visit.

4.0 REFERENCES
4.1. N/A

5.0 APPROVALS
Ambulatory Specialty Services Point of Care Practice Council, 8/??/2012
Pam Fiorini, Ambulatory Specialty Services Senior Clinical Director, 8/??/2012
BMI Committee, 8/??/2012

All revisions of this guideline are approved by Ambulatory Specialty Services. This guideline is reviewed every three years or sooner if deemed necessary. Policy authority for this document resides with Ambulatory Specialty Services. This guideline is approved by the Senior Clinical Director.

REVISION HISTORY

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