

C.O.A.C.H. CLINIC

A GUIDE FOR HEALTHCARE PROFESSIONALS



HOSPITALS • RESEARCH • FOUNDATION

C.O.A.C.H. + A.C.C.E.N.T. CLINIC

- Center for Obesity And its Consequences in Health
- Arkansas Children's Center for Exercise and Nutrition Therapy
 - Our A.C.C.E.N.T. team is made up of a registered dietitian, physical therapist, and psychologist. This team follows the patient monthly after they are seen by an MD/APRN.



OUR PROVIDERS

- Jon Oden, MD - Chief of Endocrinology
- Emir Tas, MD
- Shipra Bansal, MD
- Elyse Koon, RN, BSN, CPN
- Robin Gipson, MS, RD, LD
- Della Reasbeck, PT, PCS
- Lindsey Baskerville, PT, DPT
- Tina Oguntola, PT, DPT
- Wendy Ward, Ph.D., A.B.P.P.



INTRODUCTION TO C.O.A.C.H.

- Previously known as the “Weight Management” and “Fitness” Clinic, we are the only Stage 4 treatment center for pediatric obesity in Arkansas.
- **Referral Criteria:**
 - 2-18 Years of Age
 - BMI >95%
 - BMI >85% + one or more comorbidities



STAGED TREATMENT OF OBESITY

Expert Committee Recommendations for Staged Obesity Treatment

Stage 1 Prevention Plus	<ul style="list-style-type: none">•Focus on healthy lifestyle to improve BMI•Motivational interviewing and frequent follow-up•Advance to Stage 2 if no improvement after 3-6 months
Stage 2 Structured Weight Management	<ul style="list-style-type: none">•Increased support and structure to achieve healthy lifestyle habits•Specific goals with reinforcement of targeted behavior•Monthly follow-up
Stage 3 Comprehensive Multidisciplinary Intervention	<ul style="list-style-type: none">•Increased intervention intensity with maximal support for behavioral changes•Multidisciplinary approach including health provider, behavioral counselor, registered dietician and exercise specialist•Weekly visits initially
Stage 4 Tertiary Care Intervention	<ul style="list-style-type: none">•Designed for those with severe obesity who fail to improve following successful intervention of initial stages•Includes consideration of pharmacologic interventions, restriction diets and weight control surgery



WHAT WE DO

- Our team consists of a group of endocrinologists, nurse practitioners, dietitians, physical therapists, and psychologists who work together taking a family-centered approach to weight management.
- We work with patients and families to set goals and encourage healthy lifestyle changes.
- We monitor progress closely using InBody technology.



WHAT WE REQUIRE

- Readiness to change, motivation, and a positive attitude.
- Participation from both parent/guardian and patient.
- Punctuality and attendance to all scheduled appointments.
- Open communication.
- Updated and accurate contact information.
- We **NO LONGER REQUIRE** labs before scheduling appointments.



WHAT FAMILIES CAN EXPECT

- We provide a positive and compassionate atmosphere to talk about a very sensitive subject.
- Each visit lasts 1-2 hours.
- Six total visits:
 - Visit 1: MD/APRN
 - Visit 2: ACCENT team (dietitian, physical therapist, psychologist)
 - Visit 3: ACCENT team
 - Visit 4: ACCENT team
 - Visit 5: ACCENT team
 - Visit 6: Follow up with MD/APRN





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