

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.

Introduction

This article is a qualitative study on healthcare providers implementing effective interventions to manage adolescent obesity (Kebbe et al., 2020). With the growing number of overweight adolescents in the United States, it is crucial to gain a solid understanding of the best treatment recommendations for obesity before it becomes a lifelong issue. According to QSEN's

Quality Improvement model, using improvement methods to enhance the quality of care will lead to better outcomes for the patient (QSEN, 2020).

Overview

Knowing the QSEN competency of knowledge by learning to see the importance of variation and measurement in evaluating the quality of care is essential (QSEN, 2020). Purposeful sampling was employed to collect data from healthcare practitioners in the adolescent care setting utilizing the QSEN competency of skills (QSEN, 2020). Furthermore, it is necessary to have the right attitude and understanding that every health professional's work must include ongoing quality improvement (QSEN, 2020).

Quality Improvement

The research article examines the best way to treat adolescent obesity. Treating teenage obesity can be implemented in the care settings of primary care, pediatrics, and schools. First, weight reduction is usually the focus of weight management (Kebbe et al., 2020). Nonetheless, according to the study's healthcare professionals, healthy lifestyle choices must precede weight loss when managing teenage weight (Kebbe et al., 2020). Treatment should be age-appropriate and based on the adolescent's developmental capacity (Kebbe et al., 2020). Family-centered care for managing obesity should be included, but the older the adolescent is, the less parental involvement is needed (Kebbe et al., 2020). The more customized the treatment is for the individual, the better. Finally, addressing weight bias and stigma can lead to better outcomes. People's motivation to pursue healthy lifestyles might be demotivated by perceptions and experiences of weight bias and stigma (Kebbe et al., 2020). Promoting a positive self-image, a

welcoming clinic, and ensuring they know that healthy bodies come in all shapes and sizes is necessary (Kebbe et al., 2020).

Application to Nursing

Nursing involves managing chronic conditions like obesity. Obesity harms one's physical, social, and emotional well-being in later life (Kebbe et al., 2020). Future obesity-related issues can be avoided by helping adolescents get on the right track by managing their obesity while they are still young. The treatment plans recommended in the research article can be used in nursing applications.

Practice

Individualizing treatment is the most excellent nursing practice for managing teenage weight since every adolescent is unique and requires specialized care. Teaching teenagers that changing their lifestyle early on can improve their chances of success (Kebbe et al., 2020). Promoting healthy self-esteem in the adolescent will help not only with the treatment of obesity but also with their mental well-being.

Education

The nurse is responsible for educating adolescents and their parents on health education related to obesity. Following the approved treatments from this article, nutrition advice, physical activity, and good lifestyle choices can help achieve better health outcomes. Educating patients and involving them in their care plan can help them stick to their weight-loss treatment plan and achieve their health goals.

Research

Research in the article was a small study limited to Caucasian healthcare providers (Kebbe et al., 2020). A more comprehensive analysis of the effective treatments for adolescent obesity is required. Further research into how technology could be used as a treatment in teenage weight management could be helpful, especially with the time spent by most adolescents on their cell phones, video games, or other devices.

Conclusion

In conclusion, enhancing quality in nursing should be standard procedure and a top priority in the medical industry. The patient will always gain from improvements in quality. Achieving the QSEN competency of knowledge requires comprehending the relevance of variety, particularly in persons and weight management, and evaluating the quality of care (QSEN, 2020). A survey of adolescents managing their weight was conducted using purposive sampling to gather data while adhering to quality improvement guidelines and acknowledging the necessity of continuous quality improvement for all professional duties (QSEN, 2020). Adolescent weight loss treatments specifically designed for each patient can improve their health and quality of life. Constant, consistent quality improvement will prove which treatments are most successful.

References

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