

Providing Compassionate and Sensitive Care to Patients Suffering from Morbid Obesity

Description

This self-paced online course describes the stigma and discrimination associated with obesity and bariatric surgery as well how to provide care that is both respectful and free of bias. It will take approximately 15 minutes to complete this course.

Instructions

- This course is tested and guaranteed to function on an Aurora network PC
- [How to navigate](#) this course
- This course does not have sound

Technical Contact

If you have technical questions, please contact the Service Desk at 414-647-3520 in Milwaukee or 1-800-889-9677.

Content Contact

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Objectives

Following this presentation, the caregiver will identify :

- Obesity is a disease and a major health problem in the United States
- The unique challenges faced by individuals with obesity in the healthcare setting
- The ways to provide compassionate, sensitive care to the patient with obesity

What is Morbid Obesity?

- Morbid Obesity is a medical condition. It leads to the increased risk of other medical conditions such as diabetes, heart disease and stroke
- Individuals with a Body Mass Index (BMI) greater than 35 with an associated comorbidity , or a BMI of 40 or greater



BMI Classification

$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height (m)}^2}$$

- Normal weight 18.9-24.9
- Overweight 25-29.9
- Obese 30-34.9
- Morbidly obese - a Body Mass Index (BMI) greater than 35 with an associated comorbidity , or a BMI of 40 or greater



<https://www.pexels.com/photo/blue-tape-measuring-on-clear-glass-square-weighing-scale-53404/>

Prevalence of Obesity in the U.S.

More than 93 million Americans suffer from obesity

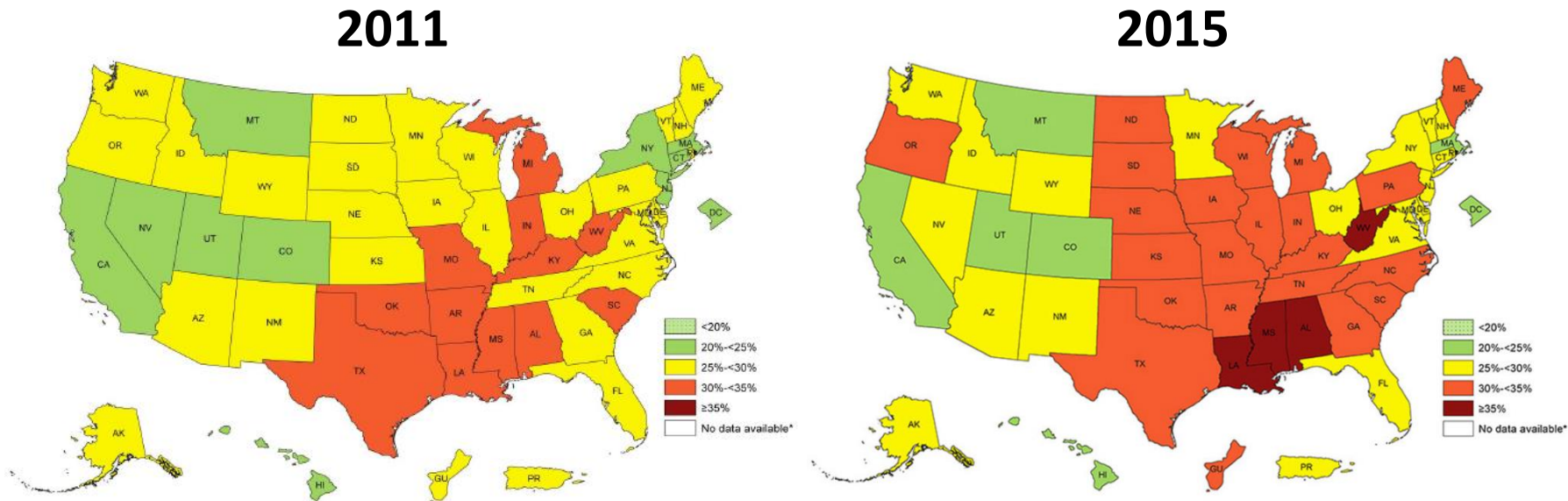
More than 1/3 of U.S. adults are obese



Photo courtesy of http://www.obesityaction.org/wp-content/uploads/ObesityAction_BusinessandProfessional_-362.jpg

Prevalence of Obesity in the U.S.

The United States is seeing an increase in the prevalence of obesity



<http://www.cdc.gov/obesity/data/prevalence-maps.html>

Adolescent Obesity

Obesity has more than doubled in children and quadrupled in adolescents in the past 35 years.

