Program Proposal for Occupational Therapy in Post-Bariatric Surgery Aftercare Program

Deborah Ruediger
University of St. Augustine for Health Sciences, druediger@usa.edu

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A study completed by Nijamkin et al. (2012), found that clients with morbid obesity who
participated in a comprehensive post-surgical program, demonstrated greater excess weight
loss, body mass index reduction, and an increase in physical activity, compared to the normal no
exercise group. 

Wilson (2010) focused her study primarily on occupation, how the occupation differs
from normal occupation, and the role of occupation in post-bariatric surgery. The study
participants were more receptive to the behavioral modification group sessions and
modified their habits and eating behaviors. [III]

Tarrant et al. (2017) determined the use of groups in bariatric surgery may support a
change of behaviors, educate on weight loss management, and help to support changes
in their psychological health or physical health.

Magdeleno, Chaim, and Turato (2010) elucidate for professionals that a focus on a
client’s reinvestment and social acceptance into society after weight loss must be
monitored and targeted in treatment.

Faccio, Nardin, and Cioppiella (2016) focusing on the clients’ changes in their body
perception, personal relationships, quality of life, and how they identify to their new
bodies. The realization that before surgery the client is entirely focused on their
bodies and once weight loss occurred, they were able to engage more fully in life and
recognize important in various roles.

Lier, Aastrøm, and Ratvat (2013) concluded that overall, the participants experienced a
positive and more active lifestyle and life experience after bariatric surgery.

The negative results centralized around poor body image when naked due
to their bodies. The realization that before surgery the client is entirely focused on their
bodies. The study provides a client-centered viewpoint on the real-
life experiences of the changes in an occupation that occurs after bariatric surgery.

Lehky, Bond, Crowther, and Wing (2009) indicated the postoperative
nutritional support was vital for long-term success in weight loss management. Occupational therapy is specialized
in an emerging niche of obesity and bariatric surgery. The program will expand the scope of practice
to enable occupational therapy to reach a new population within the healthcare system and
positively affect clients in occupation reintegration after rapid weight loss.

The focus of the proposed program is on providing client-centered care with clients post-surgery
to ensure their care is customized, cost-effective, client-centered, and evidence-based, which is
directly related to the program proposal are longevity, health care costs and reimbursement,
and universal design for an active living. [AOTA, 2006].

The Centennial Vision was established as a guide and vision for the future of occupational
therapy to remain relevant and viable in healthcare (AOTA, 2006). The drivers of change that
directly relate to the program proposal are longevity, health care costs and reimbursement,
and universal design for an active living. [AOTA, 2006].

The program proposal aligns with the Centennial Vision and Vision 2025 by focusing on an
emerging niche of obesity and bariatric surgery. The program will expand the scope of practice
to enable occupational therapy to reach a new population within the healthcare system and
positively affect clients in occupation reintegration after rapid weight loss.

The focus on occupation reintegration, behavioral modifications, and increased physical activity
are vital for long-term success in weight loss management. Occupational therapy is specialized
to focus on the functional and psychological issues that arise and provide intervention to create
positive outcomes after bariatric surgery.

The sharing and reflecting on my knowledge and experience in occupational therapy will
hopefully assist others after bariatric surgery cope with the dramatic changes that occur
physically and psychologically.