

# INTEGRATING AN INTERDISCIPLINARY TEAM



A. SÉRGIO

**“The Intent of Bariatric  
Surgery is to force a change  
of behavior ”**

Van Hout GC, Van Handhensdem I, Van Heck CL, Psychological  
profile of the morbidly obese. *Obes. Surg.* 2004;14:579-88

# Why Interdisciplinary

- A successful outcome is highly dependent on patient education and future adherence to healthful changes in behavior
- The optimal outcome of a bariatric operation is depending on continued changes in nutrition, exercise, and behavior and on receiving emotional and psychological support

# Why interdisciplinary

- Bariatric patients typically have multiple obesity-related comorbidities that affect operative risk and require a close medical surveillance.
- A multidisciplinary team approach with sufficient expertise to manage the interplay of these behavioral, nutritional, psychological, medical and surgical issues would therefore seem imperative

# Development of the team

- The goal of the multidisciplinary team approach is for each member to utilize his or her expertise and collectively orchestrate their efforts into optimal patient selection, education, and management.
- Members of the team must have the same orientation, they must talk allways the same language

# Constitution of the team

- Usually the team has on it's constitution
  - Surgeon
  - Internist/Endocrinologist
  - Dietitian/Nutritionist
  - Psychiatrist/Psychologist
  - Bariatric coordinator
  - Nurse

# Preoperative Objectives

- To assess comprehensively preoperative medical, psychological, behavioral, and nutritional status
- To identify, evaluate, and optimise medical comorbidities
- To ensure the absence of high-risk psychological, personality or behavioral disorders

- To ensure the patients ability to understand and adhere to recommendations
- To educate the patient about appropriate nutrition, realistic expectations, and the risks and benefits of the surgical intervention advised
- To initiate appropriated medical, psychiatric or behavioral treatment
- To enroll the patient in diet, exercise, and behavioral programs



# Postoperative objectives

- To assess for evidence of subacute or chronic operative complications
- To monitor preexisting medical conditions
- To assess adherence to requirements for nutritional intake
- To screen for nutritional deficiencies
- To provide appropriate vitamin and mineral supplementation as indicated

- To continue behavioral therapy and support groups as necessary
- To increase levels of physical activity and exercise
- To monitor for psychosocial difficulties
- To follow objective surveillance protocol

- The multidisciplinary bariatric team is characterized by the long-term synergistic efforts of specialized allied health providers
- Their mission is to prepare comprehensively the morbidly obese patient for life-long lifestyle changes , to optimize short and long-term postoperative success; to realize the greatest safety for patients; and meticulous record outcomes data