

Registered Nurses' Association of Ontario – Nursing Best Practice Guidelines Program

Primary Prevention of Childhood Obesity, Second Edition May 2014

Guideline Search Strategy

Structured Website Search

A member of the RNAO guideline development team (nursing research associate) searched an established list of websites for guidelines.

Guidelines were selected based on the following criteria:

- Guideline was in English, national and international in scope
- Guideline was published no earlier than January 2005
- Guideline was strictly about the topic area: Primary Prevention of Childhood Obesity
- Guideline was evidence-based (e.g., contained references, description of evidence, sources of evidence)
- Guideline was intended as a clinical best practice guideline or best practice guideline (i.e. self-identified as a "guideline" - in title or body of article)
- Guideline was available and accessible for retrieval
- Search terms: "obesity" , "children" , "prevention" , "adolescent" , "adolescent obesity" , "childhood obesity" , "guidelines" , "obesity prevention" , "primary prevention"

Websites Searched

Agency for Healthcare Research and Quality
Alberta Heritage Foundation for Medical Research – Health Technology Assessment
Alberta Medical Association – Clinical Practice Guidelines - TopAlbertaDoctors.org CPG
American College of Chest Physicians
American Medical Association
British Medical Journal - Clinical Evidence
Canadian Coordinating Office for Health Technology Assessment - Canadian Agency
for Drugs and Technologies in Health
Canadian Medical Association Journal
Canadian Task Force on Preventive Health Care
Centers for Disease Control and Prevention
Centre for Evidence-Based Mental Health
Centre for Evidence-Based Pharmacotherapy
Centre for Health Evidence
Centre for Health Services and Policy Research

Clinical Resource Efficiency Support Team (CREST)
CMA Infobase: Clinical Practice Guidelines
Cochrane Database of Systematic Reviews
Database of Abstracts of Reviews of Effectiveness
Evidence-based On-Call
Guidelines and Audit Implementation Network (GAIN)
Government of British Columbia – Ministry of Health Services Guideline search:
<http://www.bcguidelines.ca/alphabetical.html>
Institute for Clinical Systems Improvement
Institute of Child Health
Joanna Briggs Institute
Medic8.com
Medscape Women's Health
Monash University Centre for Clinical Effectiveness
National Clinical Guideline Centre
National Guideline Clearinghouse
National Health and Medical Research Council (NHMRC)
National Institute for Clinical Excellence (NICE)
National Library of Medicine Health Services/Technology Assessment
Netting the Evidence: A SchARR Introduction to Evidence-Based Practice on the Internet (BMJ)
New Zealand Guidelines Group
NHS Centre for Reviews and Dissemination
NHS Nursing & Midwifery Practice Development Unit
NHS R & D Health Technology Assessment Programme
PEDro: The Physiotherapy Evidence Database
Queen's University at Kingston
Royal Australasian College
Royal College of General Practitioners
Royal College of Nursing
Royal College of Physicians
Sarah Cole Hirsh Institute
Scottish Intercollegiate Guidelines Network (SIGN)
Society of Obstetricians and Gynecologists of Canada Clinical Practice Guidelines
The Canadian Cochrane Network and Centre
The Qualitative Report
Trent Research Information Access Gateway
TRIP Database
U.S. Preventive Service Task Force
University of California, San Francisco
University of Laval – Directory of Clinical Information Websites
University of York – Centre for Evidence-Based Nursing
Google

Hand Search

Panel members were asked to review personal libraries to identify and submit potentially relevant guidelines. Guidelines submitted for consideration by panel members were integrated into the retrieved list of guidelines if they had not been identified by the on-line guideline search and met the inclusion criteria.

Systematic Review Search Strategy

Concurrent with the review of existing guidelines, a systematic review for recent literature relevant to the scope of the guideline was conducted by a health sciences librarian.

Clinical Questions

1. What are the effective obesity-prevention nursing interventions for children?
2. What education do nurses need to effectively prevent childhood obesity?
3. What organizational or political supports are necessary to provide a supportive practice environment for the implementation and evaluation of high-quality, evidence-based nursing care in childhood obesity?

Databases Searched

Cumulative Index to Nursing and Allied Health (CINAHL), Cochrane Controlled Trials (CT), Cochrane Systematic Reviews (SR), Database of Abstracts of Reviews of Effectiveness (DARE), Embase, ERIC, MEDLINE, and PsychINFO.

Search Terms

Below are condensed search strategies used for each research question in MEDLINE. Comparable terms were used in all other databases searched.

Search 1: What are the effective obesity-prevention nursing interventions in children?

