

Oral Defense Announcement

University of Missouri – St. Louis Graduate School

An oral examination in defense of the dissertation for the degree
Doctor of Nursing Practice

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M.S.N., August 2014, Goldfarb School of Nursing at Barnes-Jewish College
B.S.N., May 2007, Barnes-Jewish College of Nursing

A Functional Algorithm for Weight loss and Obesity Treatment: Guide for Clinical Decision-Making for Treating Women

Date: June 23, 2017

Time: 1:00 p.m. to 3:00 p.m.

Place: Seton 312

Abstract

Background

Overweight and obesity have significant impact and consequences on women leading to reduced quality of life, comorbid conditions and premature mortality. Many healthcare providers lack adequate training and the time to properly treat overweight and obesity. Algorithms have been shown to improve clinical knowledge and save time.

Objectives

To develop an algorithm for weight loss treatments to aid in the clinical decision-making process and improve quality of care for overweight and obese clients in an efficient manner that can be replicated.

Methods

After an extensive literature review to identify best-practice guidelines for weight loss a retrospective chart review was performed at two women's health clinics located in St. Louis County over a five-month period. For three consecutive appointments 50 patient charts were audited and compared to current evidence-based practice guidelines. Any gaps between the office practice and the guidelines were identified. A weight loss algorithm was then developed incorporating clinical assessment methods, lab work, anthropometric measurements and appropriate referrals.

Results

Fifty patient's charts spanning from 10/2014-01/2017 were examined and compared to evidence-based clinical guidelines for weight loss. The comparison revealed gaps between evidence based research and practice related to lack of time, not wanting to add additional work for the staff/ healthcare providers, and forgetting to include various assessments and referrals. To improve the assessment practice while saving valuable clinical time, an algorithm was recommended as a template to use in the electronic health record (EHR) along with a hard-copy paper form. Additional measurements were added to the healthcare system EHR for neck and waist circumference and a packet was developed containing assessment questionnaires for patients to either complete prior to coming to the initial appointment or fill out while in the waiting room. This weight loss algorithm was then presented to the participating clinician for implementation for a future pilot study.

Defense of Dissertation Committee

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