

Expansion, evaluation and sustainability of a new paediatric multidisciplinary weight management service



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Aim: To expand and evaluate a paediatric multidisciplinary weight management service and investigate, develop and support proposals for ongoing sustainability; and to develop an evidence-based, realistic, cost-effective, consumer-informed model of care.

Methods: This service and associated clinics focus on the management of overweight and obesity in children and adolescents, and is being disseminated under real-world conditions by specialist clinicians from the Lady Cilento Children's Hospital (LCCH), Brisbane. Outcome measures for participants (including anthropometric measures, body composition, dietary intake, physical activity and quality of life) were collected prior to commencement of the intensive weight management clinic, upon completion, and again at 6, 12 and 24 months post clinic commencement, using a range of validated tools. Results from the two locations (LCCH and Ipswich) will be compared at the completion of the trial.

Results: To date, 39 of a total of 60 to 80 participants have been recruited and have completed baseline assessment. Data collection for follow up appointments is on-going until June 2019.

Significance of the findings to allied health: This research will determine important and meaningful components that make up paediatric weight management. It will also provide a consumer-informed, evidence-based model of care for the management of overweight and obesity in children and adolescents, which can be embedded in future systems planning for paediatric services, ensuring the integration and quality of family-centred care within the public health care system.

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