

12.1 Body Mass Index Variances (BMI)

DEFINITION: BMI less than 18.5 underweight, 18.6-25 normal weight, greater than 25 overweight, greater than 30 obese

SUBJECTIVE Must include:

1. Motivation for weight loss/gain
2. Medical history including: menstrual, reproductive, sexual, social, nutritional and family history initial and update. Special consideration should be given to history of depression, bulimia, anorexia, obesity, or dysfunctional eating patterns.

OBJECTIVE Must include:

1. Height/general body frame
2. Determination of BMI (see Appendix C)
3. Observation for parotid enlargement, soft palate lesions dental erosion, callouses of knuckles, fine lanugo hair.
4. Record of physical exam within current year.

May include:

1. Waist circumference (abnormal >35")
2. Waist/ hip ratio (>.8 abnormal)
3. Documentation of recent unexplained weight gain or loss

LABORATORY May include:

1. Urine dipstick for glucose, ketones, protein
2. Hgb/Hct
3. The following screening tests may be offered (with charge to patient)
CBC
Chemical Screen
FBS
Lipid profile
T4, TSH

ASSESSMENT BMI variance according to table

PLAN

1. Recommend weight management programs that include the 3 components of dietary control: physical exercise, psychosocial, and eating behavior modification.
2. Review the food guide pyramid; emphasize food rather than supplements as main source of nutrients.
3. Promote physical exercise considering client's individual situation.
4. Encourage daily journaling of exercise, food intake.
5. Refer to nutritional counseling as appropriate including evaluation for eating disorders.
6. Provide information in a non-judgmental and supportive manner.

7. Refer to support groups as appropriate (e.g. weight watchers, overeaters anonymous).
8. Return to clinic annually or prn for problems.

CLIENT
EDUCATION

Provide client with educational handouts

REFER TO
PHYSICIAN

Refer to physician as appropriate for the following conditions:

- Eating disorders
- Endocrine disorders
- Non-responsiveness to management plan