**Quality Improvement Activity**

**Start date: End date:**

Increasing the number of weight, height and waist Measurements

**Practice/team name:**

**Specific**

Provide a clear description of what needs to be achieved.

**Measurable**

Include a metric with a target that indicates success.

**Achievable**

Set a challenging target but keep it realistic.

**Relevant**

Keep your goal consistent with higher-level goals.

**Time-Bound**

Set a date for when your goal needs to be achieved.

**QI Activity Lead:**

Better identify patients who are at risk of Chronic Disease.

Increase recording of BMI for patients in practice clinical information system

Identify patients who are at risk for obesity related complications

**Goal:**

What are we trying to accomplish?

**Change Ideas:**

What change can we make that will result in an improvement?

Increase the number of patients who have their weight, height & waist measurement recorded and provide patient education on high waist measure and BMI as greatest contributor to chronic diseases.

**QI Activity Team:**

10% increase of active patients that have their waist, weight and height measurement recorded

**Benchmark:**

What is our current data saying?

* Name/Role
* Name/Role
* Name/Role
* Name/Role
* Name/Role

Identify the patients that are eligible to have a GP management plan, a Health Assessment, TCA as well as having a review of any of the above due. Recall patients and provide waist, height and weight measure as part of plan. Display of educational posters in waiting room and hand out info (print and soft copy) sourced from [Heart Foundation](https://www.heartfoundation.org.au/your-heart/know-your-risks/healthy-weight/waist-measurement) and [Diabetes Australia](https://www.diabetesaustralia.com.au/maintaining-a-healthy-weight) or [www.healthyweight.health.gov.au](http://www.healthyweight.health.gov.au/) during consultation.

**Measures:**

How will we know that a change is an improvement?

What data will we use to track our improvement?

**ACT**

*Review or extend activity?*

*Implement the plan and record observations*

**DO**

**PLAN**

**STUDY**

*Develop a plan and the steps involved*

Consult with the WVPHN practice facilitator, develop a plan of action and present it at staff meetings.

Form a QI team, discuss workflow and allocate roles & responsibilities. [ideally – practice manager (can include WVPHN practice facilitator) and at least one GP, nurse and admin staff.]

QI lead to extract baseline data from practice software using data extraction tool of patients that have no weight, height & waist measurement recorded

Export list

Use Walrus/Topbar prompts for patients presenting

Recall patients for GP management plan review

*Analyse and learn from the results*

**ACT**

*Review or extend activity?*

*Implement the plan and record observations*

**DO**

**PLAN**

**STUDY**

*Develop a plan and the steps involved*

Patients present to Practice Nurse first who will take weight, height and waist measure as part of plan (bill item 10997 (5/year) or 10987(10/year for First Nations People who have received a health assessment)

Enter measure into appropriate place in software.

Patients with high BMI and high waist measures are provided with information on diet and exercise.

At completion of QI period, measure change by repeating reports using data extraction tool. Assistance can be provided by PHN. Compare to baseline.

*Analyse and learn from the results*