Improving provider knowledge to decrease pediatric obesity

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The objective of this project was to provide education on utilization of a tool kit to increase the nurse practitioner (NP) participants’ knowledge base in regards to pediatric obesity prevention, recognition, and treatment. As the pre-intervention, a questionnaire was distributed to the participants to measure their knowledge of childhood obesity. An educational session was provided and then the participants utilized a tool kit in their clinical practice. After a two-month period the Project Director met with the participants and distributed the same questionnaire to determine if participant knowledge, skills and perceptions changed after adopting the tool kit principles into their practice. Data analysis was completed utilizing an analysis of both the mode and median for each question to determine whether or not there was a change in the pre and post-intervention responses. An analysis of pre and post-frequency distributions was completed to determine the direction and extent of that change. Statistical significance of each change was tested utilizing the Mann-Whitney U-Test. Mode, median, and statistical significance were calculated utilizing Excel. Post-intervention participants reported that children would not outgrow being overweight, and identified that a significant barrier to pediatric obesity treatment was not the patient, but lack of preparation on the part of NPs. The results supported that increased knowledge did translate into improved treatment practices in the ambulatory care setting. As more NPs are prepared to recognize, prevent, and treat pediatric obesity, the health of our children will improve significantly.

Biography

Susan Farus-Brown has completed her Doctorate in Nursing Practice (DNP) with a focus in Pediatric Obesity in 2014 and a Post Masters in 2008 with a focus in Advanced Clinical Practice. She served as a Family Nurse Practitioner, from Otterbein University. She is an Assistant Professor of Nursing at Ohio University and has been a Family Nurse Practitioner for eight years. She practices in ambulatory care where she cares for obese and overweight children.

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