



## Bariatric Surgery 201 - Giving You the Tools for Post-op Long-term Success

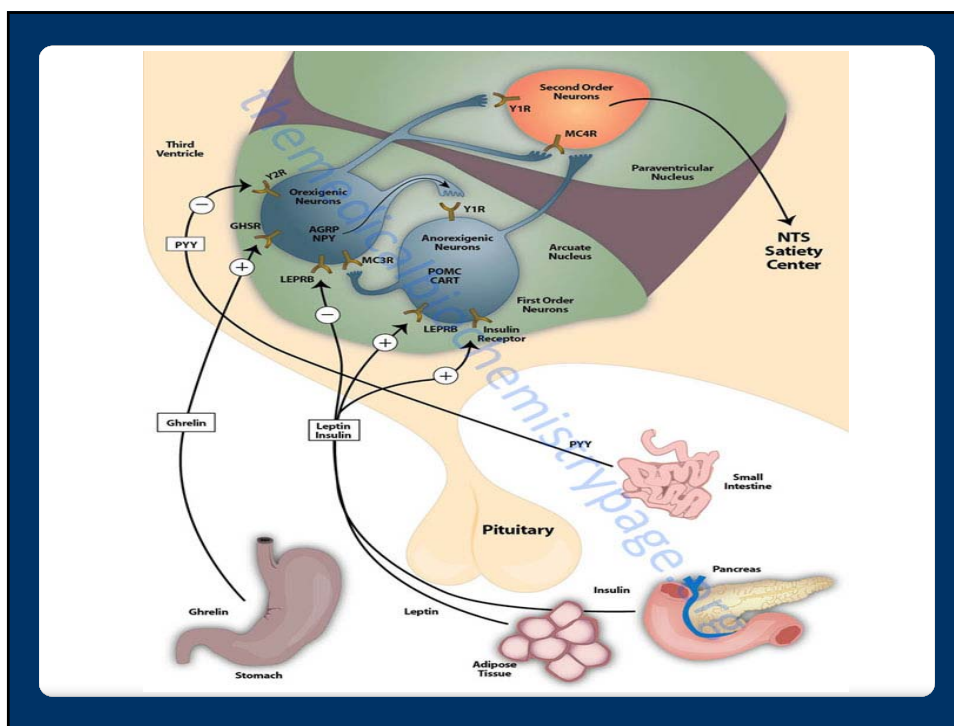
Titus Duncan , MD, FACS • Holly Lofton, MD • Tracy Martinez, RN , BSN • Jessie Newman, RD, LD • Merrill Littleberry LCSW, LCDC



### Titus Duncan, MD, FACS, FASMBS

- Hometown: Tulsa, Oklahoma
- Undergrad: University of Oklahoma
- Residency: Atlanta Georgia Baptist Medical Center
- Current Practice: Atlanta Georgia
- Associate Professor of Surgery Morehouse School of Medicine
- Director of Minimally Invasive & Bariatric Surgery
- Morehouse School of Medicine
- Director of Bariatric Surgery
- Atlanta Medical Center





## Holly F. Lofton, MD Certified Obesity Medicine Physician

AKA Bariatrician

AKA Weight Management Specialist

AKA Bariatric Medicine Physician

## The Role of the Bariatrician

- “PCP” related to bariatric surgery
- Identify medical conditions which may be affected by surgery
- Adjust medications post-operatively during transition
- Follow appropriate nutritional labs
- Follow labs related to weight-related medical conditions



## The Role of the Bariatrician



- Along with RD, follow progression of weight loss LONG TERM
- Treat nutritional deficiencies
- Medical Liaison to surgeon

## Perils for Long-term Success

- Exercise IS important!
- Surgery is a tool to help improve results of exercise, especially after nadir (lowest weight) reached after RYGB and 6 months after lap band or sleeve
- Don't be afraid to follow-up if weight loss is suboptimal. We are here to help you!

## Perils for Long-term Success

- Vitamin supplementation is essential to optimize health. Treating deficiencies can be difficult and the patient may have irreversible symptoms as a result
- Celebrate your success!  
Emotional, physical, health-related.
- You are a survivor!



## Tracy Martinez RN,BSN,CBN

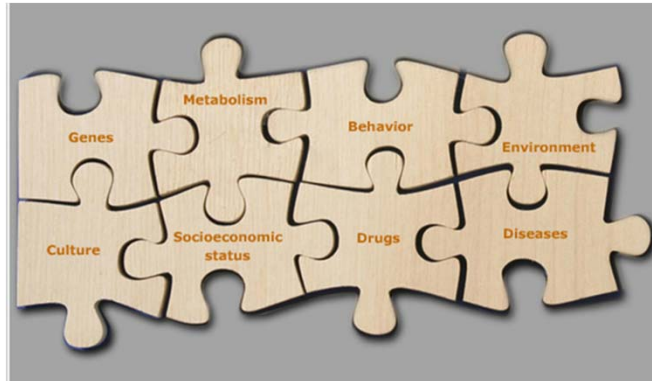
- Registered Nurse
- Certified Bariatric Nurse
- Program Director at Wittgrove Bariatric Center - La Jolla, California
- Past President Of Integrated Health – ASMBS
- Co Chair of IFSO HIS
- OAC Board Member
- Editorial Board –Obesity Surgery, SOARD, Bariatric Times



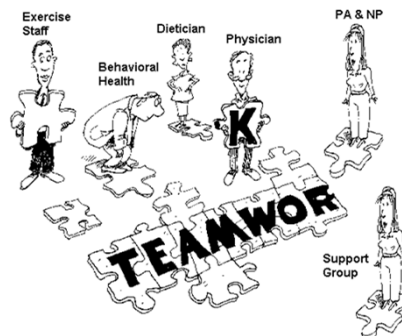
## The Role of The Bariatric Nurse

- Should have an in depth understanding of specialty
- Pre op education
- Post op education
- Provides on going office follow up
- Support Group coordination
- Liaison with hospital nursing staff S
  - Specialized training in assessment and response skills
  - Empathetic/Educated
- Increasing number of Certified Bariatric Nurses

Because severe obesity affects individuals physically, medically, psychologically and economically there is not one single discipline that can manage this multifactor disease.



