A practical, evidence-based Casebook is available to support clinicians to have positive weight-related conversations with children and families.

**BACKGROUND**
- Healthy lifestyles, growth, and weight are important to discuss with children.
- Healthcare professionals (HCPs) report not feeling confident in addressing these topics.
- To address this gap, a Knowledge Translation (KT) Casebook was developed to support HCPs in having positive weight-related conversations with kids and families.

**PHASE I: DEVELOPMENT PROCESS (2017-2018)**
- This Casebook was developed with an interdisciplinary team and in consultation with key stakeholders with expertise in the area of weight-management and healthy lifestyles. Casebook creation involved:
  - The Casebook:
    - Provides the “best available” research evidence.
    - Shares perspectives and experiences of children, youth, families and healthcare professionals.
    - Provides suggestions, tools, resources and reasoning for practices.

**THE FIVE KEY QUESTIONS**
- The Casebook was organized according to five key questions that were informed by a research advisory panel and scoping review:

**PHASE II: TESTING (2018-2019)**
- Aim: to test the uptake of the KT Casebook in clinical settings and evaluate the perceived impact of the Casebook on the clinicians’ clinical practice.

**METHODS**
- An exploratory pilot study was conducted with physicians and allied healthcare providers who are members of:
  - ECHO Autism initiative.
  - HB’s Psychopharmacology team.
- Online and in-person education workshops were created to provide HCPs with knowledge and training.
  - Workshops included didactic teaching and simulation.
- Participants completed:
  - A pre- and post-workshop questionnaire measuring self-efficacy and clinical skills surrounding weight-related discussions.
  - A workshop evaluation.

**RESULTS**
- Participants agreed that the workshop gave them a clear understanding of the Casebook’s content, and helped them easily navigate the Casebook.
- Self-efficacy in having weight-related conversations increased from pre- to post-workshop.
- Weight-management clinical practice scores did not change over time.

**KEY MESSAGES**
- The Casebook was acceptable and increased self-efficacy about weight-related conversations.
- More robust implementation strategies are needed to foster the uptake of best practices in weight-related conversations into clinical practice.

**NEXT STEPS (2019-2020)**
- Dissemination plans: Push the KT Casebook to key organizations and stakeholders to raise awareness.
- Phase 3: we are testing the Casebook in nursing clinical context and explore implementation strategies needed to change clinical practice.
- Long term goals: Wider Canadian (then international) roll-out.

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