

Nurses' Perspective in Obesity and Weight Management with Incorporation of Community Resources

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YCH Metabolic and Bariatric Surgery

Our Service

- ✓ The clinic was **co-operating** by bariatric surgeons and bariatric nurses
- ✓ Provide assessment, counselling and surgery for weight control and prevent severe health consequences (e.g. metabolic syndrome, myocardial diseases or cancers)
- ✓ Provide **multidisciplinary** care for obese or overweight patients

Surgical Options

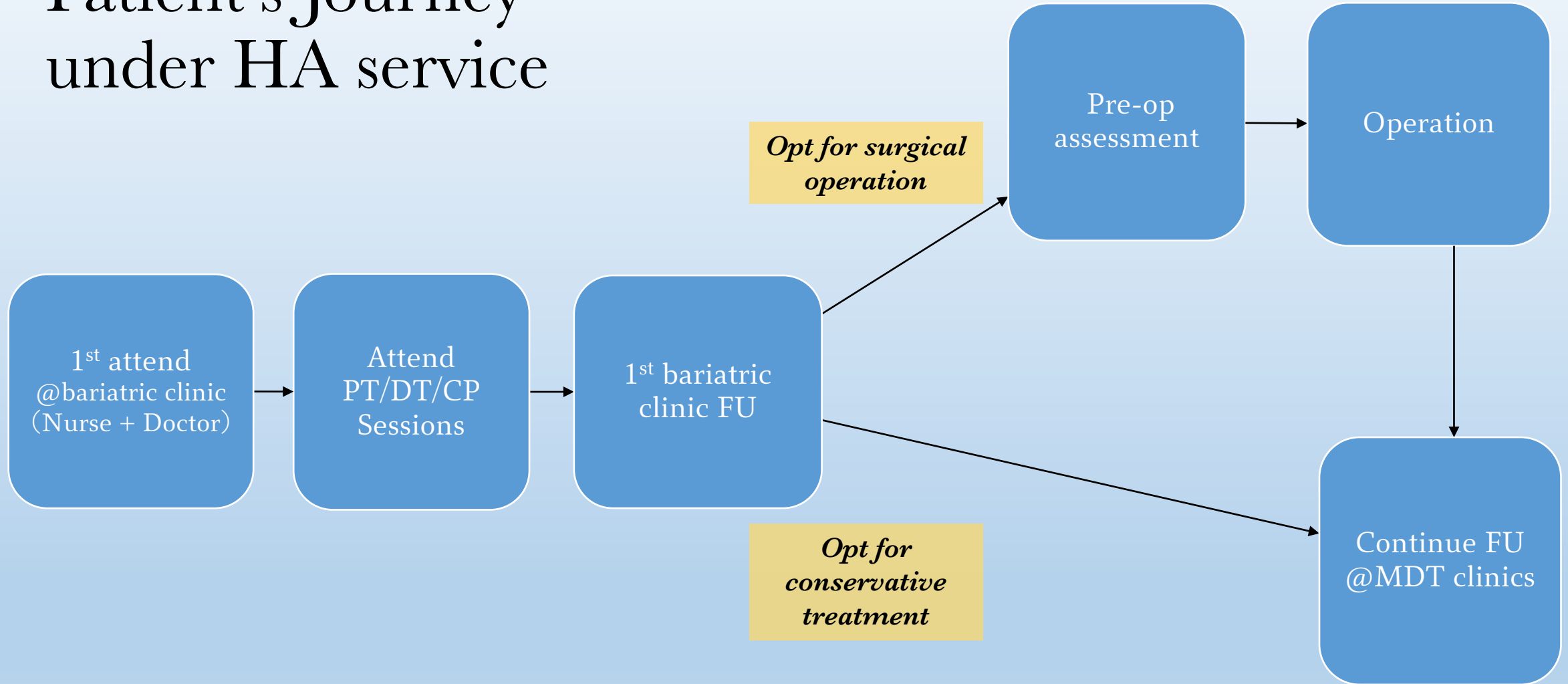
1. Intra-gastric Balloon
2. Laparoscopic Sleeve Gastrectomy
3. Laparoscopic Roux-en-Y Gastric Bypass



Our Weight Management Team

- ✓ Bariatric Surgeons
- ✓ Anaesthetists
- ✓ Bariatric nurses
- ✓ Dietitian (DT)
- ✓ Physiotherapist (PT)
- ✓ Clinical Psychologist (CP)

