



Service Priorities and Programmes Electronic Presentations

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Structured Weight Management Service under Multidisciplinary Team at Yan Chai Hospital

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Introduction

World Health Organization defined overweight and obesity as abnormal or excessive fat accumulation. Morbid obesity (BMI ≥ 40 or BMI ≥ 35 with obesity related co-morbidity) is hazardous to health and life. Weight management team was formed in November 2015, consists of bariatric surgeon, endocrinologist, anaesthetists, dietitians, physiotherapists, pharmacists and nurses. A clinical care pathway for Laparoscopic Sleeve Gastrectomy (LSG) and Laparoscopic Roux-en-Y Gastric Bypass (RYGB) was developed.

Objectives

Objectives of weight management service:

1. To provide non-operative weight reduction for BMI $\geq 30\text{kg/m}^2$ patients.
2. To provide efficient and coordinated multidisciplinary care for patients undergoing metabolic & bariatric surgery.

Methodology

All involved disciplines contributed their expertise in different phase:

A. Non-operation phase

1. Baseline assessment, then goals and action plan setting with patient for weight reduction.

2. Endocrinologist assessment and management of obesity related co-morbidity.

3. Personal diet advice and weight reduction class

B. Pre-operation and operation phase

Intensive care pathway was provided by multidisciplinary team approach.

C. Post-operation phase

A regular one-stop follow-up service was provided by multidisciplinary team approach to monitor the weight reduction program.

Result

115 patients attended Metabolic and Bariatric Surgery Clinic for weight management in 2016. All of them were referred to dietitians and physiotherapists for personal diet advice and planning of exercise program respectively.

18 patients underwent LSG and RYGB in 2016. The median pre-operative body mass index was 39.7 kg/m² and median post-operative length of stay was 3.5 days. A one-stop follow-up service was provided for these patients by multidisciplinary team approach.

Successful treatment of obesity in adults requires adopting and maintaining lifestyle behaviours. Bariatric surgery is an option only when diet and regular physical activities failed. No matter patients are adopting the operative or non-operative means, the multidisciplinary approach can be used to achieve optimal weight management.