

Obese Adolescents Quality of Care: Quality Improvement

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Enhancing quality improvement in the nursing field should be standard. As the medical field is constantly evolving, there are always ways to improve the care of patients. It is acknowledged that having sufficient knowledge, appropriate skills, and the right attitude will help nurses make the best effort in a situation and keep quality and safety at the forefront (Quality and Safety Education for Nurses [QSEN], 2020). The article is a qualitative study using purposeful sampling of healthcare professionals with experience in adolescent weight management (Kebbe et al., 2020). With the growing number of adolescents being inactive, making sure that adolescents have the quality of care needed to treat their obesity is crucial.

Article Summary

This article is on how healthcare providers help manage adolescent weight issues. It discusses how to best implement recommendations for proper weight management based on evidence for optimal care (Kebbe et al., 2020). The article covers the areas of weight reduction, treatment expectations, family-centered care, customized interventions, and weight bias and stigma toward adolescents (Kebbe et al., 2020). Offering personalized care in the area of adolescent weight loss can improve quality improvement and improve health outcomes.

References

- Kebbe, M., Perez, A., Buchholz, A., Scott, S. D., McHugh, T. F., Dyson, M. P., & Ball, G. (2020). Health care providers' weight management practices for adolescent obesity and alignment with clinical practice guidelines: A multi-centre, qualitative study. *BMC Health Services Research*, 20(1). <https://doi.org/10.1186/s12913-020-05702-8>
- Quality and Safety Education for Nurses. (2020). *QSEN institute competencies*. https://qsen.org/competencies/pre-licensure-ksas/#quality_improvement