

# Talking to Patients About Bariatric Surgery

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# Disclosures

Christina Nelson

- Nothing to disclose

Sandra Christensen

- Novo Nordisk, Speakers Bureau
- Eli Lilly, Speakers Bureau
- Eli Lilly, Advisory Board
- Abbott, Advisory Board



# Objectives

1. Identify candidates for bariatric surgery
2. Initiate effective discussions about the health benefits of bariatric surgery to potential candidates







## Barriers

- Patient's level of engagement
- Lack of understanding about the level & severity of their obesity
- Culture of shame and fear of judgement
- Perception that bariatric surgery is too risky
- Perception that they should be able to do this on their own & surgery is "the easy way out"

# Motivational Interviewing


Evidence-based style of talking with people about change

Elicits & strengthens the patient's OWN reasons & motivations for change

Change is hard when people are stuck in ambivalence

Goal: Resolve ambivalence by asking the patient to say for themselves **why** & **how** change might come about while supporting autonomy & choice, keeping in mind that patients' choice may still be to refuse bariatric surgery





# Motivational Interviewing- OARS

- **O**pen ended questions
- **A**ffirmation
- **R**eflective statements
- **S**ummary



Suzie

### **60 years-old**

Class 3 obesity—BMI 52.3

Prediabetes

Osteoarthritis bilateral knees

OSA—On CPAP

### **Social History**

- Married
- Accountant, wants to retire in the next 5 years
- She hopes to be a grandmother soon
- Caring for her ill mother who lives with her

### **Weight History**

- Overweight most of her life with the majority of her weight gain after age 45
- Suzie has strong feelings about self-reliance and is determined to lose weight “on her own”

### **Suzie’s Goal**

- Lose 100lbs so she can comfortably travel with her husband after retirement

# References

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