

Introduction to the Edmonton Adult Bariatric Specialty Clinic

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Disclosures

Nothing to Disclose

Objectives:

- Who is the Edmonton Adult Bariatric Specialty Clinic (EABSC)
- Referral Process / Challenges
- Clinic Flow
- Post-op Clinic Care

Who is the EABSC

- The EABSC is a multi-disciplinary team. Our team includes:
 - Registered Nurses (Case Manager)
 - Registered Dietitians
 - Registered Psychologists
 - Psychiatrists
 - Medical Doctors
 - Surgeons

What does the EABSC offer?

- Assessment by a multidisciplinary team
- The team will work with the patient to identify and address medical, lifestyle and psychological barriers
- Develop a plan of care
- Teach patients about treatment options for Obesity



Referral Process

- Referrals must be completed by a Physician or Nurse Practitioner
- Patients must meet **ALL** referral criteria:
 1. BMI ≥ 40 Or
 2. BMI ≥ 35 with any weight related co-morbidity
 3. Resident of Alberta
 4. Non Smoker
 - 5 Age 17-64 years old at time of referral
 6. No unstable/untreated mental health concerns

Referral Form

https://www.albertahealthservices.ca/frm-18205.pdf | Alberta Health Services [CA] | albertahealthservices.ca

Phone number	Phone number
Fax number	Fax number
Practitioner Identification Number	Practitioner Identification Number
Primary Care Network (PCN)	Primary Care Network (PCN)
Referral Criteria (check all that apply)	
<input type="checkbox"/> BMI greater than or equal to 40 OR <input type="checkbox"/> BMI greater than or equal to 35 with any weight-related co-morbidity such as cardiovascular disease, type 2 diabetes mellitus, sleep apnea, gall bladder disease, osteoarthritis, hypertension and/ or chronic pain. <input type="checkbox"/> Resident of Alberta <input type="checkbox"/> Non Smoker <input type="checkbox"/> Age 17-64 years old at time of referral	
Please list all comorbidities and provide any relevant documentation (<i>test results, reports, etc.</i>)	
Current BMI _____ kg/m ²	Highest Recorded Weight _____ kg or lb Date (yyyy-Mon-dd) _____
Current Weight _____ kg or _____ lb	Date (yyyy-Mon-dd) _____ <input type="checkbox"/> measured <input type="checkbox"/> reported

Referral Process

- Referrals are faxed to Central Access. EABSC team does not see the referral until the initial assessment.
- Any incomplete information will cause delay and will be sent back to the referring practitioner to complete the needed information.
- Referrals are waitlisted on a first come first serve basis.

Referral Challenges

- Please ensure patients are aware of the referral and what bariatric surgery is.
- If patients are not interested in bariatric surgery or exploring it as an option then please consider referring them to community resources for lifestyle management.
- Patients also need to understand that attending clinic does not guarantee that surgery is an appropriate treatment option.

Referral Challenges

- Patients with severe unstable/untreated mental health barriers must have this addressed in the community prior to attending clinic.
- Patients with an eating disorder should be managed by an eating disorders clinic and be stable for at least 6 months before they may be appropriate to attend clinic.
- Patients who are referred must not have had previous bariatric surgery.

Preparing for Clinic

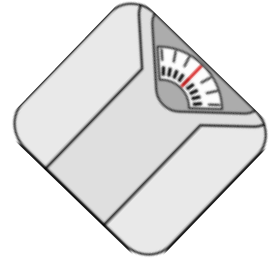
- Weight Wise Community Classes
- Community RD/PCN RD and/or weight management programs
- Weight loss medications such as Liraglutide, and Naltrexone-Bupropion

Clinic Flow

- First appointment in clinic is with an RN followed by an MD on the same day.
- During these visits patients' medical and mental health histories are assessed and a care plan is made.
- After the initial assessment, patients are booked with a Registered Dietitian

Clinic Flow

- Mental health team if needed.
- The goal is for patients to have an initial assessment with a surgeon within 3 months of starting in the clinic, if appropriate.



Clinic Flow

- Patients will attend follow up appointments in clinic approximately every 4-6 weeks.
- Once a patient has been consented for surgery the patient continues to work with the team for continued lifestyle support.

PBS

- Patients are also scheduled into Preparing for Bariatric Surgery Classes with the RN, RD, and Psychologist.



Post-Operative Clinic Care

- Patients are followed for at least 12 months post-operatively
- Once weight stable, patients are discharged back to the care of their Family Physician.
- Letters are sent to both the patient and Family Physician outlining:
 - Routine blood work
 - A list of common complications that would require the patient to contact the clinic for possible follow-up

Questions??

