**Nursing Care of Bariatric Clients**

**Learning Activity: Week 1**

**Overview:**

Since 1975, worldwide obesity rates have almost tripled (World Health Organization, 2017). In 2016, 1.9 billion adults were considered overweight, and of this number, 600 million people were considered obese (WHO, 2017). This health issue impacts children as well as adults, with an approximation of 41 million children globally were considered overweight or obese before the age of 5 years in 2016.

In Canada, this trend is also being noticed. In 2014, the obesity rate for Canadian men was reported to be 21.8%, which is a significant increase from 2003, when it was reported at 16% (Statistics Canada, 2014). Canadian women also experienced a rise in obesity levels along the same time period with an increase from 14.5% obesity rates in 2003 to 18.7% in 2014 (Statistics Canada, 2014).

In most of the world, the obesity health issue kill more people than those who are underweight, with obesity recognized as a preventable phenomenon (WHO, 2017). Bariatric (obese) clients experience an increased risk for a variety of medical conditions and complications. Unfortunately, they also face bias and stigma while seeking health care. Nurses must examine their own interactions with bariatric clients, and use specialized nursing strategies to provide optimal care.

***Concepts:***

* *Stigma in health care*
* *Guilt*
* *Shame*
* *Stress*
* *Spirituality*
* *Hope*
* *Caring*

**Learning Outcomes:**

The learner will be able to:

* Examine their own beliefs around obesity
* Describe the health challenges that bariatric clients may experience
* Describe specific challenges associated with the care of the bariatric client
* Discuss nursing interventions and strategies to decrease the challenges associated with nursing care

**In Preparation:**

1. **Read the article: “Nursing Bias and the Obese Patient: The Role of the Clinical Nurse Leader in Improving Care of the Obese Patient”** posted to Moodle.
2. Using your Medical-Surgical Nursing in Canada text, please use Chapter 43 Nursing Management: Obesity p. 1095-1096 to further define and elaborate on the following health systems associated with complications of obesity.

Identify the risk obesity has toward each system and identify 1-2 specific disease complications that occur within each. We will use this information for an in class case study.

**Cardiovascular Health:**

**Respiratory Health:**

**Musculoskeletal Health:**

**Gastrointestinal Health:**

**Psychosocial Health:**

**Cancer Risk:**

1. Watch the following documentary from the beginning to the end (approx. 26 mins): “**Tipping the Scales- A Documentary on Childhood Obesity” from the following link:**

<https://www.youtube.com/watch?v=qpNvj5xWr6k>

**In Class:**

1. Personal reflection
2. Article dialogue
3. Class participation in case study

**In Reflection:**

In practice, consider the special needs of obese and bariatric clients. How can we improve the nursing care provided to them?

References

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