



"Weigh to Go!" - Report of the British Academy of Childhood Disability (BACD) National Audit

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Objectives

The BACD launched the **WEIGH TO GO!** Initiative^[1] in November 2022:

- To assess growth monitoring in CYP attending clinical services
- To assess resources available to weigh and measure all CYP including those who are vulnerable, physically disabled and neurodevelopmentally diverse.

Methods

- Multi-centre case note audit of CYP presenting to children's services in January 2023.
- Online survey of participating trusts: growth monitoring resources, staff training, clinical audit of growth monitoring, available growth and nutrition support services for CYP

Audit Results:

- 16 trust champions completed audit and survey [Fig 1].
- 770 clinical encounters captured (93% Outpatients, 7% Inpatients)
- 554 encounters fully analysed

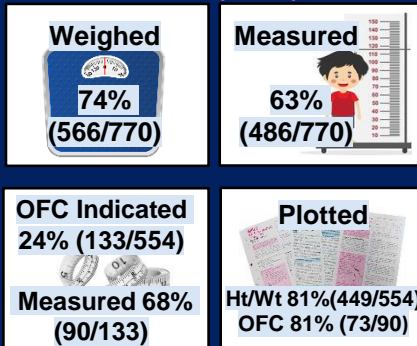


Fig 1

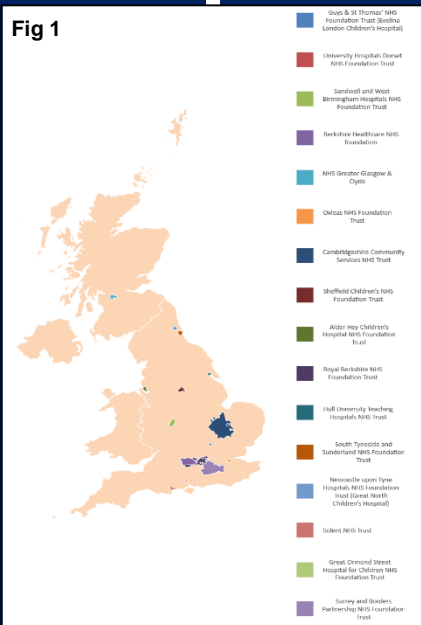


Fig 3

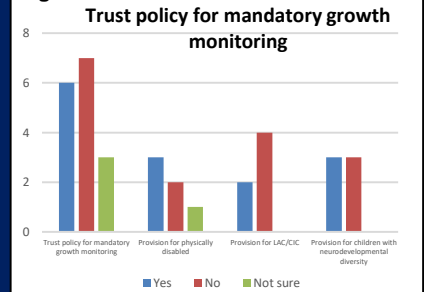
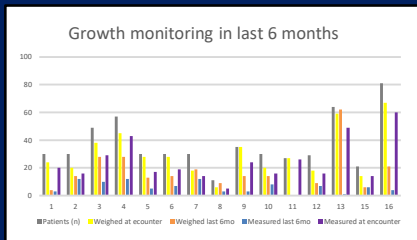
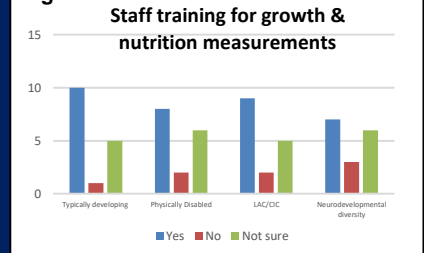


Fig 4



- There is variation in growth monitoring between trusts [Fig 2].
- 4% (22/554) not weighed at encounter or in last 6 months.
- Down Syndrome specific growth charts needed & available in 7/16 trusts. Specific growth charts for other conditions not available in all.
- 13/16 trusts had inadequate equipment or staff training to weigh and measure physically disabled children.
- 4/16 reported the same for vulnerable or neurodevelopmentally diverse children.

- There is variation in staff training - not all include vulnerable groups [Fig 4].
- 1/16 reported training was part of trust induction.
- 2/6 reported appropriate weighing and measuring equipment for all children in all settings
- 14/16 trusts there were a range of feeding/nutritional clinics that CYP could be referred to if there was concern; skill mix of the professionals in these clinics varied.

Conclusion:

- Five years since the NCEPOD^[2] recommendations (growth monitoring for all disabled children, and appropriate resources for healthcare facilities), this audit shows recording growth for CYP at each clinical encounter is still not universal, and there remain healthcare resource challenges (time, staff training, equipment and appropriate charts.)
- The BACD WEIGH TO GO! initiative aims to reduce inequality in growth monitoring for all CYP; through professional peer support, web resources, and regular audit.