



# Understanding Obesity

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# Healthcare facilities

- Long term care
  - Long term acute care
  - Acute care - adults and children
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# Objectives

- Explore emerging demographics
- Describe measurement and definition tools
- Review trends



# Tennessee

Childhood obesity  
Adult obesity  
Trends



NIDDK. Overweight and obesity statistics. Accessed at: <https://www.niddk.nih.gov/health-information/health-statistics/overweight-obesity>.

# What's happening in the U.S.A.?



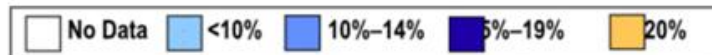
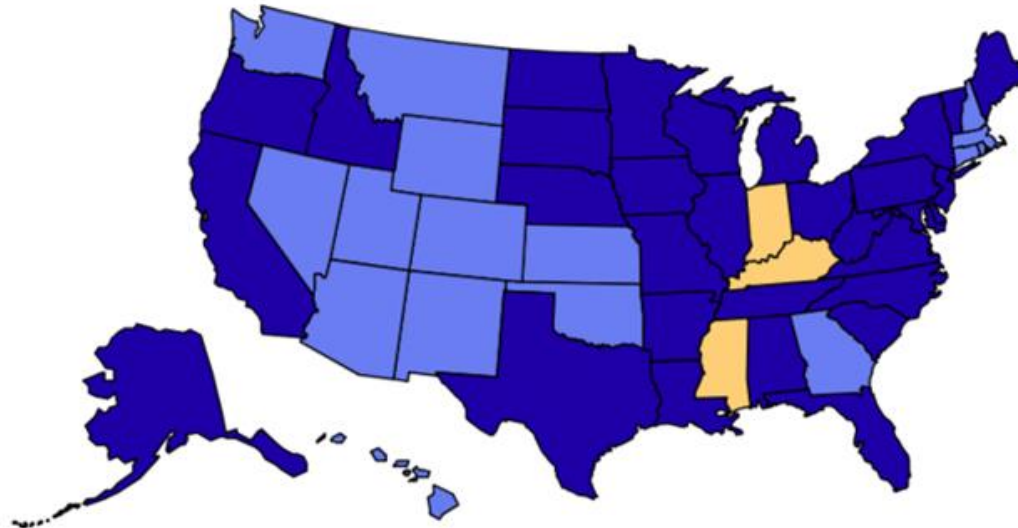
Centers for Disease Control and Prevention. Overweight and obesity. Accessed at:  
<https://www.cdc.gov/obesity/index.html>



# Obesity Trends Among US Adults

Obesity Trends\* Among U.S. Adults  
BRFSS, 1997

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity in America

- 74.1 % overweight or obese
- 40 % teen overweight or obese
- 6.2 % morbidly obese
- Trends – superobese



Gallagher SM. Childhood obesity looms large. *Nursing Management*. 2009; 40(2):25-32.

NIDDK. Overweight and obesity statistics. Accessed at: <https://www.niddk.nih.gov/health-information/health-statistics/overweight-obesity>.



# Bariatric patient

*“An individual whose weight interferes with our ability to provide care.”*

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Gallagher SM. A Practical Guide to Bariatric Safe Patient Handling and Mobility: Improving Safety and Quality for the Patient of Size. Visioning Publishers: Sarasota, FL. 2015.



# Criteria

- Body weight
- Body Mass Index (BMI)
- Weight distribution
- Mobility status

Gallagher SM. Skin and wound care among obese patients. In Bryant A. & Nix D *Acute and Chronic Wounds*. Mosby: 2016.

Gallagher SM. *A Practical Guide to Bariatric Safe Patient Handling and Mobility: Improving Safety and Quality for the Patient of Size*. Visioning Publishers: Sarasota, FL. 2015.



# Body Mass Index

- Most widely accepted criteria
- Weight (kgs)/Height (m<sup>2</sup>)
  - 20-25 healthy
  - 26-29 overweight
  - 30-40 obese
  - $\geq 40$  morbidly obese

Gallagher SM. Skin and wound care among obese patients. In Bryant A. & Nix D *Acute and Chronic Wounds*. Mosby: 2016.

