

# Bariatrics

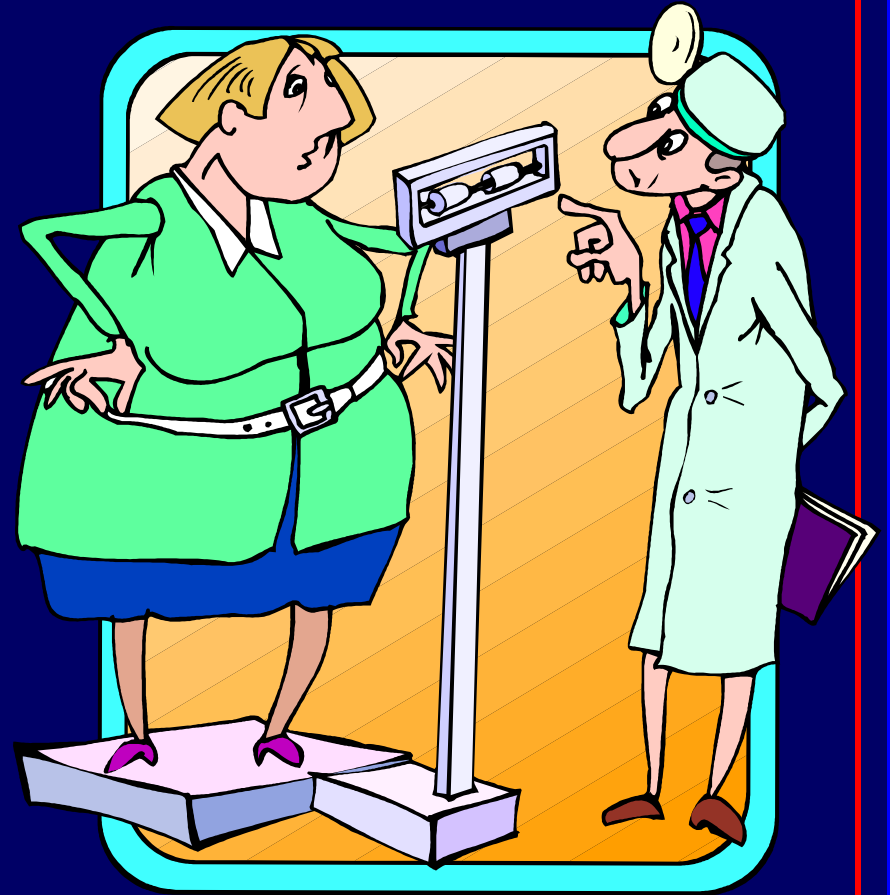
**“Issues You Will Not Find In  
The Text Books”**

**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

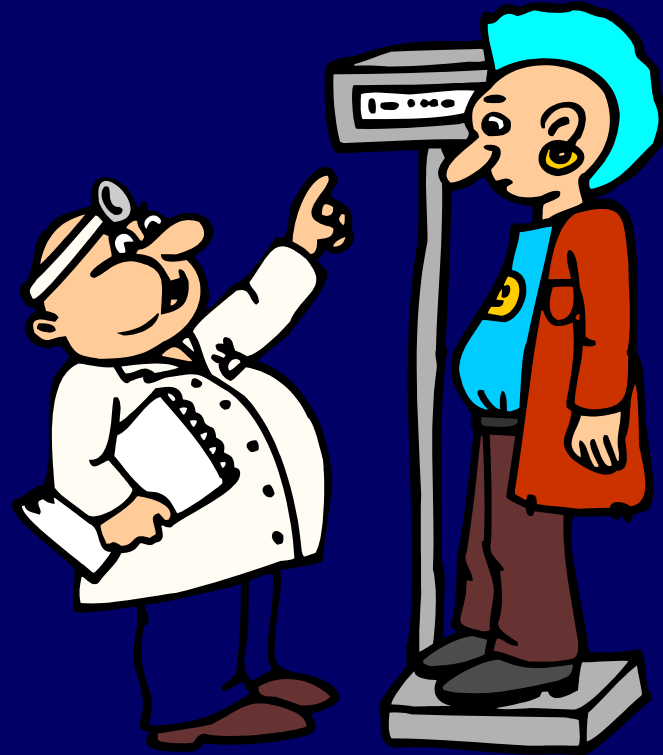
# Weight Terms

**Average amount of weight over normal:**

- **Overweight**                      **35 lbs**
- **Obese**                              **80 lbs**
- **Severely obese**                **142 lbs.**
- **Super obese**                    **205 lbs**
- **Super-Super obese**          **>235**

