

Height and Weight Measurements Quality Improvement Ideas

Focus area

BMI
Height and Weight measurements

Why improve this data set?

A BMI greater than 30 in adults is the greatest contributor to the development of a chronic health condition.

High BMI in children increases the risk of obesity, Type 2 Diabetes and CVD in later life.

Cleansing data sets such as height, weight and waist circumference will assist you to meet the RACGP 5th Edition Accreditation Standards.

Ensuring missing data in relation to height, weight, waist circumference and BMI is updated will assist in the uploading of accurate patient details into My Health Record (MHR).

Opportunity for early intervention and disease prevention activities.

Quality improvement ideas

Conduct baseline data capture to assess % of missing height, weight and waist measurement data.

Install and utilise CAT4 or TopBar to identify missing data that can be updated in real life time by all practitioners at time of consultation.

Conduct a search of common patient groups; obtain baseline % of missing data sets (height, weight and waist circumference) and recall these groups for health assessments and/or review; update missing data sets;

- For example, complete a CAT4 search to identify missing data sets for diabetic patients and have a focused one-month Quality Improvement (QI) activity to improve the data for this cohort of patients.

Primary care nurse data capture if part of GP Management Plans:

- Item 10997 (5 x per year)
- Item 10987 (10 x per year) for Aboriginal and Torres Strait Islander people who have had a 715 health assessment.

One month focus for the primary care nurse or medical practice assistant to consult every patient to update height, weight and waist circumference; this could be three sessions per week on known quieter days for the practice; utilise 10997 & 10987 options as above.

Set targets for the clinical team for improving the recording of height, weight and waist circumstance; report data back to the team at clinical meetings to demonstrate focused improvements; meeting for improvement in data capture of height, weight and BMI.

Hang an A3 Benchmark Report in the lunchroom to enable the celebration of improvements.

Advice and treatment options

Health professional resources:

- [Health pathways weight management \(adults\)](#)
- [Health pathways weight management \(children\)](#)
- [Guidelines for management of overweight and obesity](#)
- [Australian Guide to Healthy Eating. Dietitians Association of Australia](#)
- [Eat for Health - Australian Guide to Healthy Eating](#)
- [Healthy Weight Management Tool VFP](#) contact Hunter New England Central Coast PHN 1300 859 028
- [Heart Health Assessment](#)
- [Heart Health Check Promotional poster](#)

Patient resources:

- [Get Healthy](#) (Free phone-based health coaching)
- [Go4Fun](#) (7-13 years)

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