Population	Intervention	Limits
("all infant (birth to 23 months)" or "all child (0 to 18 years)" or "newborn infant (birth to 1 month)" or "infant (1 to 23 months)" or "preschool child (2 to 5 years)" or "child (6 to 12 years)" or "adolescent (13 to 18 years)")	Obesity Obesity Hypoventilation Syndrome Obesity, Abdominal Obesity, Morbid Overweight Overnutrition Body Fat Distribution Body Composition Body weight Changes Adiposity Weight Gain Body Mass Index	english language yr="2004 -June 27 2013" exp animals/ not (exp animal/ and exp humans

	Skinfold Thickness Waist-Hip Ratio obes*.mp (overweight or over weight). (weight adj2 (change? or gain?)). (overnutrition or over eat* or overeat*) (body adj fat adj distribut*). (body adj fat adj pattern*). (body adj2 composition?). (body adj2 index). (quetelet* adj2 index). (skinfold adj2 thick*) (waist adj2 hip) adiposity BMI WHR Primary Prevention Preventive Health Se Health Promotion prevent* (health adj2 promot*)	
--	--	--

Search 2: What education do nurses need to effectively prevent childhood obesity?

Population	Intervention	Limits
exp health personnel exp "health care facilities, manpower, and services" exp students, health occupations exp Professional Competence (health adj2 (personnel or staff or student? or manpower)). ((profession* or clinical*) adj2 competen*) (profession* adj2 develop*)	Obesity Obesity Hypoventilation Syndro Obesity, Abdominal Obesity, Morbid Overweight Overnutrition Body Fat Distribution Body Composition Body weight Changes Adiposity Weight Gain Body Mass Index Skinfold Thickness Waist-Hip Ratio obes* (weight adj2 (change? or gain?)) (overweight or over weight) (overnutrition or over eat* or overeat*) (body adj fat adj distribut*) (body adj fat adj pattern*) (body adj2 composition?) (body adj2 index) (quetelet* adj2 index) (skinfold adj2 thick*) (waist adj2 hip) adiposity	Population: (english language and yr="2004 - August 9 2013" (addresses or comment or duplicate publication or editorial or lectures or news or newspaper article) exp animals/ not (exp animal/ and exp humans/) Intervention: ("all infant (birth to 23 months)" or "all child (0 to 18 years)" or "newborn infant (birth to 1 month)" or "infant (1 to 23 months)" or "preschool child (2 to 5 years)" or "child (6 to 12 years)" or "adolescent (13 to 18 years)")

	BMI WHR Education Education, Distance exp Inservice Training Preceptorship exp Curriculum exp Teaching Educational Measurement Program Development models, educational Self-Evaluation Programs exp Evidence-Based Practice Orientation Learning educat* preceptor* curricul* teaching* learn* program* orientation? train* workshop? work-shop? session? round? seminar? webinar? (evidence adj2 based*) (practic* adj2 pattern*) conferenc* videoconferenc video-conferenc*. audioconferenc* audio-conferenc*. teleconferenc* tele-conferenc* colloquium* Primary Prevention Preventive Health Services Health Promotion prevent*. (health adj2 promot*)	
--	---	--

Search 3: What organizational or political supports are necessary to provide a supportive practice environment for the implementation and evaluation of high quality evidence-based nursing care in childhood obesity?

Population	Intervention	Limits
limit 74 to ("all infant (birth to 23 months)" or "all child (0 to 18 years)" or "newborn infant (birth	Obesity Obesity Hypoventilation Syndrome Obesity, Abdominal	exp animals/ not (exp animal/ and exp humans/ (addresses or comment or duplicate

<p>to 1 month)" or "infant (1 to 23 months)" or "preschool child (2 to 5 years)" or "child (6 to 12 years)" or "adolescent (13 to 18 years)"</p>	<p>Obesity, Morbid Overweight Overnutrition Body Fat Distribution Body Composition Body weight Changes Adiposity Weight Gain Body Mass Index Skinfold Thickness Waist-Hip Ratio obes* (weight adj2 (change? or gain?) (overweight or over weight) (overnutrition or over eat* or overeat*) (body adj fat adj distribut*) (body adj fat adj pattern*) (body adj2 composition?) (body adj2 index) (quetelet* adj2 index) (skinfold adj2 thick*) (waist adj2 hip) adiposity BMI WHR Primary Prevention Preventive Health Services Health Promotion prevent* (health adj2 promot*) policy organizational policy health policy health care reform Policy Making Decision Making Decision Making, Organizational organizational culture Organizational Innovation Organizational Objectives "Constitution and Bylaws" Legislation, Hospital Legislation, Medical Legislation, Nursing (policy* or policies*) ((healthcare or health care) adj2 reform*) (decision* adj2 (maker? or making)) (organization* adj2 cultur*). (organization* adj2 innovat*) (organization* adj2 object*) (organization* adj2 support*)</p>	<p>publication or editorial or letter or lectures or news or newspaper article) (english language and yr="2004 - August 16 2013")</p>
--	--	---