# Body Mass Index

- Every five pounds increases BMI by one number





# Body Mass Index (BMI)

- **Overweight** = **BMI 25.0-29.0 kg/m<sup>2</sup>**
- **Obese** = **BMI > 30 kg/m<sup>2</sup>**
  - Grade I = BMI > 30 kg/m<sup>2</sup>
  - Grade II = BMI > 35 kg/m<sup>2</sup>
- **Morbid Obesity** = **BMI > 40 kg/m<sup>2</sup>**
  - Grade III = BMI > 40 kg/m<sup>2</sup>

**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

# USA TODAY

- **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

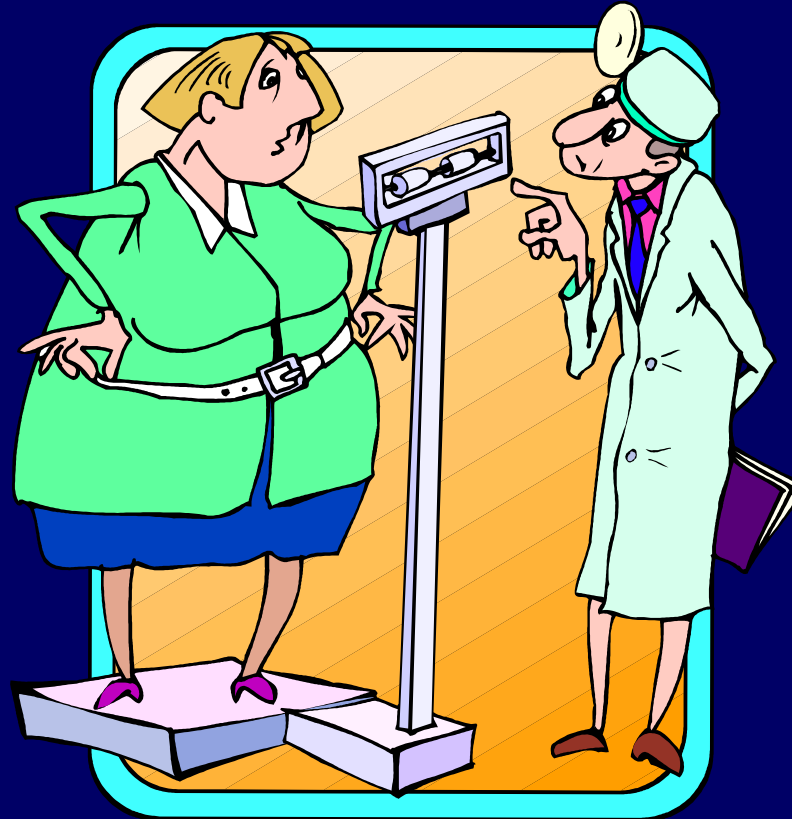




Charles Boyer, PhD. VP Research & Development

T. Henn, APRN-BC

# Bariatric



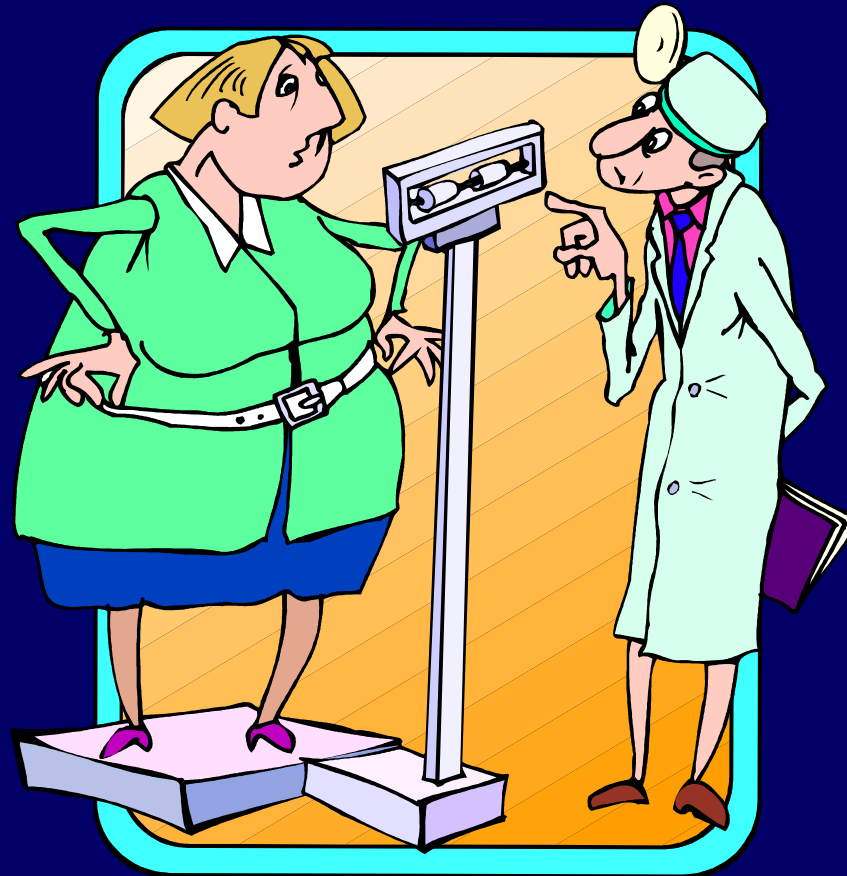
**General rule of thumb 100 lbs or more overweight**

