

ROLE OF A DIETITIAN IN BARIATRICS

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FOOD

WHEN YOU NEED, YOU NEED IT NOW



They want it fast.
They want it hot.
And they want it now.



FAST FOOD

Fries Entertainment • Double Helix Films Production • Michael A. Simpson Film FAST FOOD
Clark Brandon • Tracy Griffith • Randal Patrick • Traci Lords • Kevin McCarthy • Michael J. Pollard
Jim Varney • "Wrangler Bob" • Jerry Silva • Scott Sowers & Jim Basile • Clark Brandon & Lanny Horn
Stan Wakefield and Michael A. Simpson • Michael A. Simpson

PG-13 PARENTS STRONGLY CAUTIONED
Some Material May Be Inappropriate for Children Under 13





Today's Dietitian

THE MAGAZINE FOR NUTRITION PROFESSIONALS

ADOLESCENT BARIATRIC SURGERY

Too Much Too Soon?

Glycemic
Hospitaliz

End-of-Life
and Hydr

Breast-fe
After Bariatric
Surgery

Tzu Thé's T-Bar Combines Green Tea With Food Bars

Tzu Thé—a 100% natural, epigallocatechin gallate (EGCG)-rich green tea company—has combined the health benefits of green tea

with the convenience of food bars to come up with the T-Bar.

Tzu Thé produces green tea with the highest possible level of EGCG by implementing quality control measures throughout the entire production chain, preventing oxidation of the tea. The result is an all-natural, full-leaf green tea that is 100% pesticide free and extremely rich in EGCG. Tzu Thé uses the antioxidant-rich green tea leaves as an ingredient in the T-Bar.

The T-Bar is a raw, whole food, natural green tea nutrition bar that has been cold-processed, promoting optimum enzyme activity. The vegan-friendly bars contain antioxidants from EGCG-rich green tea leaves and brewer's yeast that is generated from Japan's Sapporo beer distillery.

They are rich in protein, natural cellulose, vitamin B, zinc, selenium, chromium, and a total of 14 minerals and nine essential amino acids. The bars can be consumed as a snack or a quick meal replacement. They are high in protein and fiber, but low carb, low fat, and contain no sugar.

The T-Bar comes in three flavors: Original Green Tea, Japanese Germ Rice, and Tropical Fruit.

For more information, visit www.Tzu-The.com.



Knowing the subject

- Fundamental requirement
- Fund of knowledge
- Nutritional values
- Daily requirements
- Supplements



Understanding reverse nutrition

- Avoid calorie pushing
- Make peace with reduced calorie intake
- Meeting the nutritional essentials



Compassionate care

- Need to be understanding
- Be kind to the story tellers
- Understand the medical, social causes
 - Assertive discussion



Educated Guidance

- Guide through the knowledge acquired
- Learn as you go and incorporate
- Listen to a good tip and practice
- Know about the latest products
- Know the safe food in different conditions



Inquisitiveness

- Ask questions
 - Yourself
 - seniors
- Consultants
 - Staff
 - Online



Enthusiasm in learning

- In born enthusiasm / Borrowed enthusiasm
 - Taste tests
- Create learning groups



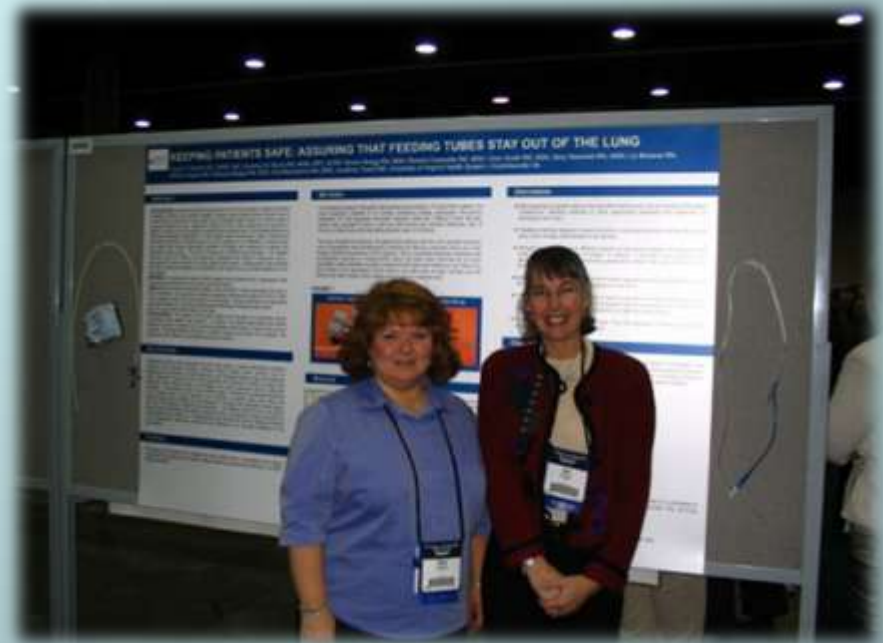
Question the obscure

- Why, what, when, where, who, how...?
 - Why not?