- 21% of adolescents (12-19 years) are obese, up from 5% in 1980
- 18 % of children (6-11 years) are obese, up from 7% 1980



Prevalence of Obesity

Wisconsin's percentage - Continue to grow

- 1990 - 11.8%
- 2000 - 19.4%
- 2017 – 30.7%



The Challenges of Obesity

Fat shaming and weight bias has been described as the last acceptable type of discrimination (Lansing, et al. 2009)

- This type of discrimination is often viewed as acceptable and is rarely challenged
- Weight discrimination is more common than discrimination related to race, age or sexual orientation



<https://static.pexels.com/photos/158305/boy-child-sad-alone-158305.jpeg>

The Challenges of Obesity

Patients suffering from obesity often encounter challenging physical environments, and negative attitudes when in the community and in a medical setting (Ahmed, et al., 2002)

- This may lead to individuals avoiding much needed medical treatment for chronic illnesses



<https://static.pexels.com/photos/415779/pexels-photo-415779.jpeg>

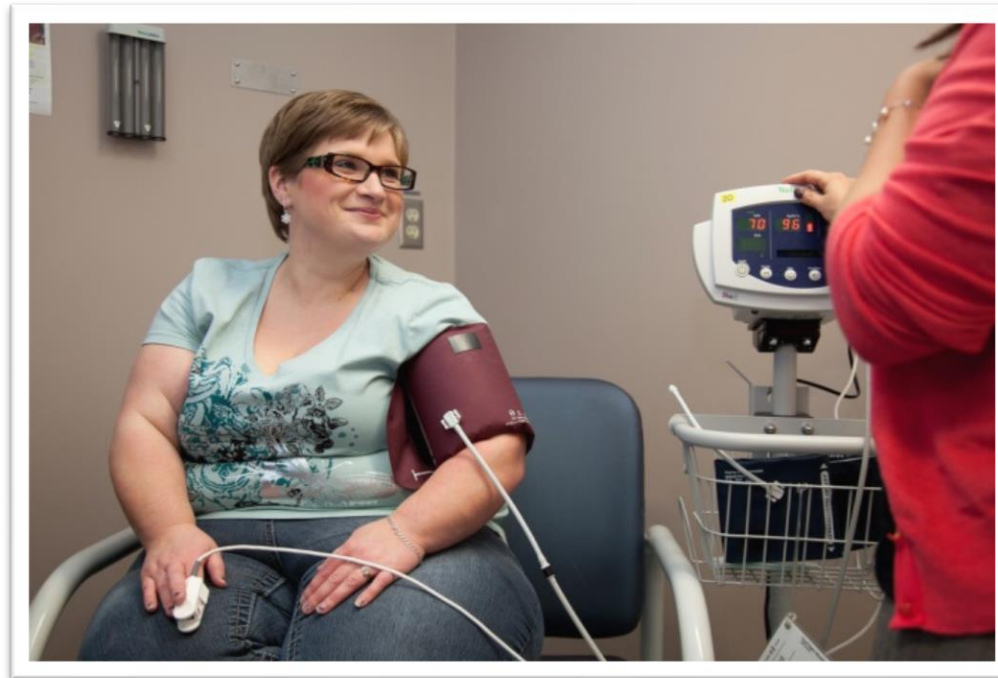
Factors that contribute to Obesity

- Genetics
- Environment
- Economics
- Community
- Food choices
- Lack of knowledge regarding healthy nutrition
- Psychosocial

How caregivers can Express Sensitivity

Be aware of verbal and non-verbal communication when caring for patients with obesity

- Active listening, utilizing eye contact and relaxed body language can demonstrate empathy and sensitivity



Which statement is more sensitive for our patients?

- "I need to get a bigger wheelchair."
- "I need to get some different equipment."

Say This...Not that

Quiz - 5 questions

Last Modified: Mar 08, 2018 at 09:56 AM

PROPERTIES

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Express Sensitivity

- Physical environment and equipment are also essential in providing safe and sensitive care (Lansing, et al. 2009)
- Provide appropriate seating, beds, toilets, and wheel chairs
 - This will ensure staff and patient safety as well as patient respect
 - Keep in mind additional space may be required when utilizing bariatric equipment
- Gowns, robes, blood pressure cuffs, etc. should also be provided in sizes comfortable and appropriate for the patient
- Provide a private area for weighing patients

Final Thoughts

- Eliminate any existing bias
- Practice active listening
- Show empathy
- Offer emotional support
- Utilize assistive devices



References

Ahmed, S.M., Lemkau, P. & Birt, S.L. (2002, Jan) [Toward sensitive treatment of obese patients](#). *Family Practice Management*(1).

Lansing, R., McGuire, J., Palmersheim, P. & Baird, G. (2009, Oct). Providing holistic care to bariatric patients. *The Journal of Continuing Education in Nursing* (40). [Retrieved from providing-holistic-care-to-bariatric-patients](#)

Kramer, J. (2017, Sept). [What's damaging about fat-shaming: The last acceptable form of bias.](#)

[The State of Childhood Obesity](#). (n.d.).

[The State of Obesity](#). (2017, Aug).



Knowledge Check Final

Quiz - 8 questions

Last Modified: Mar 08, 2018 at 10:02 AM

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