Gallagher SM. *A Practical Guide to Bariatric Safe Patient Handling and Mobility: Improving Safety and Quality for the Patient of Size*. Visioning Publishers: Sarasota, FL. 2015.



# Width at widest point?

- Shoulders
- Hips
- Side-lying
- Ankle-to-ankle



Gallagher SM. Skin and wound care among obese patients. In Bryant A. & Nix D *Acute and Chronic Wounds*. Mosby: 2016.

Gallagher SM. *A Practical Guide to Bariatric Safe Patient Handling and Mobility: Improving Safety and Quality for the Patient of Size*. Visioning Publishers: Sarasota, FL. 2015.



# Mobility status

- Pain
- Uncooperative
- Shortness of breath
- Any difficulty in movement



Gallagher SM. Skin and wound care among obese patients. In Bryant A. & Nix D *Acute and Chronic Wounds*. Mosby: 2016.

Gallagher SM. *A Practical Guide to Bariatric Safe Patient Handling and Mobility: Improving Safety and Quality for the Patient of Size*. Visioning Publishers: Sarasota, FL. 2015.



# Trends

- Etiologies – emotional, environmental, genetic
- Weight cycling – physical and emotional threats
- Children
- Worldwide
- Weight loss options

Gallagher SM. Skin and wound care among obese patients. In Bryant A. & Nix D *Acute and Chronic Wounds*. Mosby: 2016.

Gallagher SM. *A Practical Guide to Bariatric Safe Patient Handling and Mobility: Improving Safety and Quality for the Patient of Size*. Visioning Publishers: Sarasota, FL. 2015.



# Weight loss options

- Nutrition
- Activity
- Counseling
- Pharmaceutical
- Metabolic surgery



Gallagher SM. Skin and wound care among obese patients. In Bryant A. & Nix D *Acute and Chronic Wounds*. Mosby: 2016.

Gallagher SM. *A Practical Guide to Bariatric Safe Patient Handling and Mobility: Improving Safety and Quality for the Patient of Size*. Visioning Publishers: Sarasota, FL. 2015.



# Surgical success

- Technique
- Access
- Support
- Outcomes

Gallagher SM. Skin and wound care among obese patients. In Bryant A. & Nix D *Acute and Chronic Wounds*. Mosby: 2016.

Gallagher SM. *A Practical Guide to Bariatric Safe Patient Handling and Mobility: Improving Safety and Quality for the Patient of Size*. Visioning Publishers: Sarasota, FL. 2015.





# Surgical precautions

- Adverse event associated with weight loss surgery
- Long term follow-up

Holsworth C & Gallagher SM. Managing care of critically ill bariatric patients. AACN Adv Crit Care. 2017;28(3):275-283.

Gallagher SM. Weight loss surgery. Critical Care Nursing 2009;4(5): 42-50.



# Recognize the Triad of DANGER



# Injury Rate

- Novation/VHS
- Drake

VHA. 2004 obese patient care survey market research report. Accessed at:

[www.vha.com/portal/server.pt/gateway/PTARGS\\_0\\_2\\_1534\\_234\\_0\\_43/http%3B/remote.vha.com/public/research/docs/obestpatientcare.pdf](http://www.vha.com/portal/server.pt/gateway/PTARGS_0_2_1534_234_0_43/http%3B/remote.vha.com/public/research/docs/obestpatientcare.pdf).

Randall SB, Pories WJ, Pearson A, Drake DJ. Expanded OSHA 300 log as metric for bariatric patient-handling staff injuries. *Surg Obes Relat Dis*. 2009; 5(4):463-468.

Gallagher SM. *A Practical Guide to Bariatric Safe Patient Handling and Mobility: Improving Safety and Quality for the Patient of Size*. Visioning Publishers: Sarasota, FL. 2015.



## Issues of Occupational Injury

- Shoulder
- Back
- Knees
- Ankle
- Feet



Bariatric Toolkit. Accessed at: <http://www.tampavaref.org/safe-patient-handling/BariatricToolkit.pdf>

# Shoulders



Back



# Legs





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Use your card to write your question



# Thank you!

- Questions?
- Concerns?
- Ideas?

