

Beth Israel Deaconess Hospital-Milton

Bariatric Surgery Program: A Multi-Strategy Approach to Reduce BMI and Obesity Related Co-Morbid Conditions

The Problem

Obesity is a complex disease where patients may develop or present with additional and multiple co-morbid medical and emotional conditions. When a bariatric surgery patient participates in and commits to a multi-strategy program where a diverse clinical team provides/offers a range of holistic strategies, the likelihood of an optimal outcome for the patient increases. This optimal outcome may be achieved when the patient is able to realize a substantive and sustainable reduction in his/her mean Body Mass Index (BMI). This in turn has a direct impact on the resolution/reduction of his/her pre-operative co-morbid conditions.

Aim/Goal

- Achieve a mean BMI reduction, measured at scheduled post-operative appointment intervals: 30 days | 6 months | Annually
- Achieve a reduction and/or resolution of pre-operatively identified obesity related co-morbid conditions.

The Team

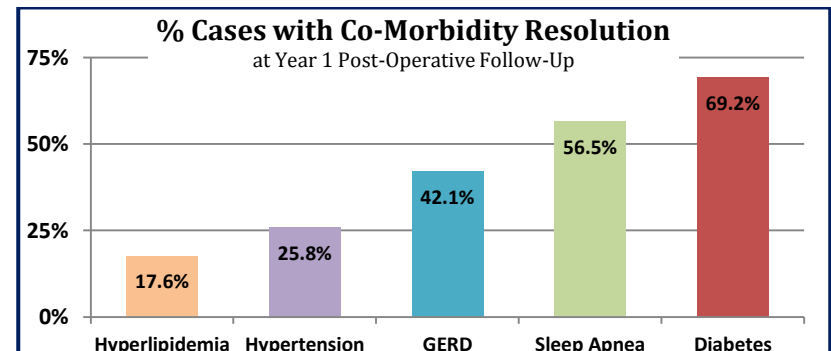
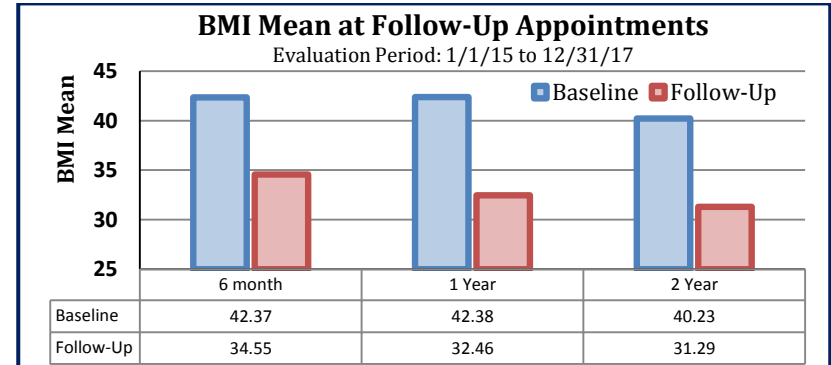
- Angela Fenton, MA, LMHC: Director, Bariatric Operations
- Molly McNeil: Program Manager
- Morgan Bresnick, MD: Bariatric Surgeon
- Melissa Ganz, MS, RD, LDN: Bariatric Dietitian
- Jenifer La MS, RD, LDN: Bariatric Dietitian
- Deizy Mendes, RN: Bariatric Nurse
- Mary Beauregard, BSN, RN: Bariatric Surgery Clinical Reviewer
- Suzanne Levy-Walker, LICSW: Bariatric Social Worker
- Cece Pukt: Bariatric Surgery, Administrative Assistant

The Interventions

- The BID-Milton Weight Loss Surgery Program achieved the Comprehensive Designation through the American College of Surgeons (MBSAQIP). The team utilizes evidence based practices with regard to multidisciplinary candidacy determination.
- A second bariatric dietitian has been added to the team to improve access to this key program resource
- Education processes have been further refined to optimize long-term success
- An additional support group has been convened to meet the needs of the increasing bariatric surgery population
- All hospital staff receive ongoing sensitivity training to promote a supportive and receptive post-operative experience for the patient

- Utilization of multiple methods to achieve and maintain effective, ongoing communication with patients
- Comfort and access is enhanced by providing services including valet and assistive devices to meet the specific needs of patients with limited mobility
- A refreshed Bari-Buddy Program supports/addresses both pre and post-op. patient needs.

The Results/Progress to Date * Baseline based upon variable "n"



Lessons Learned

- Careful selection of patients based upon established criteria increases likelihood of post-operative success
- As BMI decreases, patient's pre-op comorbidities also decrease overtime
- Greatest success is achieved as a result of participation in post-operative support programs (i.e. support groups).

Next Steps

- Online Information session to connect with patients that are anxious about starting the process
- Addition of second bariatric surgeon to improve access to surgery.

