



LSS: Increase Weight Loss Pre-Op To Improve Post-Op Outcomes in Bariatric Patients



Project Lead(s): LT Lorna Brown Team Members: Cheryl Hansen

Director For Administration / Nutrition Management

Plan

- Our opportunity is to create a program that meets recommended components of the pre-surgery nutritional preparation process per literature review findings.
- Improve pre and post surgery outcomes.
- Increase high-reliability organization goals by implementing an evidenced-based, best practice program

- Approximately 265,000 people had bariatric surgery in 2019, an increase of 62% from 2011. This number is expected to grow 9.56% globally from 2019 to 2028. According to the American Society for Metabolic and Bariatric Surgery, more than 50% of patients regain 5% of their body weight within 2 years of undergoing surgery, while a smaller percentage of patients may gain back even more.

Project Goals

- Improve routine care prior to surgery
- Implement a formal, streamlined best practice program
- Increase pre and post-operative weight loss

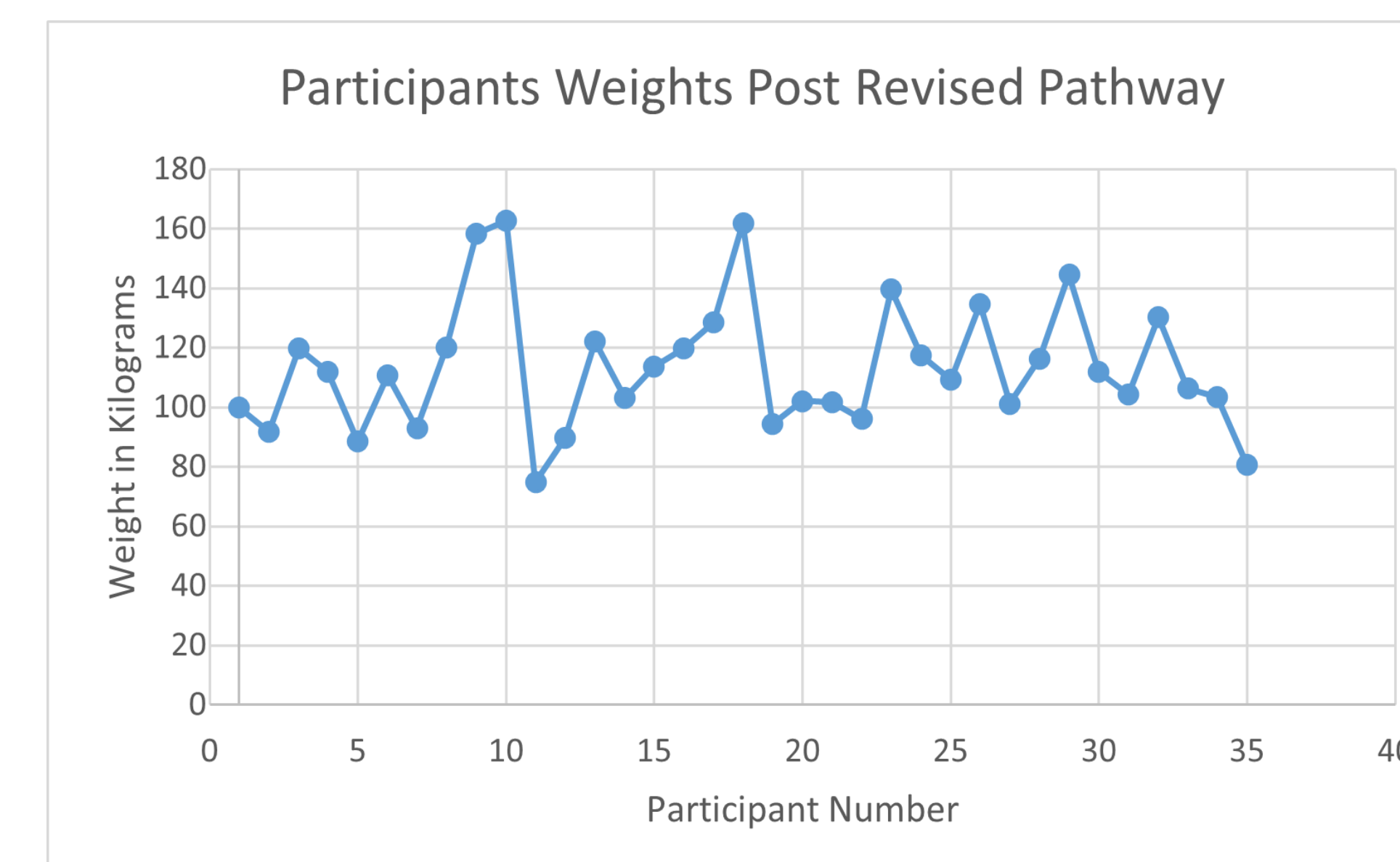
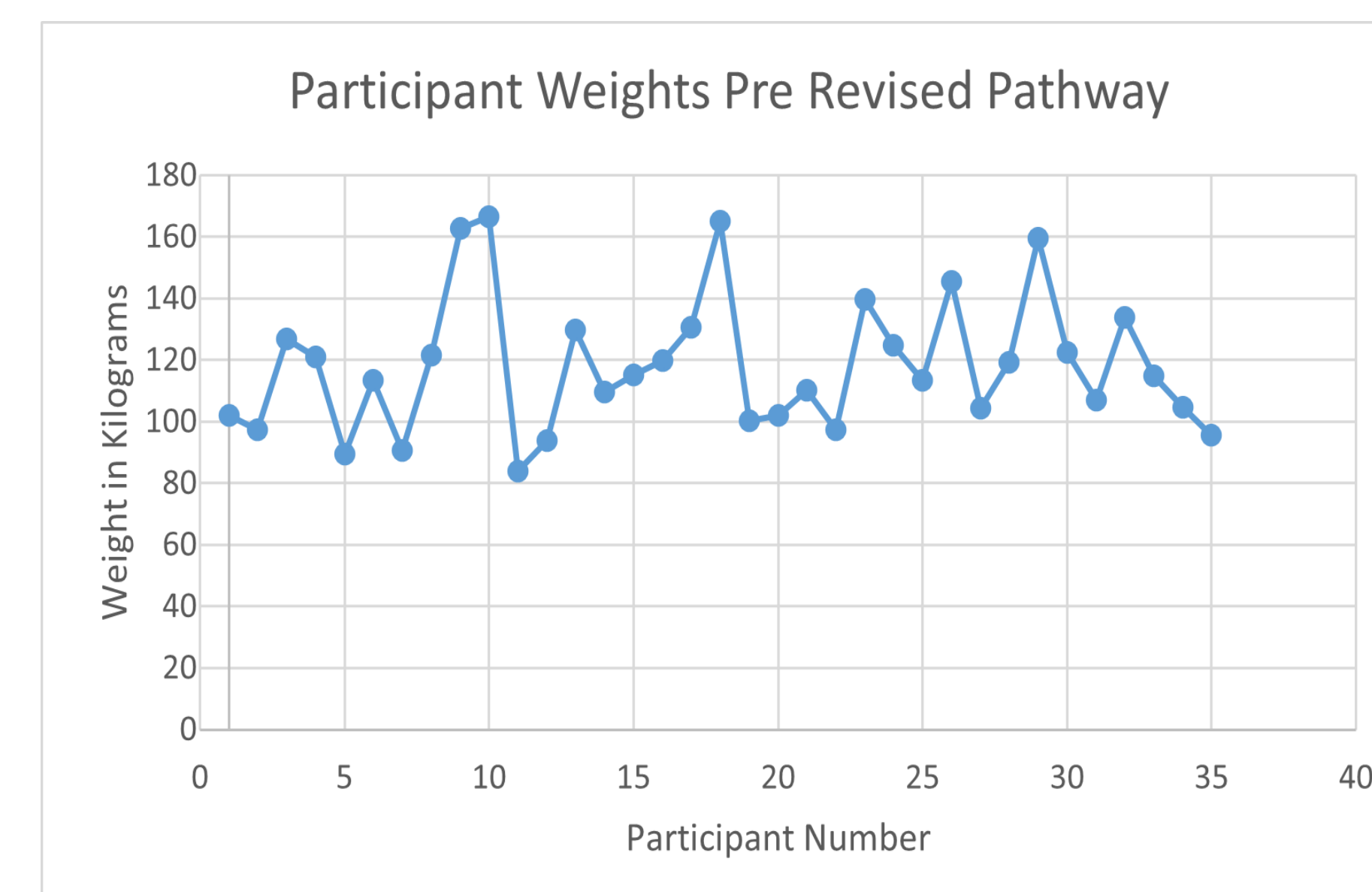
Do

