



# Tips for Documenting Your Quality Care

## Body Mass Index (BMI) Screening and Follow-up Plan

### ACO #16:

Percentage of patients aged 18 years and older with a calculated BMI during the current visit or in the past six months, documented in the medical record. If the most recent BMI is outside of normal parameters, a follow-up plan must be documented.

**Normal Parameters:**

Age 65 years and older BMI  $\geq 23$  and  $< 30$  kg/m<sup>2</sup>  
Age 18 – 64 years BMI  $\geq 18.5$  and  $< 25$  kg/m<sup>2</sup>

### Documenting your quality care:

**PLEASE NOTE: A follow-up plan cannot be picked up electronically from an office note.**

#### Using paper or other electronic health records:

- Be sure to document the BMI and the follow-up plan, if required for a BMI outside of normal parameters, in the designated place for easy retrieval electronically or by manual audit for quality reporting.

#### Using Allscripts AEHR system:

- Order an educational/instructional order and relate it to an abnormal BMI. Print out instructions for the patient, if applicable. The order can then be picked up electronically for reporting.

<b>Some of the orderable items available in AEHR as education/instructional orders:</b>	
No added salt diet	Eating habits, change slowly
Exercise, aerobic	Weight reduction, BMI based
Exercise, aerobic/limited	Weight reduction, ideal weight
Diet, low sodium	Weight ideal, BMI based
Diet, low sodium/specified	Nutrition counseling

**To meet the measure:**

Your documentation should follow audit questions below in order to satisfy the ACO #16 BMI and Follow-Up measure annually:

<b>Confirm patient is qualified for Body Mass Index Screening measure?</b>	<b>BMI calculated within the past six months, or during current visit?</b>	<b>Most recent BMI is within normal parameters?</b>	<b>If BMI is outside of normal parameters, was follow-up plan documented?</b>
<b>YES or NO</b>	<b>YES or NO</b>	<b>YES or NO</b>	<b>YES or NO</b>

**Statistics:**

Kentucky ranks 39<sup>th</sup> out of 50 states in obesity rates, meaning that 38 states have a lower obesity rate than Kentucky. The state rate of obesity in 2015 was 31.6%. A BMI >30 is defined as obese.

**Resources:**

<http://www.americashealthrankings.org/KY>  
<http://stateofobesity.org/states/ky/>

Thank you for completing the required BMI and Follow-Up documentation. Evidence-based practices lead to quality care and better health for your patients. Quality scores are derived from documentation of your great care. We hope this tool will provide tips for how you can better document your quality.

**For more information on the MSSP measures, contact:**

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