

Bariatric Surgery Program Orientation Class



Welcome!

Please turn on your camera and
keep yourself muted. The class will
start shortly.

Group Guidelines

- This session is approximately 2 hours. Please make sure to attend the entire session.
- Please make sure you are in an environment where you can minimize distraction.
- Please ensure that you respect the privacy of fellow attendees and maintain confidentiality.

Group Guidelines

- If you have general questions, please use the raise hand function. When called upon during Q&A, please un-mute yourself and then lower your hand.
- You may also ask questions using the chat function when prompted.
- Save personal questions for your future appointments.
- Please keep yourself muted at all other times.

Group Guidelines

- Please leave your **camera on** during the presentation.
- Appropriate attire is required. Dress as you would for an in-person medical appointment.
- If you have a friend/family member with you, please ensure they follow the same rules – i.e. maintain confidentiality, wear proper attire, and stay muted.

Topics We Will Cover:

- Understanding bariatric surgery
- Benefits and risks of surgery
- Preparing for life after surgery
- Making your surgery a success
- Program policies
- How you will be assessed for surgery
- Follow-up care
- Next steps: forms to be completed before 1st appointment, appointments, tests, etc.

What is “Bariatrics”?

- The branch of medicine that deals with the causes, prevention and treatment of obesity
- Bariatric surgery (weight-loss surgery) is specifically the surgical treatment for obesity

Who can have bariatric surgery?

- Rules set by the Ontario Ministry of Health and Long-term Care

You must:

- 18 years old or older
- Be OHIP insured
- Have tried to lose weight on your own or as part of a program

Who can have bariatric surgery?

You must:

- Have a Body Mass Index (BMI) of higher than 30 and one or more obesity related medical illnesses like:
 - High Blood Pressure
 - Diabetes
- Have a Body Mass Index of 35 or higher

Part 1: Understanding Bariatric Surgery



Single Anastomosis Duodenal-Ileal Bypass (SADI-S)

- For patients who have a sleeve and a high BMI, they may require a SADI as a second operation to help achieve additional weight loss.
- If you qualify for this operation, you will attend another class to learn more.

Which surgery will I have?

- The Bariatric Surgeon will have a discussion with you regarding which surgery is the best choice.
- Factors that influence surgery type:
 - Your medical history
 - Your current weight
 - Your health-related goals

How long will I stay in hospital?

- You will be in the hospital for 1 or 2 nights
- Please plan to have someone bring you home when you are discharged
- **Some patients may go home the day of surgery.*

How much weight will I lose?

- People who have the **Roux-En-Y** surgery lose about 30% of their total body weight.
- People who have the **Sleeve** surgery lose about 25% of their total body weight
- People who have the 2nd step **SADI** surgery lose an additional 5-15% of their total body weight

These numbers are averages.
You could lose more or less weight.

Your Weight Loss

- The surgery is a tool. How you use that tool that will determine your weight loss.
 - e.g. diet and exercise
- However, there are some factors are out of your control.
 - e.g. genetics, age, health conditions

Our team will help you determine a realistic goal weight.

Part 2: Benefits and Risks of Surgery



% of Patients with Improved or Resolved Obesity Related Health Conditions

Obesity Related Condition	Roux-En-Y Gastric Bypass	Sleeve Gastrectomy
Diabetes (Type 2)	83%	55%
High Blood Pressure	79%	68%
High Cholesterol	66%	35%
Sleep Apnea (Obstructive)	66%	62%

Risks & Complications

- The risk of developing major complications is low, though the risk is higher for those who are older or have more health problems.

Complication	Rate
Death	Less than 1 in 1000
Pulmonary Embolism	Less than 1 in 100
Leak	Less than 1 in 100
Ulcer	5-10 in 100
Gallbladder Removal	7 in 100

Risks & Complications

- Less serious complications are more common.
- Most patients will experience at least one vitamin or mineral deficiency post-surgery.
 - e.g. Low iron
- Most patients will experience nausea or vomiting at least once after surgery.

Is there an age limit for this surgery?

- The risks associated with any surgery generally increase with age
- If you are 65 or older, you will see the surgeon first in order to determine if the benefits of surgery outweigh the risks for you

QUIT SMOKING

Smoking:

- Causes poor wound healing
- Decreases the amount of oxygen available to the cells
- Can contribute to ulcer formation
- Affects overall well-being
- If you continue to smoke, this will be discussed at your appointments as it can affect the risk associated with different types of bariatric surgery

Pregnancy

- If you become pregnant during the assessment process:
 - You will be discharged from the program
 - You will have to wait 6 months after having your baby to get re-referred to the program
- Patients should wait at least 12-18 months after bariatric surgery before becoming pregnant
- Birth control pills are not effective because they are not well absorbed after surgery.