Attending the educational seminars

- New Knowledge
Protocols
Products
- Interaction with pioneers
 - Different lines of thought



Completing CME courses

- Acquire additional certifications
- Stay up to date
- Gain authority



Pre op education

- Diet stages in post op period
 - Diet components
 - Do's and Don'ts
 - Physical activity
 - Shopping list
- Know your patient's BMI, Co-morbidities, Meds, Allergies



Diet / Social behavior

- Quantity vs. Quality
 - Smoking / EtOH
 - Sweet eaters
- Vegetarians vs. Non-vegetarians



Pre op counseling / Diet

Educate on

- Physical hunger / Mental Hunger
 - Temptations
 - Premature diet advancement
- Dumping syndrome
 - Reflux
- Nausea / Vomiting
 - Supplements



Identification of Red flags

- Depression
- Anorexia / Bulimia
- Suicidal Ideation
- Psychological evaluation
- Learned discussion with Consultant



Photo Diary / Glucose Diary / B.P Diary

- Recommend self maintenance
- Guide on appropriate intervals
 - Remind / Refresh / Reinforce / Remediate



Discuss Intra op findings

- Any thing unusual
- Surgical procedure & configuration
 - Pouch size
 - Band type
 - Limb length
- Intra-op issues



Post op in house follow up

- Evaluation after surgery
 - Foster a healthy relationship
- Reinforce good habits
 - Compassion, understanding, Communicate



Guiding the F&B Dept

- Set up diet plans in F&B
- Streamline the pathway
 - Avoid confusion
- Supervise the contents, Interval, quantity, quality (Renal , Hepatic issues)



Educating the floor nurses

- Different nurses each time
 - Patience
- Take time & discuss
- Educate and Reward
- One less tomorrow



Printed guide lines

- Pre-prepared guide lines
 - Fixed template
 - Collaboration with surgeon (s)
- Suggest sample menu with alternatives



Pre Discharge counseling

- Liquid diet
- Requirements
 - Calorie
 - Fluids
 - Activity
- Medications (DM)
 - Diaries



Diet stages and Instructions

- Liquid Diet
- Soft Food
- Regular Diet



Tending to interim phone calls

- Discharge to Follow-up
- Follow-up to the next visit
 - Long term



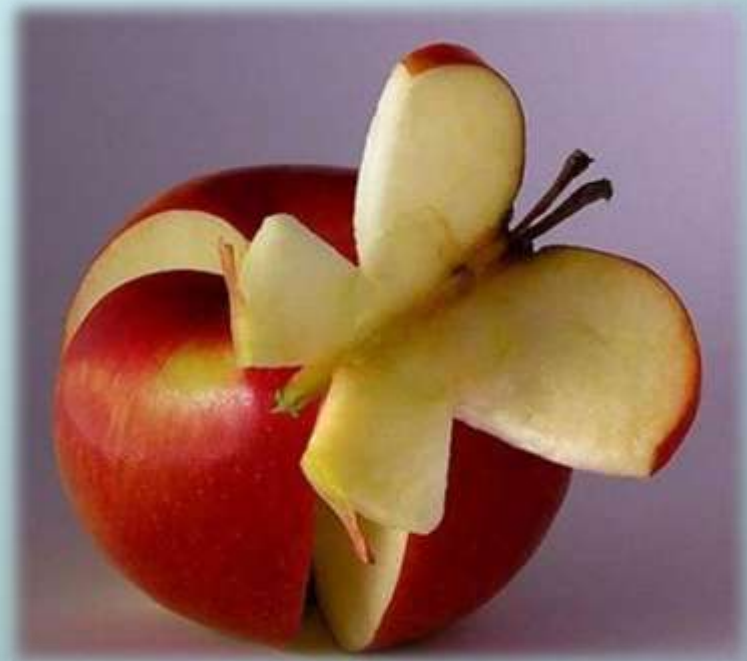
Being available

- Schedule time to call
- Phone / Email / SMS
 - Prompt reply
- Being considerate
- Social websites
 - Blogs