Patient's Journey under HA service

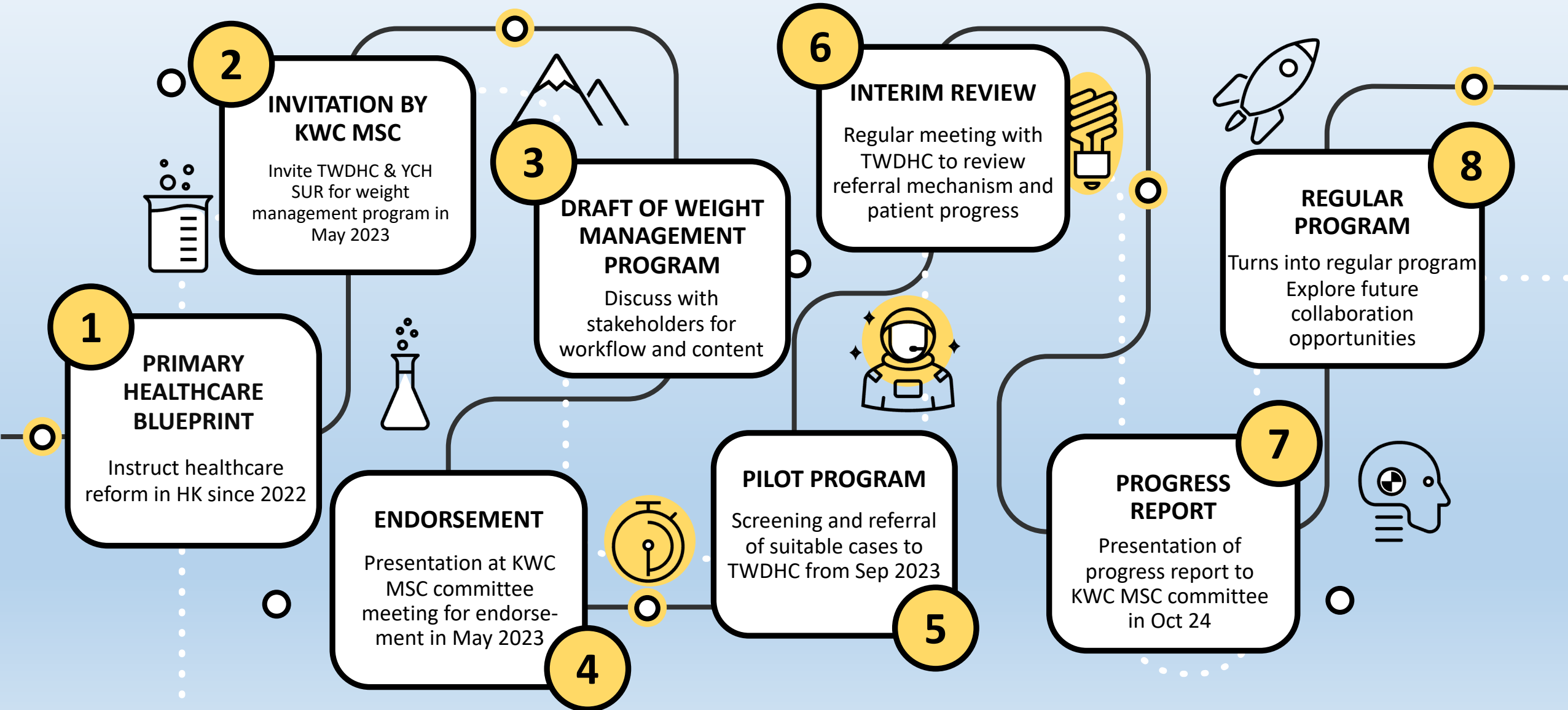


HA Service vs Community Resources

	Hospital Authority (YCH)	Community Resources (TWDHC)
Long Waiting time	<ul style="list-style-type: none">• Average ~60 weeks for 1st attendance• ~ 4-12 weeks for 1st attend to PT / DT	<ul style="list-style-type: none">• Higher accessibility• Structured program for weight management
Compliance	<ul style="list-style-type: none">• Long waiting time for 1st attendance• Charged service for multidisciplinary team (Surgery clinic, PT, DT, CP...)• Infrequent follow-ups (24 - 52 weeks)	<ul style="list-style-type: none">• No need to wait for a year to programs• Free of charge as government subsidy• 8 structured classes in ~3 months (counseling, diet education and exercise coaching classes)