# Overweight



**More men than women are over weight**

# 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**

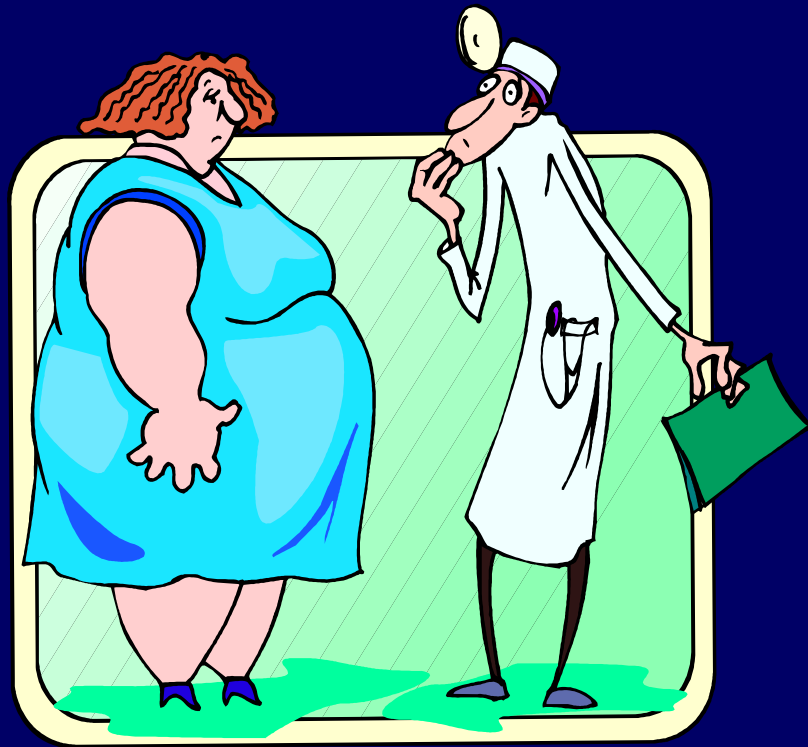
# Seat Belts

- **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

Bariatric Times



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**

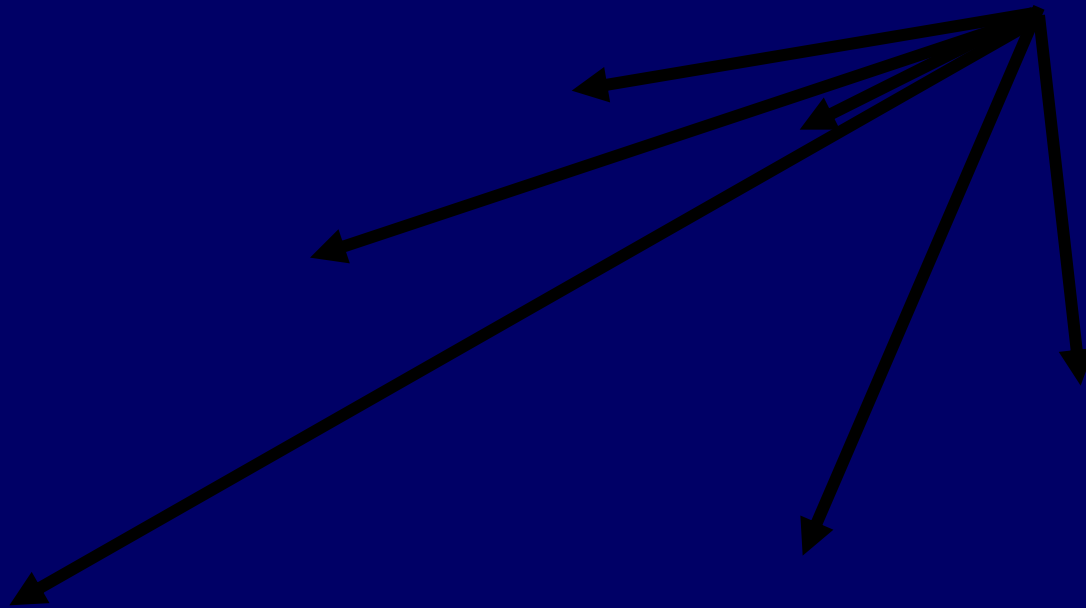
**Green, AK, Winograd, JM, "Skin Redundancy after Massive Weight Loss", N Engl J Med 355:8 8/24/06**

# Skin Redundancy

- Plastic Surgery
  - **Body contouring**
  - **Weight at time of surgery**
    - 204 lbs.
    - Waist 38”

# Elephantiasis Nostra

# Elephantiasis Nostra



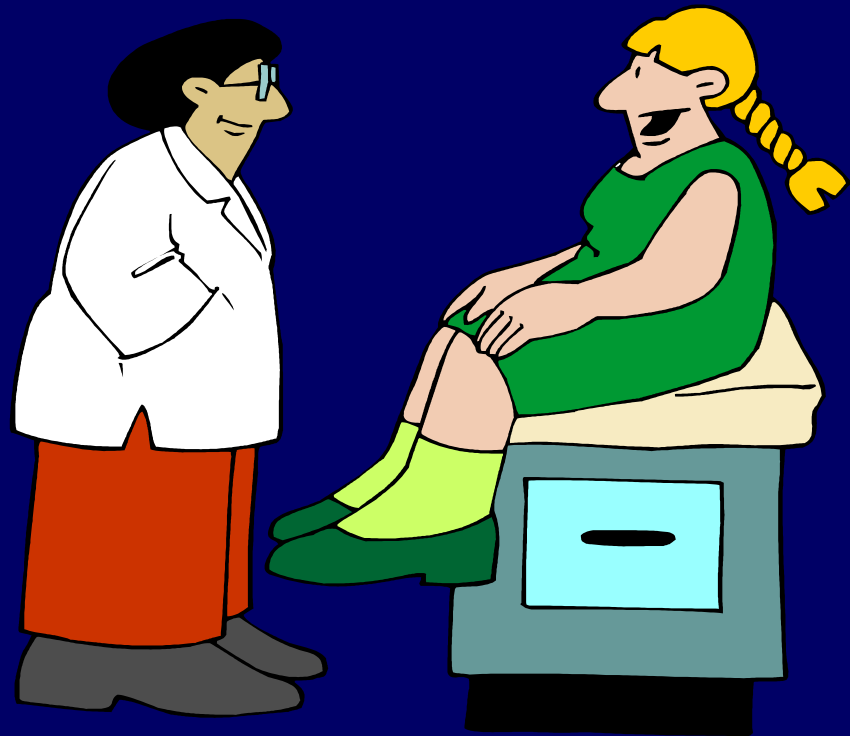
Small lint particles

# 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

# 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

Rea



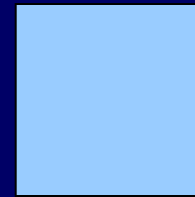
Photo Courtesy Sue Dugan, BSN

# 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](http://www.asbs.com)
- **Obesity Help – chat rooms** [www.obesityhelp.com](http://www.obesityhelp.com)
- **National Association for the Advancement of Fat Acceptance**  
[www.naafa.org](http://www.naafa.org)
- **Council for Size and Weight Discrimination**  
[www.cswd.org](http://www.cswd.org)
- **Red Institute (See the person not that pounds)**  
[www.vale.edu/rudd](http://www.vale.edu/rudd)