The Pre-Operative Psychological Assessment of the Bariatric Patient

NATHAN SUDBECK, PSY.D.
LICENSED PSYCHOLOGIST
PSYCHIATRIC ASSOCIATES, CHI HEALTH
LAKESIDE & MISSOURI VALLEY

The Need for Pre-Surgical Evaluations

1) To Maximize Outcomes for Patients.

2) To Assess the Emotional Stability, Psychological Readiness, and overall Mental Preparedness of Patients undergoing a major medical procedure.

3) Best Practices Recommended by NIH, AACE, ASMBS, OBGCMB and multiple others.
The Goals of Pre-Surgical Evaluations

1) To Assess Patients’ Goals, Motivations, Understandings of the Procedure.

2) To Identify Possible Contraindications.
   - e.g. uncontrolled psychiatric symptoms, ongoing substance use, untreated eating disorders, capacities to consent, etc.

3) To Develop Appropriate Treatment Recommendations for Patients Before and After Surgery.

Components of the Pre-Surgical Evaluation

Clinical Interview

- Personal Motivation / Goals
- Past & Present Efforts for Weight-loss
- Family / Social History
  - “Attitudes toward Foods”
  - Current Stressors in Life
  - Family and Support(s)
- Medical History
  - Medications and Effects
- Diet & Exercise History
- Psychiatric Disorders & Impacts
  - Depression, Anxiety, Bipolar Disorders
  - Personality / Impulse-Control Disorders
  - Eating Disorders
Components of the Pre-Surgical Evaluation

Psychological Testing

- Gives an Objective Measure of Psychiatric Symptoms, Attitudes, Personality Styles, Capacities to Handle Stress, Willingness to Adhere to Treatment Plan(s).

- Not a “Pass/Fail” Test.

- Must Consider Psychometrics, Standardization, Validity, Time & Cost, Value Added, etc.

Final Considerations for Pre-Surgical Evaluations

- Good Candidate vs. Fair Candidate vs. Poor Candidate

- Recommendations for Patients.

- Referrals, Groups, Social Media Sites.
Thank you!
Nathan.Sudbeck@alegent.org

References