



Pathway to Bariatric Surgery

**PATHWAY TO BARIATRIC SURGERY:
PREPARING FOR BARIATRIC SURGERY IN PRIMARY
CARE**

Patient: _____

Health Card Number

DOB:

Address:

Onset of Obesity: <age 10, 11-19, >age 19 (circle one)

Preparation for Bariatric Surgery Start Date (the date they begin following these orders): _____
(yyyy/mm/dd)

The following orders are to direct GPs and NPs who are working with patients to prepare for Bariatric Surgery in NSHA Primary Care areas.

Assess and Record Baseline Clinical data:

- Weight:
- Height:
- BMI:
- BP:
- Waist circumference:
- Labs:**
 - ac glucose, A1c, BUN, Creatinine, CRP, HDL, LDL, Triglycerides, Ratio, Ca+, AST, ALT, Alk Phos, GGT, Vitamin B12, Vitamin D, TSH *copy to Diana Lawlor NP *Fax 902-425-8292**
- Co-morbidities:**
 - Diabetes/PreDiabetes**
 - HTN**
 - Dyslipidemia**
 - Sleep Apnea (CPap Y or N—instruct to bring to hospital when ready for surgery)**
 - Reflux**
 - Chronic pain:**
 - Awaiting Hip or Knee Replacement**
 - Asthma/COPD**
 - Pseudo Tumors**
 - Chronic skin infections**
 - Urinary incontinence**
 - History of MI or Stroke**
 - Depression/ History of Depression**
 - Thyroid disease**
 - Fatty Liver Disease**
 - Other:**
 -

Smoker: Yes or No

If Yes—Smoking cessation plan needed as Patients must be smoke free for 3m prior to Bariatric Surgery

Psychological Assessment

- Motivated for behavior change
- Not motivated for behavior change
- Emotional eater
- Stress eater
- Mindless eater

- History of suicide attempts
- History of emotional abuse
- History of physical abuse
- History of sexual abuse
- History of binge eating
- History of skipping meals
- History of drug or alcohol abuse

Obesity Medication Management Considerations:

- Saxenda with Bariatric Surgery Program Diets
- Xenical with Bariatric Surgery Program Diets
- Contrave with Bariatric Surgery Program Diets

Instructions for Patients once ready to begin

- Go to the Halifax Obesity Network and assemble a binder with information posted on the website under the category Information/Handouts
Website: <http://www.cdha.nshealth.ca/obesity-network/weight-loss-surgery-wls-information-handouts-binder-information>
- Watch posted videos on the website of the Bariatric Surgery Team (posted videos are under category Team Videos for Primary Care Pilot)
- Print the Readiness for Surgery self-evaluation document and bring this to appointments with the GP/NP every 3m
- Book monthly appointments with GP/NP for assessment
- Connect with community supports as appropriate. For example: psychologists, Personal trainers, Physiotherapists, Dietitians (grocery stores, private practice), Nurses
- Labs Q 3m **ac glucose, A1c, BUN, Creatinine, CRP, HDL, LDL, Triglycerides, Ratio, Ca+, AST, ALT, Alk Phos, GGT, Vitamin B12, Vitamin D, TSH *copy to Diana Lawlor NP *Fax 902-425-8292**

Communication with the Bariatric Surgery Team:

- Ready to be seen. Has followed the Program x 3 consecutive months with success
- Fax this document to Diana Lawlor NP 902-425-8292
- Short update:

Date: (yyyy/mm/dd)

Physician's/NP's Name (Print)

Physician/NP Signature