

Adolescent Medicine - Adolescent Wellness (Overweight/Obesity)

Referral Information

<h3>WHO</h3>	<p>Should be referred to the Adolescent Medicine Clinic for obesity?</p>	<p>We see patients ages 12 to 21 years with a BMI >85%. The adolescent is a good candidate for the Adolescent Wellness Program if he or she also presents with any of the following: hypertension, abnormal lipids, insulin resistance, obstructive sleep apnea (OSA), or elevated liver functions. In the wellness clinic, the Adolescent Wellness Program (AWP) care team will perform a thorough assessment for motivation to change behavior, help patients determine goals for lifestyle change, provide nutrition and mental health referrals, and facilitate social work and fitness consults. When you refer adolescents, please emphasize that weight loss is not the primary goal, but that incorporating behaviors into life to promote health is important for growth, development and well-being.</p>
<h3>WHAT</h3>	<p>Work-up is needed prior to the first appointment?</p>	<p>No pre-referral work-up is required. Recent clinic notes including growth grids, current height, weight, blood pressure, and recent labwork should be faxed to 206-985-3121.</p>
<h3>WHEN</h3>	<p>Will my patient be able to obtain an appointment?</p>	<p>Please let the patient and family know that you are sending in the referral and that they must call 206-987-2028 (option 1) to schedule an appointment.</p>
<h3>WHICH</h3>	<p>Provider will my patient see at the first appointment?</p>	<p>Adolescent Wellness Program consists of regular visits with care team members, including a medical provider, nutritionist, social worker, and fitness specialist. At the first visit, patients will likely only see the medical provider. At this visit patients will have vital signs measured and both parents and teens will fill out paperwork about medical history and general lifestyle. During this visit, the medical provider will provide an overview of the program and typically meets with parents and the adolescent together and also meets with the patient one-on-one. To meet the Adolescent Medicine team CLICK HERE.</p>
<h3>WHERE</h3>	<p>Will my patient be seen?</p>	<p>Adolescent Medicine Clinics are held in Seattle, Bellevue, Mill Creek, Federal Way, and Olympia. The Seattle clinic is located in the Springbrook building, adjacent to the main hospital. For maps and directions CLICK HERE.</p>
<h3>HOW</h3>	<p>Can I refer my patient to Seattle Children's Adolescent Medicine Clinic?</p>	<p>URGENT Consultations (Providers Only): call 206-987-7777 or toll free 877-985-4637 Scheduling (Families): 206-987-2028 option 1 Phone Referrals: Clinical Intake Nurses at 206-987-2080 or toll free 866-987-2080 Faxed Referrals: 206-985-3121 or toll free 866-985-3121 E-referral: http://www.seattlechildrens.org/healthcare-professionals/gateway/ Again, reiterate that you are placing a referral and that the patient and family must call scheduling. Encourage patient and family to attend their first appointment and let them know you are available if they have any questions later on. New Appointment Request Form CLICK HERE.</p>