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
### Expert Committee Recommendations for Staged Obesity Treatment

<table>
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<th>Stage</th>
<th>Description</th>
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| Stage 1 Preventive Plus | • 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 | • Increased support and structure to achieve healthy lifestyle habits  
• Specific goals with reinforcement of targeted behavior  
• Monthly follow-up |
| Stage 3 Comprehensive Multidisciplinary Intervention | • 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 | • 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 |
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