Part 3: Preparing for Life After Surgery



Eating Before & After Surgery

Pre-surgery Diet: Meal Replacement (2-4 weeks)



Clear Fluids (2 days)



Liquid Diet (2 weeks)



Pureed Diet (2 weeks)



Soft Diet (4 weeks)

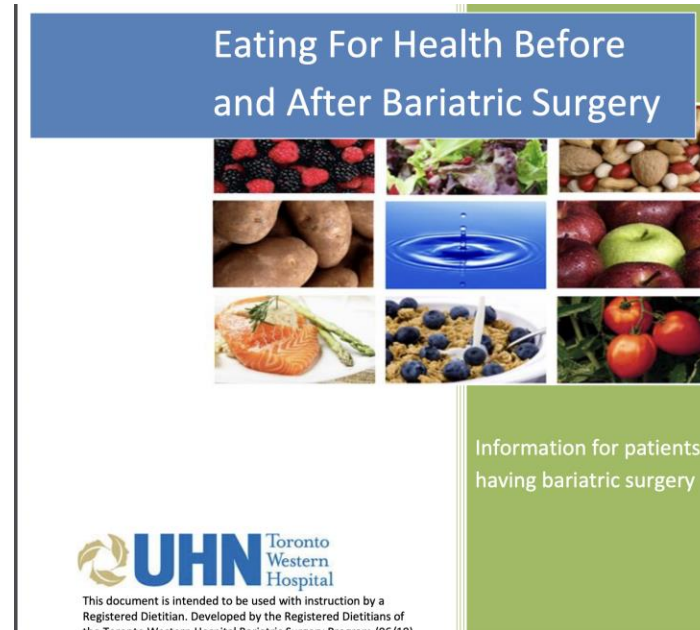


Regular Diet (for life)

What changes should I start making?

- Eat 3 meals a day
- Cut down pop/soda and sugary drinks
- Prepare more foods at home
- Limit fast food, take-out, and restaurant eating

Nutrition Manual

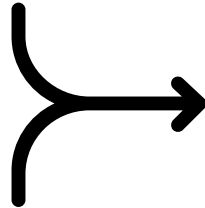


You can download and print:

[http://www.uhn.ca/PatientsFamilies/Health_Information/
Health_Topics/Documents/Eating_for_Health_after_Ga
stric_Bypass_Surgery.pdf](http://www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Documents/Eating_for_Health_after_Gastric_Bypass_Surgery.pdf)

Appointments Before Surgery

- Nursing
- Social Work
- Nutrition Essentials
Virtual class
- Dietitian
- Psychology



• Team Decision



• Surgeon

- You will also receive one set of video modules via myUHN:
 - Nutrition & Surgery

Virtual Care

- All clinic appointments are currently being done virtually through Microsoft Teams.
- If you are unable to attend virtual appointments, please call the clinic.

Virtual Care: Code of Conduct

- You **must be in Ontario** at the time of your appointment.
- Please sign into appointments 10 minutes early to ensure your camera and microphone are working
- **Camera must be on** for appointments
- You must be in a quiet, private space without distractions
- Appointments are **1 hour**. Be available for the full duration of time that is scheduled for the appointment
- **No driving** at the time of your appointment, hospital-wide policy for virtual appointments

Virtual Care: Code of Conduct

- Please dress as you would for any medical appointment.
- Do not attend to other tasks such as emailing, texting or answering calls during the appointment
- Have childcare arranged for children under the age of 12
- Have required documents completed

The clinician will cancel your appointment and consider it a "no-show", if you are unprepared.

Virtual Care: No-Show Policy

- Your appointment may be cancelled and rescheduled if you connect more than 15 minutes late.
- If you miss 3 appointments or tests arranged by the clinic without giving us **24-hour notice** you will be discharged from the program.
- **Note:** Every patient is required to complete homework for their pre-surgery nutrition appointment. If the homework is incomplete for this appointment it will count as a **no-show**

When will I have my surgery?

- The time from orientation to surgery is around 8-12 months
- Each person must attend all appointments in order to qualify for surgery
- The time it takes to finish the appointments is different for everyone

Program Absence

- You can choose to have your pre-surgery assessments on hold for a maximum of 6 months (from last appointment)
- A hold can only be requested after completing the initial nurse appointment
- If we don't see you or hear from you for more than 6 months
 - You will be discharged from the program
 - You will need to get re-referred by your family doctor (after a waiting period of 1 year)

Part 4: Making Your Surgery a Success



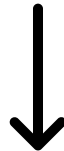
Follow-Up Appointments: 1 Year

Additional appointments can be requested

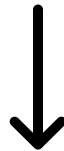
Surgery



1, 3 and 6 Months



1 Year



Family Doctor

Bariatric Surgery Webinar

- Education series on bariatric topics
- Currently held virtually via MS Teams
- Third Wednesday of every month from 6:00pm to 7:00pm
- Pre and post-surgery patients are welcome
- You can request to be added to email list during your appointments with any of our clinicians



How do I get ready for my first appointment?

