

## Adult Weight Screening and Follow-Up (NQF 0421)

<b>EMeasure Name</b>	Adult Weight Screening and Follow-Up	<b>EMeasure Id</b>	Pending
<b>Version Number</b>	1	<b>Set Id</b>	Pending
<b>Available Date</b>	No information	<b>Measurement Period</b>	January 1, 20xx through December 31, 20xx
<b>Measure Steward</b>	Quality Insights of Pennsylvania		
<b>Endorsed by</b>	National Quality Forum		
<b>Description</b>	Percentage of patients aged 18 years and older with a calculated BMI in the past six months or during the current visit documented in the medical record AND if the most recent BMI is outside parameters, a follow-up plan is documented.		
<b>Measure scoring</b>	Proportion		
<b>Measure type</b>	Process		
<b>Rationale</b>	<p>Of the Medicare population, 37 percent are overweight, and 18 percent are obese. Between 1991 and 1998, the prevalence of obesity among persons age 60-69 increased by 45 percent (American Obesity Association).</p> <p>According to a 1998 survey, only 52 percent of adults age 50 or older reported being asked during routine medical check-ups about physical activity or exercise. The likelihood of being asked about exercise during a routine check-up declined with age (Center for the Advancement of Health, 2004).</p> <p>Elderly patients with unintentional weight loss are at higher risk for infection, depression and death. In one study it was found that a BMI of less than 22 kg per m<sup>2</sup> in women and less than 23.5 in men is associated with increased mortality. In another study it was found that the optimal BMI in the elderly is 24 to 29 kg per m<sup>2</sup>. (Huffman, G. B., Evaluation and Treatment of Unintentional Weight Loss in the Elderly, American Family Physician, 2002 Feb, 4:640-650.)</p>		
<b>Clinical Recommendation Statement</b>	<p>The USPSTF (2009) recommends that clinicians screen all adult patients for obesity and offer intensive counseling and behavioral interventions to promote sustained weight loss for obese adults. (Level of Evidence = B, USPSTF)</p> <p>The clinical guideline for obesity recommends assessment of BMI at each encounter (National Heart, Lung and Blood Institute).</p> <p>Management of Obesity indicates that the body mass index should be calculated at least annually for screening and as needed for management (The Institute for Clinical Systems Improvement's 2009 Guideline for Prevention and Management of Obesity).</p> <p>Validated measure of nutrition status serves as an indicator of over-nourishment and under-nourishment. Nutrition Screening Initiative: "Nutrition Interventions Manual for Professionals Caring for Older Americans," 2002 (Co-sponsored by American Dietetic Association (ADA), AAFP and National Council on Aging, Inc.). The NSI-suggested BMI range is 22-27 (values outside this range indicate</p>		

	overweight or underweight for elderly) Nutrition Screening Initiative: “Nutrition Interventions Manual for Professionals Caring for Older Americans,” 2002 (Co-sponsored by American Dietetic Association (ADA), AAFP and National Council on Aging, Inc.).
<b>Improvement notation</b>	Higher score indicates better quality
<b>Measurement duration</b>	12 months
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*Please refer to the spreadsheet for this measure for detail regarding data criteria and code lists.*

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### Population criteria 1

- **Initial Patient Population =**
  - AND: “Patient characteristic: birth date” (age)  $\geq$  65 years;
- **Denominator =**
  - AND: All patients in the initial patient population;
  - AND:  $\geq$ 1 count(s) of “Encounter: encounter outpatient”;
- **Numerator 1 =**
  - OR: “Physical exam finding: BMI”  $\geq$ 22 kg/m<sup>2</sup> and  $<$ 30 kg/m<sup>2</sup>, occurring  $\leq$ 6 months before or simultaneously to the “Encounter: outpatient encounter”;
  - OR: “Physical Exam Finding: BMI”  $\geq$ 30 kg/m<sup>2</sup>, occurring  $\leq$ 6 months before or simultaneously to the “Encounter: outpatient encounter”;
  - AND:
    - OR: “Care goal: follow-up plan BMI management”;
    - OR: “Communication provider to provider: dietary consultation order”;
  - OR: “Physical Exam Finding: BMI”  $<$ 22 kg/m<sup>2</sup>, occurring  $\leq$ 6 months before or simultaneously to the “Encounter: outpatient encounter”;
  - AND:
    - OR: “Care goal: follow-up plan BMI management”;
    - OR: “Communication provider to provider: dietary consultation order”;

