Bariatrics

“Issues You Will Not Find In
The Text Books”
Karen Kennedy-Evans, APRN-BC

Therese Henn, APRN-BC
Bariatrics

• **Bariatrics** –
  – The branch of medicine that deals with prevention, control, and treatment of obesity.

Taber’s Cyclopedic Medical Dictionary
Obesity

• Native Americans
• African Americans
• Mexican Americans
  — Increased prevalence compared to:
  — White Americans
• Highest among lowest educational levels
Epidemiology

- 2/3 of Americans are overweight
Epidemiology

• 2/3 of Americans are overweight
  – BMI >26
Weight Terms

Average amount of weight over normal:

- **Overweight**: 35 lbs
- **Obese**: 80 lbs
- **Severely obese**: 142 lbs
- **Super obese**: 205 lbs
- **Super-Super obese**: >235 lbs
Body Mass Index

- Every five pounds increases BMI by one number
Body Mass Index (BMI)

- **Overweight** = BMI 25.0-29.0 kg/m²
- **Obese**
  - Grade I = BMI > 30 kg/m²
  - Grade II = BMI > 35 kg/m²
- **Morbid Obesity**
  - Grade III = BMI > 40 kg/m²
It is NOT about the weight:
320 lbs., 7'4'',
BMI 29, Holland
Obesity In The United States

• Children
  – Two obese parents
    • 80% chance of becoming an obese adult
  – One obese parent
    • 40% chance of becoming an obese adult
  – Normal weight parents
    • 7-15% chance of becoming an obese adult
Obesity In The United States

- Children
  - 15% Overweight

- Adults
  - 64% of overweight or obese
    - 33% are overweight
    - 31% are obese
    - 4.7% are Severe or Morbid obesity
Terminology

- Bariatric
- Person/Patient of Size
- Grade I, II, III
- Overweight
- Obese
- Morbidly Obese - NO NO
  - Used by the Medical Community---LOATHED by the patient.
Terminology

• Preferred:
  – Excessive weight
  – Weight problem (Men liked, women did not)

• Undesirable:
  – Fatness
  – Obesity
  – Excess Fat
  – Large Size
  – Heaviness

Thomas A. Wadden and Elizabeth Didier
Supported in part by National Institute of Diabetes and Kidney Disease
• 18 year old white male
  – Normal weight and non smoker
  – Live till 81
• 18 year old white male
  – Overweight by 30 lbs and non smokers
  – Live till 80
• 18 year old white male
  – Extremely obese and a smoker
  – Live till 60 (21 years difference)
Andover Village Retirement Community
Andover, Ohio
Charles Boyer, PhD. VP Research & Development

T. Henn, APRN-BC
Bariatric

General rule of thumb 100 lbs or more overweight
Overweight

More men than women are overweight
Obese

More women than men are obese
Bull Head
Bull Head
Wings: Bulge above and below bra fastening strap
Muffin top:
Belly fat that puffs out above waistline
Abdominal Skin Lengthens

Pannus Grading System

- Grade 1  Covers the pubic hairline but not the entire mons pubis
- Grade 2  Extends to cover the entire mons pubis
- Grade 3  Extends to cover the upper thigh
- Grade 4  Extends to mid thigh
- Grade 5  Extends to the knee and beyond

Gallagher S.  The Challenges of caring for the obese patient
Edgemont PA:Matrix Medical Communications, 2005
Pannus

Grade I

Grade 5
Accessing The Pannus
Banana Fold: Excess fat below the butt
Chubb: Knee cap fat
Nooks and Crannies
Nooks and Crannies

“Just like English Muffins…famous for their nooks and crannies.”

Robin
Cankles:
No distinction of calf and ankle
Doughnut:
Fat around a naval, belly button is hole
Airline

• Seat belts
  – Inform your patients
  – Seat belt extension - ask

• Bathrooms
Seat Belts

- 757 – Old TWA Planes
- Have 6 seat belt extensions
- Pull away
- Need to check before take off
- Declare themselves before
- People take them
- Purchase them
Bariatric Patient

- Skin Conditions
Increased Skin Tags

Neck
Underarm
Elephantiasis Nostra
Intertriginous

Bra Size 50 I, Breast weights 15 lbs. each
Recurrent Intertrigal Injuries
Recurrent Intertrigal Injuries
Recurrent Intertrigal Injury
Skin Redundancy
Weight loss 484 lbs.
Skin Redundancy

- 30 year old male
- Open gastric bypass
- Weight loss 484 lbs.
- Waist 84”- 48”
- Cured his hypertension
- Problems remain:
  - Recurrent skin rashes
  - Skin breakdown
  - Difficulty walking
  - Unable to stand to urinate
  - Unable to have sexual intercourse

Skin Redundancy

• Plastic Surgery
  – Body contouring
  – Weight at time of surgery
    • 204 lbs.
    • Waist 38”
Elephantiasis Nostra
Elephantiasis Nostra

Small lint particles
Intertrigo

- In-ter-tri-go—(*inter, between + terro, to rub*)
  - Irritant dermatitis occurring between folds or juxtaposed surfaces of the skin,
    - Between the buttocks
    - Between the scrotum and the thigh
    - Between the pendulous breasts

- In-ter-trij’i-nus – related to intertrigo

Stedman’s Medical Dictionary 27th Edition
Sensitivity
Listen to Me
Be Gentle
Moisture

- Moisture-----------------ODOR
  - Sales clerks in plus size store
- Extended time....
- Warm weather
Upper Thigh Skin Folds
Standard Treatment
Before Cleansing

Ineffective taking weeks and months to improve
“Short Arm Syndrome”

T Henn

Photo Courtesy Sue Dugan, BSN
Short Arm Syndrome
Assessment Clue
“Short Arm Syndrome”
Bariatric Body ➤➤ Morphology
Bariatric Body ➤➤ Mobility
Summary

• Moisture

ODOR
Summary

• Pain
  » Physical
  » Emotional - abuse
Bariatric Body ➤➤ Pain Issues

- Skeletal frame accommodating weight distribution
- Joints
- Muscles
- Fatigue issues
- Soft tissue stressors
- Friction & pressure
Web Sites

• American Society for Bariatric Surgeons www.asbs.com

• Obesity Help – chat rooms www.obesityhelp.com

• National Association for the Advancement of Fat Acceptance www.naafa.org

• Council for Size and Weight Discrimination www.cswd.org

• Red Institute (See the person not that pounds) www.vale.edu/rudd