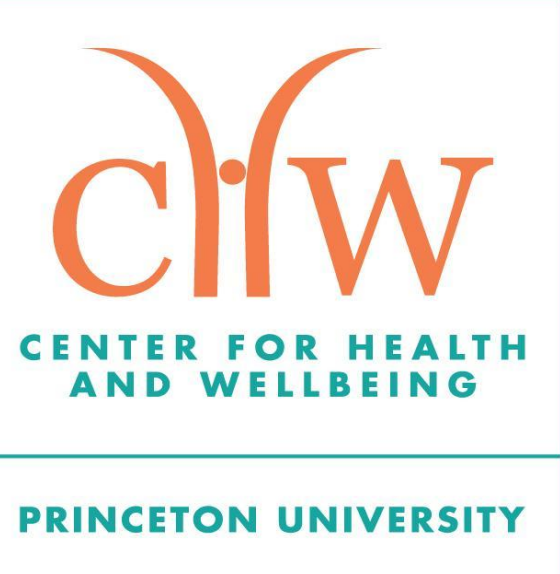




# Pediatric Obesity Program in Memphis, TN



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Pediatric Obesity Program within the Healthy Lifestyles Clinic at Le Bonheur Children's Hospital, Memphis TN  
Funded by CHW under the Health Grand Challenge Program

## Vestibular Nerve Stimulation (VeNS) Pilot Study Intro

- The Healthy Lifestyles Clinic (HLC) is an interdisciplinary clinic to treat children and adolescents with obesity
- Nearly 1/3 of children have overweight or obesity in the US
- Evidence in human and animal studies that VeNS aids weight loss
- VeNS also triggers physiological responses that treat complications with excess body weight

## Impetus

- Many barriers to healthy lifestyle, especially for children
- VeNS is a novel treatment
- Easy to use and safe device

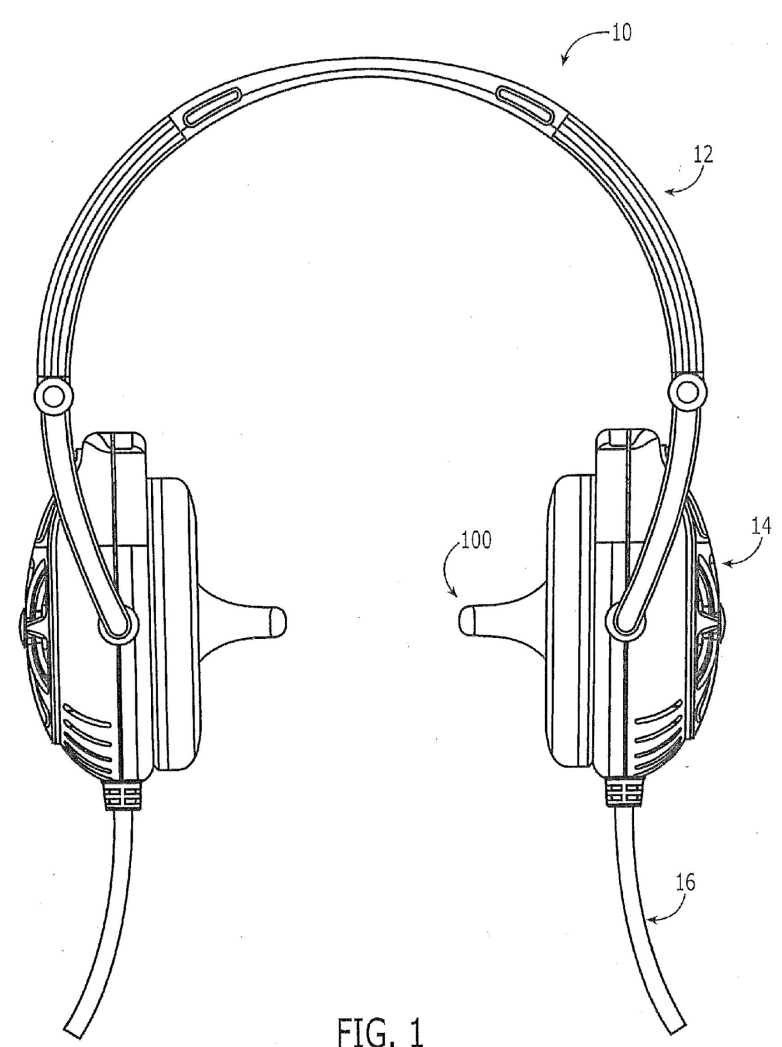


FIG. 1

Diagram of the VeNS device to be worn over the head. (Photo used from patent of Lesco L. Rogers and Lantyl L. Smith)

## Objectives

The primary objective is to measure the feasibility of VeNS in the pediatric population. The secondary objectives are to measure effects on body composition, metabolic health parameters, and quality of life.

## Methods

- Children ages 5-19 in the Healthy Lifestyles Clinic with a BMI  $\geq$  95th percentile will wear VeNS device
- VeNS device will be worn for 1 hour per day every day for 3 months
- Subjects will complete multiple clinic visits and fill out feedback surveys for data

## My Responsibilities

- Researched current literature and developed background data for grant proposal
- Completed research application process for Institutional Review Board (IRB)
- Created consent and assent documents
- Wrote introduction and background sections for prospective paper along with study design

## Moving Forward

- Complete power statistics on results from pilot study
- Publish paper on results of pilot study
- Use feedback to refine methodology and to design randomized control phase of study

## Healthy Lifestyle Clinic (HLC) Discussion Groups Intro

- Conducted with patients and families in the HLC along with a short cooking instruction
- Purpose is to gain feedback and ideas from patients and families
- The family integrated approach proves most successful

## Impetus

- Feedback from patients and families provides first-hand information
- Gap in current literature in regards to direct patient and family feedback on service delivery and program development

## Objectives

The aim of this study is to gain valuable insight from patients and families about the HLC in regards to service delivery, program development, and barriers to healthy lifestyle.



Dr. Joan Han, MD measures the height of a patient in the Healthy Lifestyles Clinic. (Photo courtesy of lebonheur.org)

## Recurrent Themes

### Service Delivery

- Staff friendliness/atmosphere, wait times, family integrated approach, interdisciplinary approach, and applicability

### Program Development

- Improving sense of community, support groups, increased accountability, and cooking classes

### Barriers to Healthy Lifestyle

- Staying on track in between appointments, diet changes, and access to exercise/physical activity

## My Responsibilities

- Researched current literature and wrote introduction and background for prospective paper
- Transcribed audio-recordings of the focused discussion groups
- Researched and documented recurrent themes discussed in the multiple discussion groups
- Researched and documented key quotes from the transcriptions for prospective paper
- Created record of statistical data in regards to the demographic information of participants

## Acknowledgements

I would like to thank the Healthy Lifestyles Clinic so much for allowing me to intern with them, especially my director Dr. Joan Han for serving as a wonderful mentor. I would also like to thank the CHW for sponsoring this internship through the Health Grand Challenge program.