

Proposed EPIC Note Template:

Users: Lifestyle Medicine Medical Providers
Patient Use Cases: Children and Adolescents with IDD and/or ASD & Obesity
Blue = modifications/tailoring to the base template I've created
[] = content of a drop down menu

We were asked to see @FNAME@ in the Lifestyle Medicine Program at Children's Hospital Colorado in *** on @TD@ in consultation for obesity and {ReasonsToBeSeenSchAdol:42830}.

@CAPHE@ was accompanied by the {accompanying person:10366}.

@LIFESTYLEMEDBEGIN@

IMPRESSION

@DIAGSHORT@

DISCUSSION & RECOMMENDATIONS

@FNAME@'s @BMI@, which is [x% of the 95thile] percentile for age/sex and satisfies criteria for [Overweight, Class 1, 2, 3, Obesity]. There are/are not abnormalities in the medical or developmental history to suggest an underlying genetic or metabolic disorder responsible for the obesity. The family history is notable for {FamHx Discussion:42738}.

Lifestyle Medicine Opportunities Discussed Today:

{LM Programs:42835}

- Additions: adaptive recreational opportunities & parent support resources for children with IDD/ASD

Diet: There are sources of excess caloric intake from {Calorie Sources:42833}

- Interpretation of the SAMIE (Sensory Processing, Aberrant Mealtime Behavior, Motor Inventory for Eating)
 - Sensory Processing + Plan if high risk
 - Eating Skills + Plan if high risk
 - Mealtime Behaviors + Plan if high risk

Physical Activity: is {Activity:42834}

Screen Time: ***

Obesity Co-Morbidity Evaluation:

1. Prediabetes/Diabetes Risk:

{LMPrediabetes/DM Screen:42423}

2. Blood Pressure:

{LM BP Screen:42836}

3. Lipids:

{LM Lipid Screen:42838}

4. Liver Screen:

{Liver Screen:42839}

5. Sleep:

{LM Sleep:42840}

6. Risk for Micronutrient Deficiencies: (synthesized from SAMIE results and dietary history)

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Vitamin D Status:
{Vit D Status:42425}

7. Mental Health:
{Mental Health:42843}

8. Other
{Other PCOS:42844}

Care Coordination Plan:

- School: [Meal modification form; Nutrition Action Plan; Integration of Nutrition Recs into IEP/504]
- Therapists: [alignment of weight management goals- initial discussion; coordinated telehealth based home visit; coordinated in-person visit in clinic]
- PCP [Dev Peds, Special Care Clinic, Sie Center, Other: specify]

Family's Intervention Delivery Preference:

- Telehealth [rationale]
- In-person [rationale]

We collaboratively set goals, and the family went home with a copy of these goals. We discussed that improvement in weight/BMI will be achieved over time. The family should be focused on goal attainment at this time. Goals were created to be achievable and meet patient and family readiness level. We discussed that the family would regularly monitor specific behaviors related to these goals, and will bring their recorded progress to the next visit.

@PATINS@

History of Present Illness

Family's expectations from clinic visit: ***

Family referred by {refer by:32768}

Onset of overweight/obesity: {obesity onset age:32769} of age

History of weight-promoting medications for behavior/mood? Y/N If yes [drug class, duration, observed effects on hunger/satiety]

Previous weight-loss efforts: {Prior Wt Loss Efforts:42846} Specialized diets?, Weight loss medication?

Perceived *importance* of making lifestyle changes:

{Importance:43616}

Confidence in making lifestyle changes:

{Confidence:43615}

Past Medical History

@PMH@

Chronic/Prior Illnesses: {chronic illness:42847}

Development/School:

Pt walked alone at {WALKED ALONE:14745}

Language development was {LANGUAGE DEVELOPMENT:14746}.

Receiving Therapies: {therapies:42848}

Grade in school: {Grade:42849}

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School special services/circumstances include: {special services:32774}

Bullying or teasing by peers/family? {YES- NO:10329}

Surgical History

@SURGICALHX@

Medications/Herbals/Supplements

@CMED@

Allergies

@ALG@

Family History

@FAMHX@

Social History

@SOCDOC@

Lifestyle History

Dietary History:

Foods Consistently Not Accepted:

Foods Reliably Accepted from the following food groups:

Fruits-

Vegetables-

Carbohydrates/Starches-

Protein-

Drinks-

Typical Day (24h Recall):

Vitamin/Supplementation Use:

Eating Behaviors: {LM Eating Behaviors:47643}

Is food ever used as a reward for positive behavior? Y/N If yes, which setting(s): [home, other family member/caretaker, school, therapy, other]

Physical Activity

Currently *** days/week of {Intensity:42852} intensity activity

@FNAME@ enjoys ***

@FNAME@ {is/is not/is planning:42853} involved in an organized sport/activity

Has a bike to ride: {YES/NO:18930}

Current limitations to physical activity include: [none, balance, coordination, tone, visual acuity, hearing loss, behaviors limit safe options, other]

Screen time

TV in bedroom {YES/NO:18930}

Weekday screen time: {MINS HOURS:19133} per day

Weekend screen time: {MINS HOURS:19133} per day

Review of Systems

GENERAL: {Genl:42854}

EYES: {Eyes:42855}

ENT: {ENT:42856}

PULM:

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-Sleep:Usual time going to sleep ***, Usual wake time *** {Sleep:42857}, @FNAME@
{has/has not:9025} had a sleep study
-Respiratory: {Resp:42859}
CV: {LM CV:40750}
GI: {GI:24191}
REPRO/ENDO: {Repro/Endo:42860}
DERM: {LM DERM:38997}
MSK: {LM ORTHO:18182}
HEME/LYMPH: {LM HEME:41070}
CNS: {CNS:43486}
PSYCH:
History of trauma or abuse? {denied:32776}
Mental health: {mental health:42862}
Eating Behaviors
{Eat behav:42861}

Physical Exam

@FLOWNC(5)@ (@BPFA@) | @FLOWNC(8)@ | @FLOWNC(9)@ | @FLOWNC(6)@
@FLOWNC(14)@ (@WFAPERCENT@) | @FLOWNC(11)@ (@SFAPERCENT@) | @BMI@
(@BMIFAPERCENT@)
@LASTWT(4)@
GENERAL: {Genl:42863}
HEAD: {HEAD EXAM BRIEF:43036::"normocephalic, atraumatic"}
EYES: {Eyes:42865}
EARS: {Ears:42867}
NOSE: {Nose:43345}
MOUTH/THROAT: {Mouth:43346}
TEETH: {Teeth:43347}
NECK: {Neck:43348}
LYMPH NODES: {LN:43356}
CHEST: {Chest:43349}
CARDIOVASCULAR: {Cardio:43350}
ABDOMEN: {Abd:43351}
MUSCULOSKELETAL/SPINE: {MSK:43352}
Skin: {Skin:43353}
NEUROLOGIC: {Neuro:43358}
Pubertal Status:
{Puberty M/F:25904}
PSYCH: {LM1PEPsychOlder:43487}

Labs

{Data/Diagnostic Studies Reviewed:43522}
@LASTLABXR(A1C:3,CHOLS:3,TRIG:3,HDL:3,LDLCHOL:3,ALT:3,VITD:3,TSH,FER:3,SEDRATE:3)@

Today @FNAME@ saw @ENCPROVNMTITLE@
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Children's Hospital Colorado
720-777-2691
@LIFESTYLEMEDEND@

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