West Virginia Adolescent Self-Management Documentation Form

DATE						Name:
BMI						
% BMI						Chart #
% BMI Δ						
Weight Δ						
RISK FACTORS						
Tobacco use						Provide <u>all</u> patients with guidance:
₽ BP						Nemour's 5-2-1-Almost None
Acanthosis						Calcium, Folic Acid
Diabetes						
FAMILY HISTORY FOR						
Obesity						
Diabetes						BMI >85% and <95% and NO other risk factors:
Hypertension						Nemour's 5-2-1-Almost None
CVD						Review / promote Action Plan
GUIDANCE / ACTION PLAN						
5 or more fruits and vegetables						
2 or fewer hours of screen time						BMI > 85% and < 95% with risk factors or BMI > 95%
1 or more hours of physical activity						Nemour's 5-2-1-Almost None
Almost No Sugary Drinks						Review/ promote Action Plan
Calcium, Folic Acid						Dietician/Nutritionist
STUDIES						Lipid screen
Lipid screen:						Glucose screen
Cholesterol						Contact primary provider
Trigylcerides						
LDL						
HDL						BMI > 95% <u>ADD</u>
Glucose screen						Nemour's 5-2-1-Almost None
Step test						Review/ promote Action Plan
CONSULTS		-				Screen for complications
Dietitian						Physician referral
Physcian						Be ALERT to increasing BMI
Other						
EDUCATIONAL MATERIALS						Consider Step Test as an indicator of fitness
	Í					BMI < 15 - 20 %: Evaluate for undernutrtion

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