Process Improved/ Changes Made

- **Delivered a 16 week behavioral and lifestyle intervention program.**
- **The Nutrition Management Department implemented a formal Bariatric Pathway with a logical sequencing of at least two 1:1 Dietitian appointments, two Dietitian led classes, and a weekly Virtual behavior and lifestyle program.**

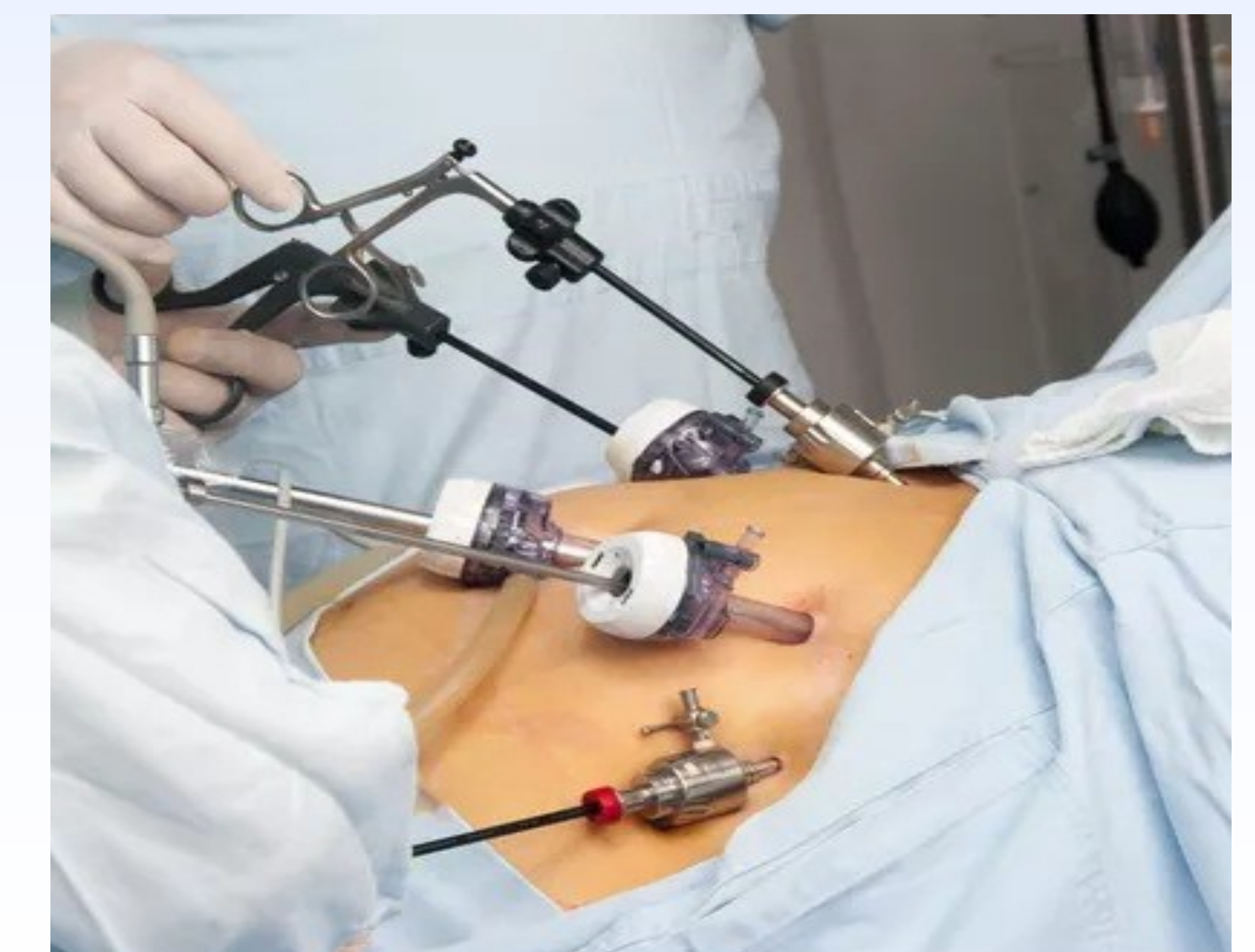
Check

Test the change

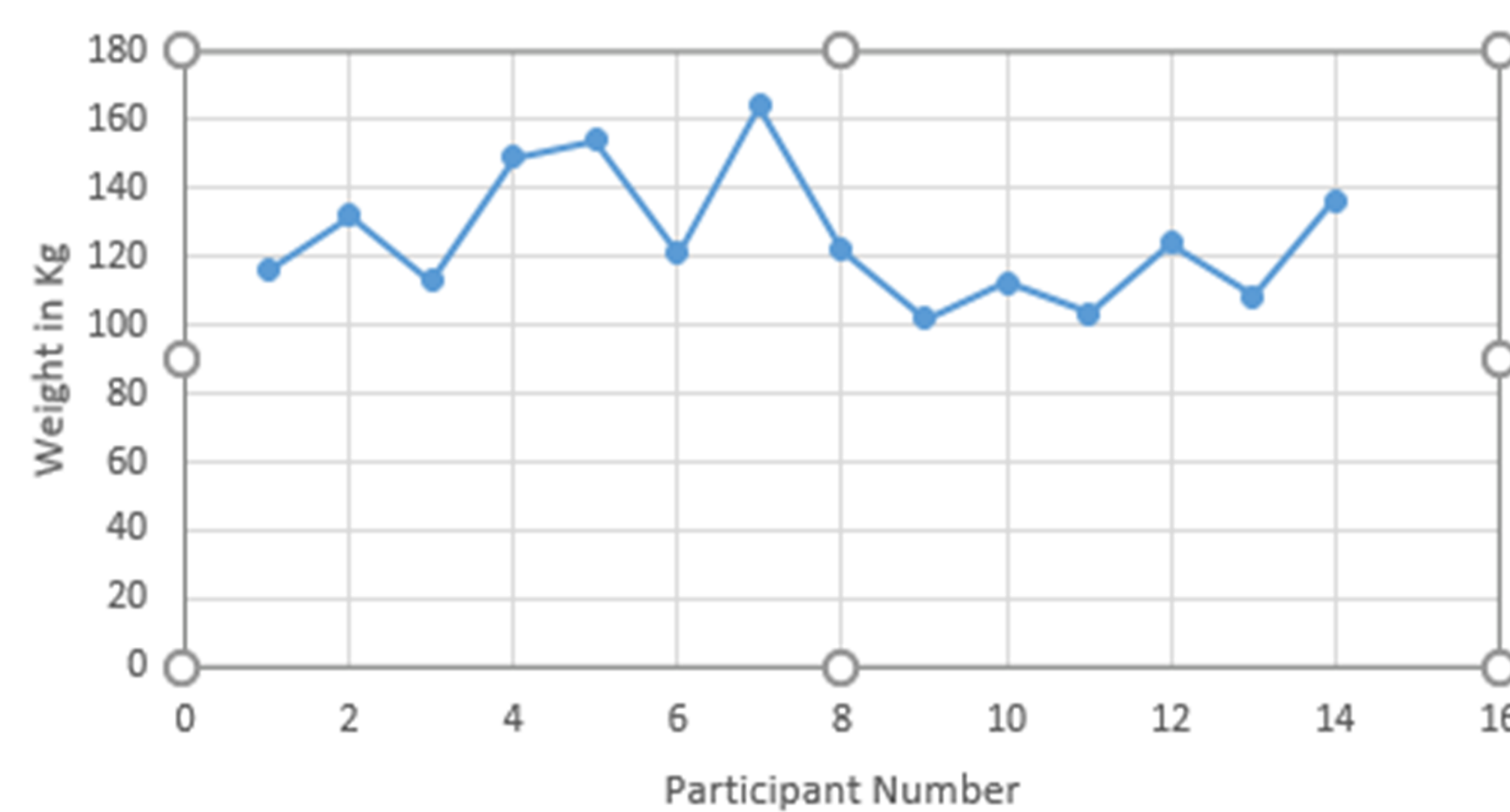


Act

- Original Pathway participants lost an average of 1.33kg/2.93lbs
- One year post-implementation MOVE Pathway participants lost an average of 5kg/11bs
- MOVE Pathway **increased weight loss by 375%**
- 3 patient's from the original pathway underwent surgery and lost an average of 41 lbs / 18.6 kilograms at the three month follow-up
- 1 patient who went through the MOVE Pathway lost 51 lbs/ 23.4 kilograms at the three month follow-up



Participant Start Weights Original Pathway



Pre-MOVE Program Intervention

Participant End Weights Original Pathway