- **Exclusions =**
  - OR: “Patient characteristic: Terminal illness”  $\leq 6$  months before or simultaneously to “Encounter: encounter outpatient”;
  - OR: “Diagnosis active: Pregnancy”;
  - OR: “Physical exam not done: patient reason”;
  - OR: “Physical exam not done: medical reason”;
  - OR: “Physical rationale physical exam not done: system reason”;

### **Population criteria 2**

- **Initial Patient Population =**
  - AND: “Patient characteristic: birth date” (age)  $\geq 18$  years AND  $\leq 64$  years;
- **Denominator =**
  - AND: “All patients in the initial patient population”;
  - AND:  $\geq 1$  count(s) of “Encounter: encounter outpatient”;
- **Numerator 2 =**
  - OR: “Physical exam finding: BMI”  $\geq 18.5$  kg/m<sup>2</sup> and  $< 25$  kg/m<sup>2</sup>, occurring  $\leq 6$  months before or simultaneously to the “Encounter: outpatient encounter”;
  - OR: “Physical Exam Finding: BMI”  $\geq 25$  kg/m<sup>2</sup>, occurring  $\leq 6$  months before or simultaneously to the “Encounter: outpatient encounter”;
  - AND:
    - OR: “Care goal: follow-up plan BMI management”;
    - OR: “Communication provider to provider: dietary consultation order”;
  - OR: “Physical Exam Finding: BMI”  $\geq 25$  kg/m<sup>2</sup>, occurring  $\leq 6$  months before or simultaneously to the “Encounter: outpatient encounter”;
  - AND:
    - OR: “Care goal: follow-up plan BMI management”;
    - OR: “Communication provider to provider: dietary consultation order”;
- **Exclusions =**
  - OR: “Patient characteristic: Terminal illness”  $\leq 6$  months before or simultaneously to “Encounter: encounter outpatient”;
  - OR: “Diagnosis active: Pregnancy”;
  - OR: “Physical exam not done: patient reason”;
  - OR: “Physical exam not done: medical reason”;
  - OR: “Physical rationale physical exam not done: system reason”;

### **Data criteria (QDS Data Elements)**

- **Initial Patient Population =**

- "Patient characteristic: birth date" using "birth date code list" before the beginning of the "measurement period";
- **Denominator =**
  - "All patients in the initial patient population";
  - "Encounter: encounter outpatient" during the "measurement period";
- **Numerator =**
  - "Care plan: follow-up BMI management plan" using "follow-up BMI management plan code list" during the "Encounter: outpatient encounter";
  - "Communication provider to provider: dietary consultation order" using "dietary consultation order code list" during the "Encounter: outpatient encounter";
  - "Physical exam finding: BMI" using "BMI code list" before or simultaneously to the "Encounter: outpatient encounter";
- **Exclusions =**
  - "Physical exam not done: patient reason" using "patient reason code list" for "Physical exam finding: BMI" reading;
  - "Physical exam not done: medical reason" using "medical reason code list" for "Physical exam finding: BMI" reading;
  - "Physical exam not done: system reason" using "system reason code list" for "Physical exam finding: BMI" reading;
  - "Diagnosis active: pregnancy" using "pregnancy code list" during "Encounter: encounter outpatient";
  - "Patient characteristic: terminal illness" using "terminal illness code list" before or simultaneously to "Encounter: encounter outpatient";

### **Summary calculation**

Calculation is generic to all measures:

- Calculate the final denominator by adding all that meet denominator criteria.
  - Subtract from the final denominator all that do not meet numerator criteria yet also meet exclusion criteria. Note some measures do not have exclusion criteria.
  - The performance calculation is the number meeting numerator criteria divided by the final denominator.
  - For measures with multiple patient populations, repeat this process for each patient population and report each result separately.
  - For measures with multiple numerators, calculate each numerator separately within each population using the paired exclusion.
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<b>Measure set</b>	CLINICAL QUALITY MEASURE SET 2011-2012
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