

Weight Co-Management Guidelines

Healthy Hearts (Cardiology)

These guidelines support referring patients with obesity. Guidelines include criteria for referral to Lifestyle Medicine Collaborative, NEW Kids, Endocrinology and Healthy Hearts programs. To support collaborative care, we have developed guidelines for our community providers to utilize when referring to, and managing patients with, the pediatric specialists at Children's Wisconsin. These guidelines provide protocols for jointly managing patient cases between community providers and our pediatric specialists.

Diagnosis/symptom:	Referring provider's initial evaluation and management:	When to initiate referral/ consider refer to Healthy Hearts Clinic:	What can referring provider send to Cardiology?	Specialist's workup after referral to Cardiology will likely include:
<p>Signs and symptoms</p> <ul style="list-style-type: none"> Hypertension Hyperlipidemia Family history of heart disease Obesity 	<p>Diagnosis and Treatment</p> <p>Diagnosis is based on history, physical and additional testing, which may include but not limited to: height, weight, blood pressure, BMI, BMI%, BMI z-score, lab work, including: lipid panel, ALT, AST, glucose, hemoglobin A1c.</p>	<p>Pediatric patient < 18 year of age with concern for cardiovascular risk factors including, but not limited to:</p> <ul style="list-style-type: none"> Total Cholesterol >200 mg/dL LDL >130 mg/dL TG >130 mg/dL BP >90th%ile or >120/80 Positive family history: having a parent, grandparent, aunt or uncle who has had cardiovascular disease under the age of 55 years in males or under age 65 years in females 	<p>In order to help triage our patients and maximize the visit, please include:</p> <ul style="list-style-type: none"> Growth charts Chief complaint, onset, frequency Recent progress notes Urgency of the referral Labs and imaging results Other diagnoses Office notes with medications tried/ failed in the past and any lab work that may have been obtained regarding this patient's problems 	<ul style="list-style-type: none"> Screening blood work (if not already done) prior to visit Evaluation by RN, MD and RD Follow-up is individualized based on risk factors and/or patient needs Cardiac diagnostic tests as needed <ul style="list-style-type: none"> Echocardiogram ECG Exercise Stress Test Referral to other subspecialties as needed

Send referrals to Children's Cardiology.



- **Internal referral via Children's Epic**
Send an ambulatory referral to *Healthy Hearts Preventive Cardiology Clinic*.
- **External referral via Epic**
Send to CARDIOLOGY CLINICS. Add Healthy Hearts in the notes/comments.

- **Via fax**
(414) 607-5288
- **Via phone**
(414) 266-2420



Children's
Wisconsin

Kids deserve the best.

