BARIATRIC SURGERY DIETARY ASSESSMENT AND INTERVENTION

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OBJECTIVES

PRE-OPERATIVE DIETARY ASSESSMENT
DIETARY EDUCATION
POST-OPERATIVE ASSESSMENT
CARING FOR THE BARIATRIC PATIENT
PRE-OPERATIVE DIETARY ASSESSMENT

• Anthropometrics
  • Age, sex, race
  • Accurate height, weight, BMI, and excess body weight

• Weight History
  • Failed weight loss attempts
  • Life events that may have contributed to weight gain
  • Personal weight loss goals

• Medical History
  • Current co-morbidities
  • Current medications
  • Vitamin/mineral/herbal supplements
  • Food allergies or intolerances
  • % body fat mass using bioelectrical impedance if available

• Available Laboratory Values

Aife et al. 2008
PRE-OPERATIVE DIETARY ASSESSMENT

- **Psychological history**
  - History of eating disorder
  - Current or past psychiatric diagnoses

- **Psychosocial Assessment**
  - Motivation/reasons for seeking surgical intervention
  - Readiness to make behavioral, diet, exercise, and lifestyle changes
  - Application of above changes
  - Willingness to comply with program protocols
  - Emotional connection with food
  - Stress level and coping mechanisms
  - Personal barriers to postoperative success

PRE-OPERATIVE DIETARY ASSESSMENT

- **Dietary Intake**
  - 24 hour food recall
  - Food logs
  - Eating out
  - Disordered eating patterns

- **Physical Activity**
  - Current level of activity
  - Physical conditions limiting activity

Afs et al. 2008
DIET EDUCATION

- Taking personal responsibility for dietary and lifestyle choices
- Realistic goal setting or SMART goals
- Intuitive eating
- Food journaling
- Meal planning
- Protein supplements
- Postoperative intake/diet progression
- Vitamin and mineral supplements and importance of compliance
- Appropriate macronutrient intakes
- Making the most of each meal
- Possibility of weight regain

DIET PROGRESSION

- Clear liquid
  - 1-2 days
- Full liquid
  - 10-14 days
- Puree
  - 10-14 + days
- Mechanically altered soft
  - >/= 14 days
- Regular
  - Typically advanced to by 6-8 weeks

Mechanick et al. 2013
POST-OPERATIVE DIETARY ASSESSMENT

- Anthropometrics
- Labs
- Medications
- Vitamin and mineral supplement intake
- Dietary Intake
- Food/fluid tolerance

WHAT TO LOOK FOR AS A PROVIDER

- Questions to ask the post-operative bariatric patient:
  - Are you keeping a food record?
  - Are you taking your bariatric vitamins?
  - When was the last time you followed up with your bariatric team?
POST-OPERATIVE SUPPORT

• Support group
  • Research has shown that patients who attend support group have better weight loss outcomes
  • Typically support groups meet monthly and are led by a Registered Dietitian

• Bariatric team
  • Encourage patients to follow up with their bariatric team, especially if the patient is experiencing weight regain

REFERENCES


• Song Z, Reinhardt K, Buzdon M, Liao P. Association between support group attendance and weight loss after Roux-en-Y gastric bypass. Surgery for Obesity and Related Diseases. 2007;4(2) 100-103