

Diabetes - BMI and Waist Measurements Quality Improvement Ideas

Focus area

Optimising BMI and waist measurements for all patients.

Why improve this data set?

Increase in BMI and waist measurements and BMI increases the risk of diabetes.

Increase in BMI and waist measurements increases the risk of chronic disease.

Keep patient data up to date.

(SNAP IF data) smoking, nutrition, alcohol, physical activity, immunisation status and falls risk.

Implement evidence based preventative interventions to minimise progression to diabetes.

Provide education resources.

Quality improvement ideas

Steps:

- Install and use TopBar and Pen CS data extraction tool
- Set SMART goals for the practice as a whole and practice at team meetings
- Focus on patient groups with high needs to begin, eg. patients with diabetes using Pen CS tool to identify those with missing data
- Posters and rolling television advertisements used in the waiting room promoting new practice aims.

Advice and treatment options

Practice Resources:

- [Pen CS](#)
- [TopBar](#)
- [Healthy Weight Program](#)
- [HealthPathways Hunter New England](#)
- [HealthPathways Central Coast](#)

Patient Resources

- [Get healthy website and phone support](#)
- Healthy weight program supported by the General Practice and Clinician
- Dietician referral where required and supported
- Exercise groups