

Summary of Responses related to Weight Management Clinics – Nov 2022

I. Weight Management Clinic:

A. ORG A – we are just getting involved in this area

B. ORG B – PT is not involved in weight management clinic. MD consults PT as needed for skilled services/interventions. An exercise physiologist is involved in clinic and is responsible for all things related to exercise and fitness. They follow ACSM & AAP guidelines for physical activity. Focus is primarily education/counseling via educational interviewing. Track body composition and look to stabilize BMI and slow rate of gain.

C. ORG C - Endocrinology, internal medicine, gastroenterology, Immunology, are involved in Healthy Start Clinic. PT is not part of the treatment team in the clinic but is used as referral option. When PT is involved, they perform/assess: 6 min walk test, balance, proper body mechanics, need for equipment or orthotics. Plan of cares and goals are individualized per patient.

D. ORG D – Adolescent Medicine, Dietitian, Clinical Psychology, and PT are involved in SHINE clinic. PT generally looks at overall health/function/pain or other physical limitations and seeks to educate families/children re: healthy behaviors and to assess/address barriers to that. PT is asked to assess aerobic (Pacer test) and functional capacity (functional screening). What we bill is dependent on what is done in clinic. We typically try to avoid billing for evaluations in clinic if another charge code fits. PT is asked to see most (if not all) patients in clinic. We do not tend to receive OP referrals for this population.