- Patients do better acutely and long term with appropriate follow up by specialized trained Integrated Team Members
- All of the team members are equally important



Br J Nurs 2010 Harris Study June 2008 Bond et al, Brown Albert Medical School

## Trends in Patient Education

- Nutritional deficiencies were avoided or overcome with nurses providing hands on care and educating the patient in bariatric surgery post operative follow up. Monitoring the patient post operatively was critical for dietary and supplementation compliance.

Br J Nurs 2010 Apr 8-12

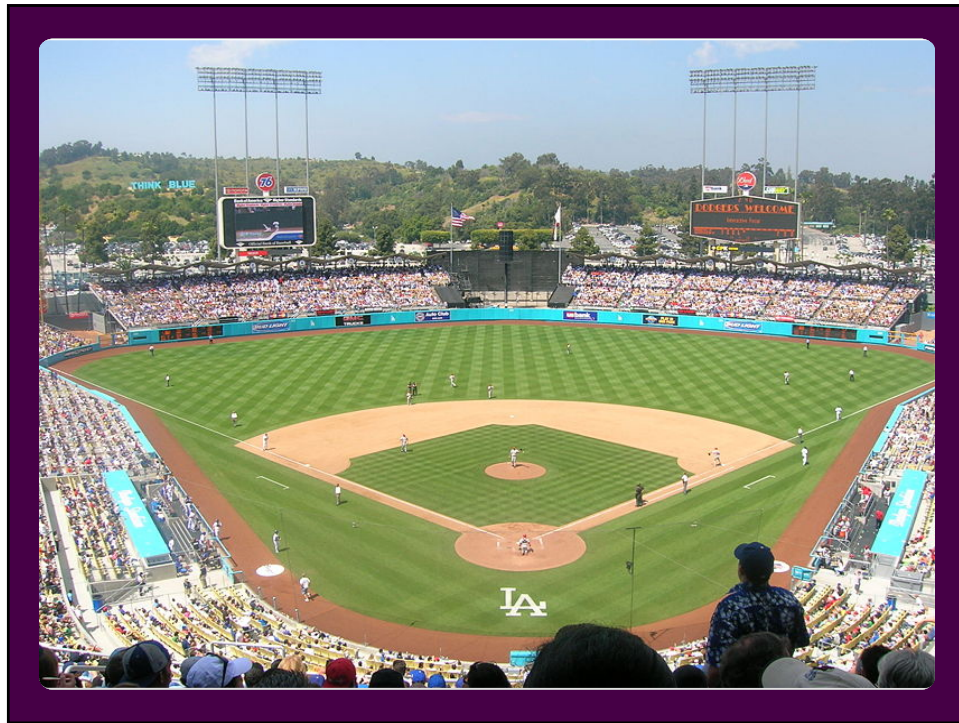


## Patient Empowerment and Responsibility

- Morbid Obesity is a chronic disease
- Patients need to learn how to make necessary lifestyle changes and continue long term follow up to keep this disease at bay
- Daily mindfulness is imperative







## Perils for Long-Term Success

-  Water
-  Exercise
-  Protein First
-  No Snacking
-  Support Group
-  Supplements



## Jessie Newman, RD LD

- Registered Dietitian
- Certified personal Trainer
- Bariatric Coordinator and Corpus Christi Medical Center – Bay Area

- ASMBS and OAC member



## The Role of The Registered Dietitian



- Encourage realistic goal setting
- Help create sustainable eating habits
- Teach behavior modifications to avoid intolerances and/or complications
- Vitamin/mineral recommendations and monitoring labs
- Create support groups that are beneficial at all stages of post-surgery life
- Be a cheerleader!

## Perils for Long-term Success

- Decipher between physical and emotional hunger
- Lifelong vitamin/mineral supplementation is vital to prevent deficiencies
- WEPNSS
- Keep boredom at bay
- Define success on accomplishments beyond the scale
- Keep follow-up appointments, even when you are doing well



## Merrill Littleberry

### The Role of Behavioral Health

- Licensed Psychotherapist
- Licensed Chemical Dependency Counselor
- Nationally Certified Case Manager
- CI-Certified Personal Trainer
- Certified T'ai Chi Instructor
- Certified Military Tactical Fitness Specialist
- Certified Group Fitness Instructor

## 4 Perils for Long-term Success

- Behavior Modification Steps
  - Recognize, remove and replace
- Kill your ANTS
  - Autonomic negative thoughts
- Understanding Failure
  - The omission of trying
- Learn, grow and change
  - The best thing you can do is the right thing; the next best thing you can do is the wrong thing; the worst thing you can do is nothing ~ Theodore Roosevelt



Thank you for being here today  
and doing *Something!*

