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## At Risk Patients for Weight Regain Post Bariatric Surgery: How to Prevent

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Obesity affects 650 million people worldwide (WHO, 2018). In the United States an estimated 228,000 patients underwent bariatric surgery (BS) in 2017 (ASMBS, 2018). Endevelt et al. (2013) reports that greater than 20 percent of patients who undergo BS will regain a large portion of the weight they lost from surgery. Excessive weight regain is defined by Cooper et al. (2015) as weight regain being greater than 25% of nadir weight. Weight regain can lead to return of an obese state with return of obesity related co-morbidities (Maleckas et al., 2016). An analysis of the literature was done to answer the question, "Are there strategies a primary care provider can use to assist patients in weight loss maintenance status post bariatric surgery?" Studies in this integrative review identify younger age and lower pre-BS BMI as having better weight loss outcomes (Aguera et al., 2015; Dilektasli et al., 2017; Marek et al., 2017; Robinson et al., 2014; Still et al., 2013). Psychiatric factors such as disordered eating behaviors affected weight loss outcomes (Brandao et al., 2015; Conceicao et al., 2014; Marek et al., 2017; Robinson et al., 2014). Himes et al. (2015) and Galle et al. (2017) showed that cognitive behavioral therapy and dialectical therapy decreased BMI in patients with weight regain and patients that had a diagnosis of borderline personality disorder. Physical activity greater than 150 minutes contributed to increased weight loss post-BS (Herring et al., 2017; Mundi et al., 2013). Endevelt et al. (2013) showed increased BMI reduction when visiting a dietician more than once post-BS. Although, more research needs to be done regarding weight regain post-BS. Primary care providers may utilize this information to assist their patients in maintaining their weight loss and assist in preventing weight regain.

### Biography

Katelynne Kelley has been working as a nurse in the Emergency Department in a community hospital for the past five years. Prior to that, she had worked on a medical-surgical floor for five years. She is currently a student at Massachusetts College of Pharmacy and Health Sciences and completing her master's degree in nursing to be a family nurse practitioner this Spring of 2019.

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