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PERIOPERATIVE NURSING FOR BARIATRIC SURGERY

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Obesity is a major health problem. Bariatric surgery is a procedure performed for the aim of achieving weight loss. According to the World Health Organization, obesity is defined as Body Mass Index over 30 kg/m². This is classified as grade I (30-34.9 kg/m²), grade II (35-39.9 kg/m²) and grade III (≥ 40 kg/m²). The term bariatric originates from the Greek words baros (weight) and iatreia (medical treatment). The number of patients having bariatric surgery has a big increase. Perioperative nurse should have enough knowledge about bariatric surgery patient care. Bariatric surgery patients have co-morbidities including diabetes, hypertension, stroke, hyperlipidemia, heart failure, atrial fibrillation/flutter, venous thrombosis, and obstructive sleep apnoea. Bariatric surgery provides an efficacious treatment for adults with morbid obesity. Patient selection, multidisciplinary evaluation and treatment, patient education, informed consent, anesthesia management, pediatric and adolescent care, and nursing care are important factors for the bariatric patient care. Gastric restrictive procedures are Roux-en-Y gastric bypass, vertical-banded gastroplasty, laparoscopic adjustable banding, biliopancreatic diversion with duodenal switch, vertical sleeve gastrectomy. Anastomotic leaks and infections may occur after surgery. Pain control, wound care, deep vein thromboembolism prophylaxis, and fluid management are important for postoperative nursing care. Professional and appropriate nursing care for patients undergoing bariatric surgery is important for optimal clinical outcomes.

Biography

Gul Cankaya has been working as a surgery nurse for 4 years. She is working on management for breast cancer patients during the perioperative period. She has completed an international breast care nursing training program. She has interest in palliative care and has trainer certification.

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