

Nursing Care of Bariatric Clients **Learning Activity: Week 4**

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:

- 3) 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>

4. In Reflection Pediatric Obesity Case Study is to be completed in groups of 4-5. You are the Public Health Nurse working in Child Health Clinic at the Public Health Unit.

HISTORY and ASSESSMENT

A ten-year-old boy, Carl, presents with his mother, Lori, for a routine well-child visit. He does not report any problems, his medical history is unremarkable, and he has no family history of heart disease or diabetes mellitus. During the physical examination, you find that his weight is 49.8 kg, and his height is 133 cm. A review of the chart reveals that he has been above the 96th percentile for weight throughout his childhood. During

previous CHC visits the mother has been encouraged to monitor his weight and physical activity but has stated that she does not feel that there is anything to be concerned about.

You know from a past visit that Loris is a single mother who works in a grocery store most afternoons until 1700. She does not have any family in town to help her. Carl does not have many friends in the neighbourhood and spends most afternoons alone waiting for his Mom to return.

Working with your group, design a plan of care for this boy and his family focusing on his identified obesity **and psychosocial wellbeing**. This plan of care should include:

- Assessment:
 - What additional information do you need? What questions will you ask?
 - How will you go about obtaining this information?
- Diagnosis:
 - What **single** nursing diagnosis will your plan of care centre on?
 - A NANDA approved diagnosis must be used
- Planning:
 - What will your plan of care entail?
 - How will you go about devising this plan of care?
 - Who will you include in this process?
- Implementation:
 - Describe **three** nursing interventions that you will utilize in caring for Carl?
 - What is your rationale for choosing these interventions?
- Evaluation:
 - How will you evaluate your plan of care?
 - How will you know if you have been successful?

5. CLINICAL VIGNETTE Mrs. Stella Roman is a 60-year-old Caucasian woman

Subjective Data:

- Reports gradual weight gain during past 40 years
- Spends most of her free time watching television
- Reports health problems related to type 2 diabetes mellitus, shortness of breath, hypertension, chest pressure, and osteoarthritis
- Underwent knee replacement surgery at age 56 for osteoarthritis

Objective Data

- Physical Examination
- Height: 162.5 cm (5'4"); weight: 95 kg (210 lb)
- Has obese, non-tender, soft abdomen
- Blood pressure: 160/100 mm Hg
- Laboratory Results
- Fasting blood glucose level: 13.9 mmol/L
- Total cholesterol level: 5.3 mmol/L
- Triglyceride level: 3.36 mmol/L
- HDL cholesterol level: 0.8 mmol/L

Critical Thinking Discussion Questions

- a. What are Mrs. Roman's risk factors for obesity?
 - Inactivity
 - Diabetes
 - Osteoarthritis
 - High cholesterol
- b. What is her estimated BMI?
 - BMI is a person's weight divided by the square of his or her height
 - 36kg/m^2
- c. Of the possible complications of obesity, which ones does Mrs. Roman have? Why did she develop them?
 - Hypertension
 - Dyspnea
 - Increased triglycerides, decreased HDLs
 - Hyperinsulinemia/insulin resistance
 - Osteoarthritis
- d. Priority Decision: How would the nurse assist Mrs. Roman in designing a successful program for weight loss and weight management?
 - Successful weight loss (short term energy deficit; 1-2lbs/wk)

- Successful weight control (long term behaviour changes)
 - Dietary intake (food journal)
 - Physical activity (30-60mins/day)
- e. Priority Decision: On the basis of the assessment data presented, what are the priority nursing diagnoses? Are there any collaborative problems?

Ineffective breathing pattern

Sedentary lifestyle

Imbalanced nutrition: more than body requirements

Collaborative problems:

Hypertension

Osteoarthritis

Diabetes mellitus

Hypercholesterolemia

6. Case Based Quiz

1. A few months after bariatric surgery, a 46-year-old man tells the nurse, "My skin is hanging in folds. I think I need cosmetic surgery." Which response by the nurse is most appropriate?
 - a. "The important thing is that you are improving your health."
 - b. "The skinfolds will disappear once most of the weight is lost."
 - c. "Cosmetic surgery is a possibility once your weight has stabilized."
 - d. "Perhaps you would like to talk to a counselor about your body image."

2. After vertical banded gastroplasty, a 52-year-old male patient returns to the surgical nursing unit with a nasogastric tube to low, intermittent suction and a patient-controlled analgesia (PCA) machine for pain control. Which nursing action should be included in the postoperative plan of care?
 - a. Offer sips of fruit juices at frequent intervals.
 - b. Irrigate the nasogastric (NG) tube frequently.
 - c. Remind the patient that PCA use may slow the return of bowel function.
 - d. Support the surgical incision during patient coughing and turning in bed.

3. The nurse will be teaching self-management to patients after gastric bypass surgery. Which information will the nurse plan to include?

- a. Drink fluids between meals but not with meals.
 - b. Choose high-fat foods for at least 30% of intake.
 - c. Developing flabby skin can be prevented by exercise.
 - d. Choose foods high in fiber to promote bowel function.
4. A 51-year-old man is being admitted for bariatric surgery. Which nursing action can the nurse delegate to unlicensed assistive personnel (UAP)?
- a. Demonstrate use of the incentive spirometer.
 - b. Plan methods for bathing and turning the patient.
 - c. Assist with IV insertion by holding adipose tissue out of the way.
 - d. Develop strategies to provide privacy and decrease embarrassment.

State true or false with rationale

1. Obesity can be determined using key measurements including the body mass index (BMI). True or False
2. A severely restricted diet is the best way to begin losing weight. True or False
3. Incorporating healthy behaviors into your daily routine are key to weight loss. True or False
4. A person becomes obese because he or she consumes more calories than are burned off through activity. True or False
5. Experts say people are at increased risk for health problems associated with being obese if they have had close relatives with heart disease or diabetes. True or False

In Class:

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

In Reflection:

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

Blended Learning with Interactive Technology

- We will use the flipped classroom teaching approach using blended learning and interactive teaching technology. Review the MS power point notes, evidence-based reviews and research articles for your class preparation. We will review the evidence-based systematic reviews and peer reviewed research articles, case based multiple choice quizzes, case study scenarios, and learning activities available on the LMS and on the Open Education Access sites in the classroom learning.
- Follow the assessment and evaluation of learning in the course outline, demonstrate your creativity in the assignments and student-centred interactive learning activities. Class room assessment techniques will be used for an end of class feedback and to improve the teaching learning in the course.
- Please bring your digital devices like I-pad, Tablet, Laptop, Smart phone, or any electronic devices with an internet to access the textbooks, library and learning resources.

Moodle <https://moodle.tru.ca/login/index.php>
NURS2830 Health and Healing 4 Winter 2019

Word press <https://challengesandinitiatives.trubox.ca/SPRINGERLANE>

<https://hypothes.is/users/melba123>

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