

Caring for Your Bariatric Patient: A Resource Guide to the Literature on Care of the Morbidly Obese

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In response to escalating obesity in Manitoba, Canada, the Winnipeg Regional Health Authority (WRHA) formed a Bariatric Care Committee to address the issue of providing safe, efficient, and effective care for this population. The WRHA proposed that Deer Lodge Centre (DLC) be designated as the site for the management and care of bariatric patients requiring long-term chronic care. As a result, a DLC Bariatric Committee with several working groups was formed. The working groups were to provide plans for clinical program, communication, research and education, staffing, capital planning, and equipment. The Research and Education Working Group conducted literature reviews for each of the working groups. A selection of the most pertinent resources found for the DLC Bariatric Committee Working Groups are highlighted here. It is anticipated that this resource will provide assistance for others wishing to establish bariatric programs within their facility. Citations are categorized under the headings: clinical care (activities of daily living, airway management, and skin care), comprehensive knowledge, staff education, equipment/capital planning, excellence, respect, geriatrics, and safe handling. This resource guide will be of interest for nurses caring for bariatric patients and for organizations providing long-term care of bariatric patients.

Introduction

IT IS WELL KNOWN that there is an increased prevalence of overweight and obese adults worldwide. In 2003, 15% of Canada's adult population was considered obese, while 33% was considered to be overweight.¹ Belanger *et al.* suggest that the national average could be increased by 10% due to the prevalence of discrepancies in self-reporting height and weight.¹ In 2004, the Canadian Community Health Survey reported that 23.1% of Canadian adults—approximately 5.5 million—are obese.²

With the noticeable need for further development in this area of speciality and the increased number of bariatric or morbidly obese clients presenting at various healthcare sites within the region, the Winnipeg Regional Health Authority (WRHA) Bariatric Care Committee was formed with the purpose of addressing the issue of providing safe, efficient, and effective care to these clients. As a result, a decision was made to assign the responsibility for the management and care of bariatric patients requiring long-term chronic care to be consolidated at Deer Lodge Centre, Winnipeg, Manitoba, Canada. Deer Lodge Centre (DLC) (www.deerlodge.mb.ca) is a progressive 431-bed long-term care and rehabilitation facility providing a variety of inpatient, outpatient, and

outreach programs to the community. DLC serves adults with complex needs who require rehabilitation and specialized care for long-term health concerns.

A DLC Bariatric Committee was assembled to devise a project plan for the proposed development of the DLC Chronic Care Bariatric Program. This Committee further defined the program proposed by developing a program philosophy, identifying program goals and objectives, and creating an operational plan. With the guidance of the committee, several working groups were established to address the areas identified in the operational plan, including clinical program, communication, research and education, staffing, capital, and equipment. One of the goals for the DLC Bariatric Committee was to incorporate evidence-based research, literature, and program components into the practice to continue the growth of knowledge development and best-practice protocols established within the interdisciplinary care team. As a result, one of the objectives for the Research and Education Bariatric Working Group was to conduct literature reviews for each of the working groups.

The Librarian from the J.W. Crane Memorial Library was invited by the Project Co-ordinator to be part of the Research and Education Bariatric Working Group in order to provide expert mediated searching and bibliographic management

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services. The J.W. Crane Memorial Library of Geriatrics and Gerontology (Crane Library) is a branch library of the University of Manitoba Health Sciences Libraries and is located at DLC. The Crane Library (www.umanitoba.ca/libraries/health/deerlodge) is Canada's largest and best-known library on geriatrics, gerontology, aging, and long-term care.

A selection of a number of pertinent resources found for the DLC Bariatric Committee Working Groups are highlighted in this article, and will provide assistance to others wishing to establish bariatric programs, with additional information for long-term care.

Materials and Methods

The following bibliographic databases were used to locate quantitative or qualitative research: PubMed, CINAHL, Scopus, AgeLine, Embase, and PsychINFO. Multiple words and phrases relating to the care of bariatric or morbidly obese patients in nursing homes were combined to maximize search results (see Appendix). Boolean and proximity operators, truncation symbols, keywords, and thesaurus terms were utilized in each database to develop a comprehensive search strategy. Results were limited to the English language, and the scope of the search was from 1990 to 2010. The best search strategy for each topic was saved as an alert in PubMed, CINAHL, and Embase. Relevant articles were also identified by hand searching references and bibliographies. The journal *Bariatric Nursing and Surgical Patient Care* was also systematically reviewed for selection purposes. All citations from the searches were exported and saved to RefWorks, a bibliographic management database. RefShare was used to share the files with the Project Co-ordinator who reviewed the findings and then identified key articles for the various working groups. The Librarian continues to monitor the search results from the alerts and distributes the findings to the working groups.

This bibliographic review is not considered an exhaustive list of the body of knowledge available about caring for a bariatric patient. Further literature searches highlighting different search strategies may supplement this resource guide.

Bibliographic Findings

The bibliographic findings in this article were selected due to the contribution and assistance they provide in establishing a bariatric program, with specific knowledge on caring for bariatric patients in long-term care facilities. Primarily excluded from the selection were brief articles (e.g. editorials, letters, opinions) and bariatric surgery literature (surgery will not be performed at DLC). Citations are categorized under the headings: Comprehensive Knowledge, Clinical Care (activities of daily living, airway management, and skin care), Equipment/Capital Planning, Excellence, Geriatrics, Respect, Safe Handling, and Staff Education. Although some articles could be listed under several headings, they were categorized in sections that reflect their major focus.

Comprehensive Knowledge

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Conclusion

This selection of resources will help incorporate evidence-based knowledge into care of the bariatric population. Even though a significant body of knowledge is available on bariatric patients, more research is needed for caring for bariatric patients in long-term care facilities.³ Because bariatric individuals represent unique challenges, further research is also needed so that nurses and interdisciplinary teams know how to face these challenges and develop bariatric programs within their facility. Other areas that require more research include patient care, staff education programs, interdisciplinary team roles, equipment, and the role patients/families have in treatment planning.

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Appendix

Search terms used: capitalized terms are subject headings from various databases; lowercase are keywords used.

Nursing Homes
 Long Term Care
 Chronic Care
 Continuing Care
 Home for Aged
 Residential Care
 Extended Care
 Rehabilitation Centre
 Complex Continuing Care
 Chronic Care
 Morbidly Obese
 Morbid Obesity
 Bariatric
 Clinical Care
 skin care
 Ulcers
 Wound Care
 toileting
 Activities of Daily Living
 feeding
 dressing
 bathing
 grooming
 hygiene
 Pain
 Wounds and Injuries
 Equipment and Supplies
 Beds and Mattresses
 Interior Design and Furnishings
 Beds
 Toilet Facilities

Seating
 Lifting
 Mattresses
 Blood Pressure Cuffs
 wheelchairs
 commodes
 chair
 capital planning
 facilities
 Sensitive Care
 Respect
 Stigma
 Empathy
 Social discrimination
 Attitude of health personnel
 Professional-patient relations
 Nurse-patient relations
 compassion
 dignity
 Safe Patient Handling
 safe patient handling
 lifts & transfers
 Ergonomics
 injuries
 transport
 Lifting
 Lifting and Transfer Equipment
 Occupational Safety
 Patient Positioning
 Patient Safety
 Moving and Lifting Patients