- Bring your blood work and medical history form to your primary care provider to have them completed.
 - Medical history form includes measurements (height, weight, neck & waist circumference). This may require an in-person appointment with your PCP
- Please have your primary care provider fax your completed medical history form as well as a copy of your most recent sleep apnea test (if you have one) to: 416 603 5142

How do I get ready for my first appointment?

- Talk to friends and family about your decision to pursue bariatric surgery
- Find out if you can afford the costs associated with surgery

Costs Associated with Surgery

- Meal Replacement: Approx. \$160 for 2 weeks
- Vitamins and minerals: \$30 to 60 each month
- Protein supplements: \$100/month for 3 months
- Travel expenses and parking
- Prescriptions
- Healthy diet
- Time off work (at least 4 weeks off work)

Medical Bariatric Program at Toronto Western Hospital

Medical Bariatric Program

- If you know you are not ready to enroll in the surgery program but still want assistance losing weight, the medical program may be a good option.
- Length of program: 1 year
- Team: Endocrinologist and Dietitian
- Two pathways:
 - (1) Medi Meal (900kcal/day meal replacement) and group education sessions*
 - (2) Weight Loss Medications
- Typical weight loss is 5-10% total body weight
- Requires some in-person appointments at Toronto Western Hospital

Program Outcomes

- 5 – 10 % weight loss can improve:
 - Blood sugar
 - Blood pressure
 - Cholesterol level
 - Improve lung functions
 - Improve symptoms of reflux
 - Reduce pain
 - Improve physical mobility

Non-scale
VICTORIES!

Cost of Medi Meal®

Medi Meal® cost breakdown (4 shakes/day)	
Monthly cost = \$248.89	For 3 months: $\$248.89 \times 3 = \746.67
Transition to food:	\$193.73
Total cost of Medi Meal®:	\$940.40 (instead of groceries for yourself)

Note:

- Medi Meal® can be purchased monthly
- Partial program with 2 shakes/day + food can be considered (total cost ~\$470)

Medications that may be Prescribed:

- Semaglutide (Ozempic[®])
- Liraglutide (Saxenda[®])
- Tirzepatide (Mounjaro[®])
- Naltrexone HCl / Bupropion HCl (Contrave[®])
- Other medications may be prescribed for conditions related to medical history

Cost of medications ranges from \$300 – 450 per month.
Coverage under ODB and/or private insurance may vary.

Questions

10 Minutes

- Please keep questions about your personal health for future appointments.



Continuing in the Bariatric Surgery Program...

Continuing in the Bariatric Surgery Program

- When called upon please let us know if you would like to continue in the program.
- Do this by unmuting yourself. Tell us you are interested, unsure, or not interested or would like to be transferred to the Medical Program
- If you do not want to answer that is ok. You will have 5 business days to advise us of your decision by phone. If we do not hear from you, we will assume you are not interested and discharge you from the program.

Continuing in the Program

- You will be notified of all future appointments through the MyUHN patient portal.

Only those who have signed up for myUHN

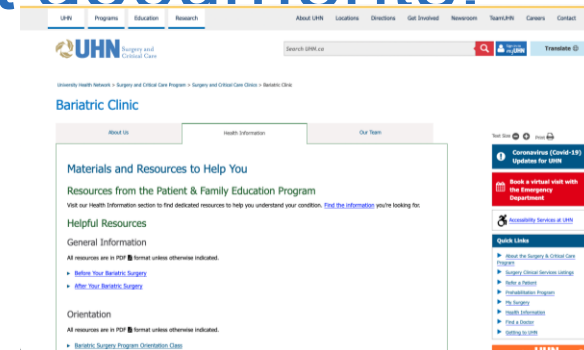


Completed

Orientation Instructions

A message was sent to your myUHN portal*:

- Instructions for appointments
- Program No Show Policy
- List of links to important documents:
 - Medical History Form
 - Instructions for bloodwork
 - Orientation Slides
 - Nutrition Manual



Next Appointments

Log into myUHN to access appointment link, also sent via e-mail.

- **Nursing Appointment**
 - Blood work & medical history forms **MUST** be submitted prior to this appointment.



Bariatric Surgery Program
Medical Health History Form

This form should only be completed by your PCP (primary care provider) such as a family doctor or nurse practitioner.