	(organization* adj2 goal?) (organization* adj2 character*) (organization* adj2 climate?) (organization* adj2 structure?) (organization* adj2 change?) constitut* bylaw?. legislat* regulation* strateg*. procedure? (plan? or planning) protocol*	
--	---	--

Inclusion/Exclusion Criteria

Search 1: Inclusion/Exclusion Criteria

Inclusion Criteria	Exclusion Criteria
<ul style="list-style-type: none"> Quantitative study with an appropriate length of follow-up i.e. equal to and > 6 months? Include articles if the population includes 18 or 19 year olds, as the majority of the target population will be captured. Include articles that set out to explore specific or general interventions. Include articles that discuss universal interventions/programs e.g. a program that is applied to all children Include if the article describes an association(s) with obesity and if there is sufficient detail to make an 'actionable' recommendation. Include studies wherein the main intervention is about prevention AND if there is an intervention/treatment arm for children identified as 'in need' of further help (as part of a program). Articles need to talk from a public health perspective, and how PHNs can help. Scope of what PHNs can do: population and individual-level empowerment (advocacy), coping skills, group activities, communication campaigns, capacity building, working with communities, social justice. Articles can address screening, planning, implementation and evaluation i.e. nursing process. Screening – tools e.g. growth charts that can be 'universally' applied. Surveillance – methods that apply to all children. Include studies that address the social 	<ul style="list-style-type: none"> Exclude studies that target overweight/obese children. Secondary, tertiary prevention. Treatment. Obese or overweight children greater than 18 years of age. Exclude articles wherein an idea about an intervention is only in the 'discussion' or 'conclusion' and is not the explicit intent of the study. Exclude studies that explicitly talk about prevention and treatment as one intervention. Exclude articles that exclusively talk about teachers and principals promoting healthy eating/physical activity etc. in schools (unless these interventions are done in partnership with public health/health care professionals). Exclude studies that explicitly state that the intervention is not feasible, costs too much, requires intensive HR (refer to the implications/limitations section of the article). Dissertations, commentaries, research proposals, editorials, abstracts, conference proceedings, low quality journals, 1-page papers.

<p>determinants of health in association with an intervention.</p> <ul style="list-style-type: none"> • Only include comprehensive programs (as opposed to single interventions). • Include programs that focus on interventions that primarily build capacity for existing staff (e.g. for community leaders/teachers etc.). • Include studies that report multiple outcome measures: 1) adiposity and physical measures or, 2) adiposity and psychometric measures. 	
--	--

Search 2: Inclusion/Exclusion Criteria

Inclusion Criteria	Exclusion Criteria
<ul style="list-style-type: none"> • Education directed toward health care professionals. • Formal and informal education (i.e. continuing education, undergraduate education etc). • Core competencies required to provide best care. • Primary prevention or health promotion for children less than 18 years of age. • Children must not be overweight or obese. 	<ul style="list-style-type: none"> • Education directed to patients, parents, teachers etc. • Dissertations, commentaries, research proposals, editorials, abstracts, conference proceedings, low quality journals, 1-page papers.

Search 3: Inclusion/Exclusion Criteria

Inclusion Criteria	Exclusion Criteria
<ul style="list-style-type: none"> • Primary prevention or health promotion for children less than 18 years of age. • Children must not be overweight or obese. • Key concepts to include: <ul style="list-style-type: none"> ○ Marketing to children ○ Built environment ○ Public policy ○ Healthy public policy ○ School environment policy ○ Physical activity ○ Cycling policy ○ Food and nutrition policy ○ Junk food taxation ○ Breastfeeding policy ○ Supportive environments ○ Policy related to the built environment ○ School zoning policy ○ Food marketing to children ○ Food security policy ○ Think about the social determinants of health. • All types of papers. • Think about the organization and system level supports need by nurses to optimally perform primary prevention: 	<ul style="list-style-type: none"> • Secondary, tertiary prevention. • Treatment. • Obese or overweight children greater than 18 years of age. • Dissertations, commentaries, research proposals, editorials, abstracts, conference proceedings, low quality journals, 1-page papers.

<ul style="list-style-type: none"> ○ Organization ○ System-level supports ○ Policies ○ Organization policy ○ System ○ Strategy ○ Procedure ○ Guideline ○ Best practices ○ Protocols ○ Approaches ○ Govern ○ Quality improvement ○ Work environment ○ Support ○ 'Settings' approach ○ Community approach 	
--	--

Hand Search

Panel members were asked to review personal libraries to identify key articles not found through the above search strategies. Articles identified by panel members were included in the search results if two nursing research associates independently determined the articles had not been identified by the literature search and met the inclusion criteria.