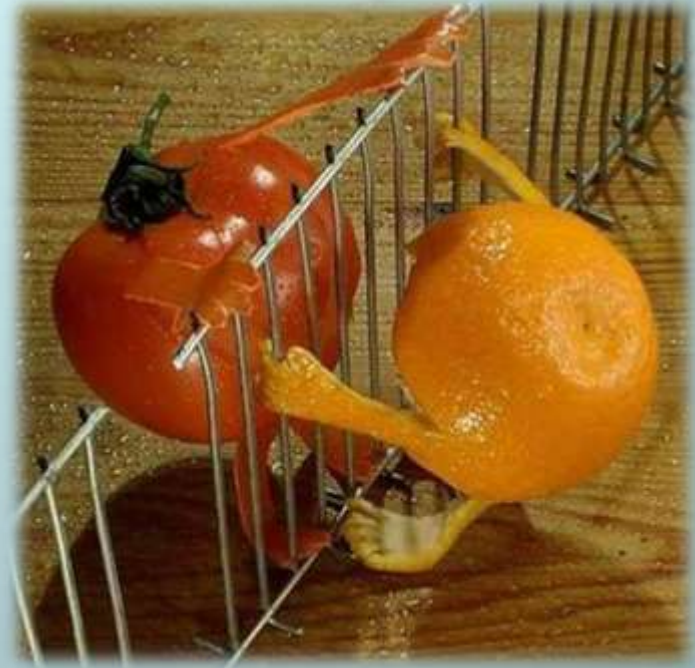
Non discrimination

- Good patients vs. loud mouths
 - Followers vs. malingerers
- Good news bearers vs. sad news bearers
- National vs. International
 - Language barrier
 - Cultural barrier
 - Non believers



Maintaining Photo diary

- Initial consult – pre-op
 - Post op
 - First visit
- each visit that follows
- Reminders with photo mail



Maintaining weight flow charts

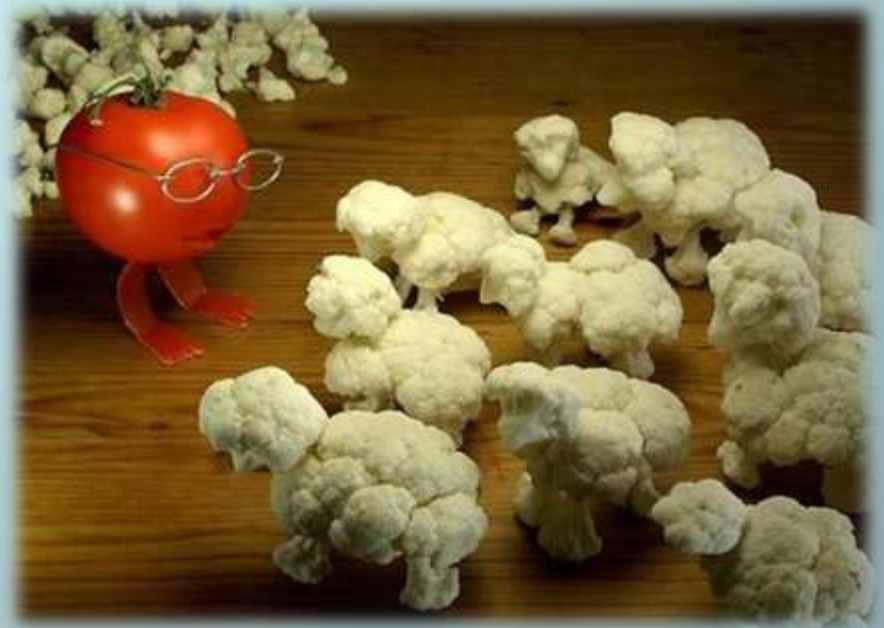
Charts with

- Initial weight
- Weight at each visit
- Weight after each intervention (band fill, diet change etc)
- Maintain IW, EW, EWL, EBMIL



Participation in Support groups

- Be the lead
- Guide the topics
- Provide latest info
- Introduce new products
 - Encourage, Pep talk
 - Compliment
- Picnics, shopping, tours



Evaluation of Nutritional status

- Semi-annual, annual based on the procedure
- Metabolic and nutritional parameters
 - Supplements and replacements
 - Dietary guidance – evidence based



Long term association

- More than just a dietitian
 - Personal interest
 - Association more than several years
 - Encourage adherence
 - Prevent slip through the cracks



Team work

- Team work, Team work,
Team work
 - Captain
 - Team member
- Guide, support, educate,
introduce
 - 80% questions



TAKE THE LEAD...
YOU ARE THE BEST!

