

School Nurse Overweight and Obesity Screening and Management Check List

School District Name #: _____ School Name: _____

This checklist was developed by the School Nurse Advisory Committee (SNAC) to assist the registered professional school nurse in identifying current progress towards implementing “evidence-based practices (EBP)” related to overweight and obesity screenings and management in children and adolescents. The purpose of the checklist, using corresponding steps of the nursing process, is to assist school nurses in establishing a point in time measurement or evaluation of current nursing practice and identifying goals and strategies to support students in achieving optimal health by focusing on weight management. Please mark a “yes or no” response related to overweight and obesity screening and management EBP in your district school nursing practice. Also, please list “facilitators (*what works well or enhances your overweight and obesity screening and management?*) or barriers (*issues that prevent you from*)” incorporating these overweight and obesity screening and management EBP into your school nursing practice.

Key Terms			
BMI	Body Mass Index	EBP	Evidence-Based Practice
HCP	Healthcare Provider	IEP	Individualized Educational Plan
IHP	Individualized Healthcare Plan	UAP	Unlicensed Assistive Personnel

NURSING ASSESSMENT AND DATA COLLECTION	
EVIDENCED BASED PRACTICE	YES/NO
Conducts a case finding for students who have seen a healthcare provider within the last year and have had their height, weight and BMI assessed to identify students who are overweight or obese by reviewing data from a variety of sources (health history/intake/registration, physical exam forms, etc.)	
Annually screens students for growth parameters including height, weight, BMI percentile for age and gender to identify students who may need further evaluation for being at risk of overweight/obese.	
List grade levels growth parameter assessment is being done. _____	NA
Follows standard procedures with each student being weighed and measured to ensure accuracy.	
Uses EBP equipment for growth screening, including a stadiometer and calibrated scales (either quality beam balance or electronic scales).	
Conducts growth screening in a private setting.	
Calculates BMI using an age and gender-specific percentile for BMI (e.g. CDC Growth Chart or online calculation tool).	
Records results prior to the student stepping away from the measuring device to reduce errors in transcription.	
Notifies all parents of height, weight, BMI growth screening results.	
Refers students identified at risk to a healthcare provider for comprehensive, intensive behavioral interventions (O’Conner et al., 2017).	
Performs additional assessments of students who are candidates for a medical referral. The following students are candidates for a medical referral: <ul style="list-style-type: none"> • Student with a BMI >85 percent, with at least one of the following factors – <ul style="list-style-type: none"> ○ Family history of overweight/obesity ○ Elevated blood pressure for age ○ Large increase in BMI • Student with a BMI >95 percent • Student with a rapid increase in BMI 	

NURSING DIAGNOSIS/IHP/GOALS & OUTCOMES	
EVIDENCED BASED PRACTICE	YES/NO
Contacts parent to complete health intake specific to weight imbalance.	
Schedules a nurse/student meeting to review health intake.	
Establishes a nursing diagnoses based on assessment data.	
Develops preliminary IHP that addresses elevated BMIs and recommendations for lifestyle modifications.	

PLANNING	
EVIDENCED BASED PRACTICE	YES/NO
Conducts a nurse/student conference using <i>motivational interviewing</i> to establish an empathetic, collaborative relationship between the school nurse and the student (and/or the student's parents/guardians) identifying student/parent desired outcomes in order to support weight-related behavior.	
Finalizes an EBP IHP in coordination with student, family, and need-to-know school staff. The IHP promotes continuity, is culturally sensitive, and includes a strategy for evaluation.	
Trains identified UAP staff on the EAPs for all students with a co-morbid condition requiring an EAP (e.g., diabetes, asthma, etc.).	
Participates in the IEP or 504 process if accommodations are needed.	

IMPLEMENTATION	
EVIDENCED BASED PRACTICE	YES/NO
Performs ongoing assessments for needs, monitoring of effects, and/or administering medication(s).	
Documents all health care provided.	
Promotes individual nutrition and physical activity assessments to assist with identifying healthy behaviors and setting healthy goals.	
Provides ongoing individual counseling and motivational interviewing to support weight-related behavior change.	
Encourages follow up for counseling and ongoing psychological support.	
Serves as a role model and encourages parents and school staff to model healthy lifestyle choices.	
Encourages and supports school district in providing <i>nutritional</i> breakfast, lunch, or snack program(s). Please note this program (e.g., Second Chance, Fresh Fruit & Vegetable Program, Early Start, etc.). _____	

EVALUATION	
EVIDENCED BASED PRACTICE	YES/NO
Reviews and modifies IHP as needed.	
Monitors student health room visits, student absences, and student academic progress on regular basis.	
Regularly evaluates to determine if nursing goals and student outcomes are being met.	
Evaluates student adherence to IHP with revisions to plan to assist student with improved outcomes.	
Reviews plans to ensure emotional, cultural, developmental and language needs are addressed.	
Assesses adequacy of student overweight and obesity management resources and provide referrals as appropriate.	
Routinely supervises/monitors and re-evaluates IHP on a regular basis (i.e. every month, quarter, semester).	

Please note **facilitators**: What worked well for your school nursing practice in overweight and obesity screening and management? *This could also include any solution(s) to barriers that you identified.*

Note any **barriers** (*issues that prevented you from*) incorporating the evidenced-based school nurse practice for overweight and obesity screening and management:

O'Connor, E.A., Evans, C.V., Burda, B.U., Walsh, E.F, Eder, M., & Lozano, P. (2017, June 20). Screening for obesity and intervention for weight management in children and adolescents. *JAMA*, 317(23), 2427-2444.
doi:10.1001/jama.2017.0332

Centers for Disease and Control and Prevention. (n.d.). Disability and obesity. Retrieved May 25 , 2020, from <https://www.cdc.gov/ncbddd/disabilityandhealth/obesity.html>