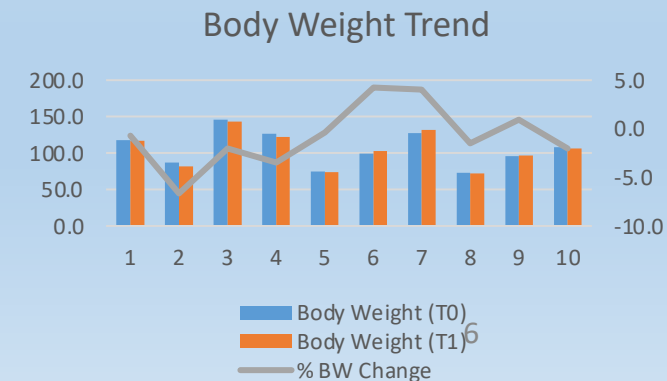
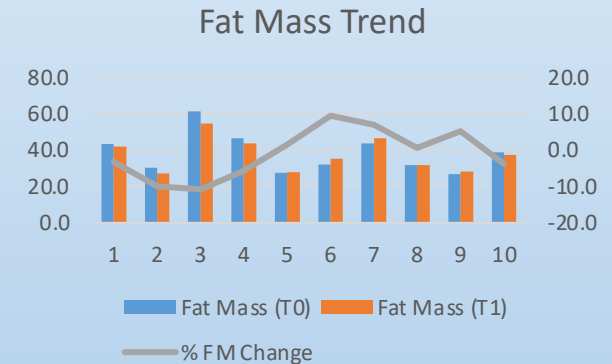
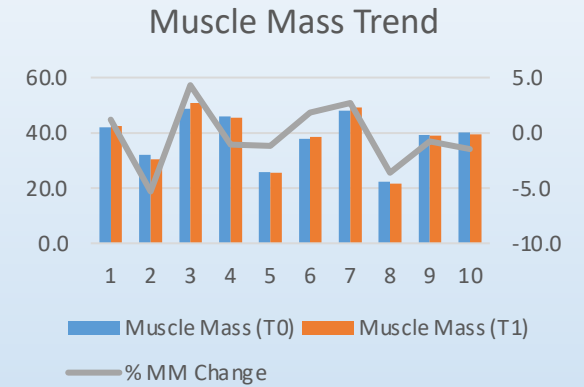
TWDHC: Tsuen Wan District Health Centre

Roadmap of Medical-Social Collaboration



Results and Outcome

- ✓ 24 cases referred to the TWDHC pilot program
- ✓ 10 cases attended TWDHC programs and reviewed in Weight Management Clinic FU (Male:8 Female:2)
- ✓ 5 out of 10 showed weight loss (1.5% - 6.7%), 4 of them showed muscle gain and fat loss in body composition assessment
- ✓ Interim meetings with TWDHC on Mar2024 and Aug2024, reviewed referral mechanism and discussed on future service enhancement
- ✓ Shortened waiting time for joining pre-register classes as the classes are held weekly
- ✓ 14 cases pending YCH FU for body composition and assessment
- ✓ 2 cases reported effective weight loss after attending TWDHC (home exercise with diet modification)
- ✓ Regular meetings for updates and case sharing (Half yearly)



Role of Nurses in Weight Management

Nurse Leader

Nurse leaders in Weight Management

- **seize opportunities** to develop system in health promotion, to
- incorporate resources from the community, to **empower** patients and relatives with knowledge to improve self-care and maintain health.

Higher **accessibility** and **availability** of community resources compared to HA service.

Specialty Nurse

Weight Management in Nurse Clinic

- **Assessment** on dietary and exercise habit
- Explain body composition report and provide suggestions
- **Educate** patients and relatives for lifestyle modification

Time is limited in nurse clinic to provide comprehensive and frequent FU sessions.

Case Nurse

Weight management in Ward

- Follow dietitian's order
- Follow meal prescription by doctors.

Most HA nurse works as primary nurses to provide direct care for patients in acute, subacute or rehabilitation units.

Take Home Messages for Nurses

- Nurses are core component of the multidisciplinary team (Case manager)
- Broaden horizons to care (From individual to community)
- 3“E”s
 - Expertise: Continuous education
 - Empathy: Care patient as well as the population
 - Embrace: Chance and opportunity to change and do good



Florence Nightingale

“So, never lose an OPPORTUNITY of urging a practical beginning, however small, for it is wonderful how often in such matters the mustard-seed germinates and roots itself.”



Thank you and wish you have a joyful and meaningful nurse life!

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