Email this form to bariatricclinic@uhn.ca or fax to 416-603-5142

Patient Demographics:

Patient name: _____
Date of birth: _____
Health card number (OHIP): _____
Version code: _____

Required patient measurements

Height: _____
Weight: _____
Neck circumference (in): _____
Waist circumference (in): _____
Blood Pressure: _____

Sleep Apnea Assessment

Please complete a STOP-BANG assessment on your patient to see whether they need a sleep study. Please tally the questions and if your patient scores a minimum 4/8 please send them for a sleep study.

Do you snore loudly?	
Do you often feel tired or fatigued after your sleep?	
Has anyone ever observed you stop breathing in your sleep?	
Do you have or are you being treated for high blood pressure?	
BMI:	
Is BMI greater than 35 kg/m ² ?	
Age older than 50 years old?	
Neck Circumference Greater Than (17 inches Male) or (16 inches Female)	
Gender: Male?	
STOP-Bang Total Score	

Please send a copy of the following as necessary:

- Most recent sleep study (No later than 3 years)
- A CPAP titration report
- Cardiac investigations and consults in the last 5 years

Allergies

Past medical history

Medications

Past surgeries/procedures:

Print name (MD/NP)

Signature

Date

Stop-Bang Assessment

Do you snore loudly?	
Do you often feel tired or fatigued after your sleep?	
Has anyone ever observed you stop breathing in your sleep?	
Do you have or are you being treated for high blood pressure?	
Age older than 50 years old?	
Gender: Male?	
STOP-Bang Total Score	

If you answered 'yes' to at least 2, please ask your family doctor or nurse practitioner to refer you for a sleep study.

Additional Information

Website:

https://www.uhn.ca/Surgery/Clinics/Bariatric_Clinic#about

The screenshot shows a web browser displaying the UHN Bariatric Clinic website. The browser address bar shows the URL https://www.uhn.ca/Surgery/Clinics/Bariatric_Clinic#about. The website header includes a navigation menu with links for Patients & Visitors, Programs & Services, Health Professionals, Research at UHN, and Education at UHN. A secondary navigation menu contains links for About UHN, Get Involved, Newsroom, TeamUHN, Careers, and Contact. The main content area features the UHN logo and the text 'Surgery and Critical Care'. Below the logo is a search bar with the placeholder text 'Search UHN.ca' and a 'Translate' button. The breadcrumb trail reads: University Health Network > Surgery and Critical Care Program > Surgery and Critical Care Clinics > Bariatric Clinic. The main heading is 'Bariatric Clinic', with sub-sections for 'About Us', 'Health Information', and 'Our Team'. The 'Health Information' section is active, displaying 'Materials and Resources to Help You' and 'Resources from the Patient & Family Education Program'. The 'Helpful Resources' section lists various links such as 'Before Your Bariatric Surgery', 'After Your Bariatric Surgery', and 'Bariatric Surgery Transition Handbook'. A right-hand sidebar contains 'Inside Our Program' and 'Helpful Resources' sections with additional links.

Next Appointments

- If you did not answer today, please call us in the next 5 business days and let us know **if you want to continue in the program**
- If we do not hear back from you within 5 business days, you will automatically be discharged from the program.

416 603 5800 ext. 6145

Phone

- The phone is answered, and voicemail is available **only** during business hours (8am-5pm) Monday-Friday.
- Please clearly state your name and health card number when leaving a message.

Toronto Western Hospital Bariatric Surgery Program

Bariatric Surgery Program
Toronto Western Hospital – 4 East
399 Bathurst Street
Toronto, ON M5T 2S8

Hours: Monday to Friday 8:00 AM to 5:00 PM

Phone Number: 416 603 5800 ext. 6145

E-mail: bariatricclinic@uhn.ca (for documents only)

Fax Number: 416 603 5142

THANK YOU!

We look forward to being part of your support team.



You may now leave the meeting

Next: The Bariatric Registry Project

*Please remain in the meeting if you are
interested in hearing more about this
project*

The Bariatric Registry Project

- The Bariatric Registry Project is designed to collect data from bariatric patients, such as yourself, and analyze it so we can improve our weight loss programs
- If you consent to allow your chart data, such as height & weight to be submitted to the Ministry of Health, you may be helping others in the future
- Your anonymous data (your name is not attached to it) would be used only for research purposes. **It will not affect your care or whether you qualify for surgery.**

The Bariatric Registry Project

- Please access the Bariatric Registry Project consent form by typing this link into your browser, or by clicking the link that has been shared in the chat.
- <https://redcap.link/bariatric-registry>
- We will stay signed into the meeting to address any questions.