



Service Priorities and Programmes Electronic Presentations

Convention ID: 457

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Physiotherapy Management in Multidisciplinary Program for Post-Bariatric Patients' Physical Capacity and Exercise Awareness

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Keywords:

Physiotherapist Exercise Prescription

Morbid Obesity

Bariatric Surgery

Exercise Awareness

Behavioral Modification

Introduction

Weight control procedures for morbid obesity patients have been contemplated in PWH for years. Regular physical activity is essential in predicting the long term weight maintenance. With the commencement of the Multidisciplinary Clinic of Metabolic & Bariatric Surgery in PWH, a multidisciplinary program involving physiotherapists was introduced since September 2014 to support obesity patients with surgical intervention in designing tailor-made exercise program and empower their continuation in regular exercise.

Objectives

A periodic review of the efficacy of the physiotherapy consultation in the program on patients' exercise awareness and modification of self-regular physical activity was summarized.

Methodology

Patients eligible for bariatric surgery would be taking care by a multidisciplinary team constituting doctor, nurse, dietitian and physiotherapist. Regular assessments and consultations on various medical, dietary and psychological aspects are performed. For physiotherapy, 3 consultations during the pre-op, post-op 1 and 3 months period was provided. Each consultation consisted self-administrative questionnaires on exercise habit as well as physical assessment on cardiovascular fitness (Incremental Shuttle Walk Test, ISWT) and flexibility (Sit & Reach Test). Personalized exercise program prescription, individual advice on behavioral modification would be introduced in the post-operation consultation. To enhance exercise compliance, exercise pamphlet and logbook were also provided. Patients' feedback survey after the last consultation was collected for service evaluation.

Result

6 patients underwent bariatric surgery with physiotherapy consultations were included for analysis using SPSS. All patients showed significant reduction on their weight

(136.8 to 113.6 kg, 17.0%, $p=0.005$) and BMI (47.4 to 39.5, 16.8%, $p=0.003$) on completion of the program. For physical capacity and flexibility, statistical significant increase in ISWT (253.3 to 338.3m, 33.6% $p=0.002$) and Sit & Reach Test (13.5 to 20.7cm, 53.3%, $p=0.009$) was noted. All patients satisfied with the physiotherapy service from the post service survey, and 67% reflected the program was beneficial in discipline themselves in continuation of regular exercise and enhancing their exercise awareness. To conclude, physiotherapy involvement in a multidisciplinary management for bariatric patients shows positive outcome in helping patients' physical and behavioral change in maintaining the surgical effect. Further follow up may be required for determining long-term outcome on patient's physical aspects and exercise compliance.