

Anglia Study Day - Bariatrics – What’s the Big Deal?

Date: 7 October 2023

Venue: Harlow College, Velizy Avenue, Harlow, CM20 3EZ

CPD hours: 7 Hours

Sponsored by: Kebomed

This Study Day will delve into all things bariatric, exploring weight loss surgery, laparoscopic surgery and open surgery on patients classified as obese. Delegates will gain an insight into this specialty and ease any fears or misconceptions they may have.

Helping delegates to prepare the operating theatre and staff looking after bariatric patients with moving and handling techniques, this comprehensive Study Day also examines the type and length of preparations that patients have to make prior to operations.

Topics will include:

- Bariatric procedures and complications that can arise when carrying out surgery
- Anaesthetic complications and the methods and equipment that can be used to help
- Changes to the airway during a bariatric pregnancy and pain relief during labour
- A patient’s perspective
- Different methods and the legal aspects involved when carrying out manual handling within theatres.

08:30 – 08:45 **Registration and Coffee**

08:45 – 09:00 **AfPP Welcome Presentation**

Speaker: John Dade, AfPP Immediate Past President

09:00 – 10:00 **Anaesthetising a Bariatric Patient**

This session will cover anaesthetising a bariatric patient and will discuss the risks and how these can be limited. The session will explore the different anaesthetic techniques that are used and how these techniques may have to change during surgery due to patients response to the operation being performed. The session will also identify which patients require a high risk anaesthetic clinic review, and explain what is covered in the review, what are the outcomes are, and how this affects an anaesthetic.

Learning outcomes:

- Identify the risks encountered when anaesthetising a bariatric patient.
- To explore the different anaesthetic techniques used and how they may need to be altered during surgery.
- Discuss the benefit of high-risk anaesthetic clinics to identify potential risk factors to support clinical management of the patient during surgery.

Speaker: TBC

10:00 – 11:00 Manual Handling in Theatres

This session will highlight the importance of using the correct manual handling techniques and equipment when looking after bariatric patients. Manual handling aids will be explored, including when it's suitable to use each piece of equipment. A brief history will be given including current legislation round manual handling.

Learning outcomes:

- Delegates will reconfirm their knowledge on manual handling procedures and technique.
- This session will identify specialised manual handling equipment required for Bariatric patients and when they should be used.
- Delegates will reconfirm their knowledge on the legal aspects of manual handling.

Speaker: Louise Dye, Clinical Education Facilitator, Norfolk & Norwich NHS Trust & Thomas Maynard, ODP

11:00 – 11:15 Refreshments, Exhibition and Networking

11:15 – 12:15 Operating on a Bariatric Patient

Delegates will gain an understanding into the different types of weight loss surgery that bariatric patients can undergo. The session will discuss weight loss surgery and explore the journey a patient takes in order to undergo bariatric surgery. This will include all the planning that is involved before carrying out such an operation. This session will also identify what additional complications can occur during bariatric surgery whether it be for weight loss or surgery in general. The patients recovery will also be explored to include both their hospital recovery and discharge.

Learning outcomes:

- Identify the different types of weight loss surgeries and what is involved with each type of surgery.
- Discuss the patients preoperative journey to ensure each patient has individualised care.
- Explore the patients preoperative journey, this includes the patients road to recovery in the post anaesthetic care unit and discharge.

Speaker: TBC

12:15 – 13:15 Preparing an operating theatre for Bariatric surgery

Obesity is increasing disease in the UK. As a result, more overweight individuals are being surgically treated for weight loss. Thus, vital importance to make perioperative practitioners to understand obesity effects on patients' health and how obesity contributes to significant comorbidities (like diabetes, cardiovascular disease, hypertension, sleep apnea, musculoskeletal health problems, strokes, increase exposure to pressure sores). Moreover, fundamentals of the perioperative care requirements, like specialised equipment and instruments, safe positioning and lifting aids and unique needs of bariatric patients (diet requirement and counselling). To provide safe and appropriate nursing intervention during the perioperative continuum of care, it is imperative that multidisciplinary team accurately assess the patient undergoing bariatric surgery.

Learning outcomes:

- Identify all the preparations that are required when performing bariatric surgery from a bariatric theatre team lead
- Explore how to safely position patients to prevent pressure sores with the use of additional equipment
- Explore bariatric specialised surgical equipment used for laparoscopic and open surgery
- Explain what additional single use disposable instruments are used

Speaker: Katarzyna Wojcik, Senior Nurse Theatre Practitioner, Homerton Hospital

13:15 – 14:00 Lunch, Exhibition and Networking

14:00 – 15:00 Obstetrics Anaesthesia

The session will describe and discuss the physiological and anatomical changes that occur during pregnancy with focus on full term pregnant women. Also, the different options of pain relief during labour will be discussed and the anaesthetic options for C-sections will be discussed. Airway management in obstetric patients and management of potential intra operative complications will also be discussed.

Learning outcomes:

- Delegates will gain understanding about the physiological and anatomical changes that occur during pregnancy and their impact on anaesthetics and accompanying challenges.
- The role of regional anaesthesia in C-sections and when to decide to proceed with general anaesthesia
- Delegates will further their knowledge on the different drugs used for pain control and anaesthesia during labour and C-sections

Speaker: Mohamed Salem, Speciality Doctor, Anaesthetic Department – PAH

15:00 – 15:15 Refreshments, Exhibition and Networking

15:15 – 16:15 "On The Other Side" A Bariatric Patients Journey

Nina will discuss her experience of undergoing bariatric weight loss surgery. As Nina is an experienced scrub nurse, she will share her experience on undergoing such a surgery whilst having knowledge of the operative theatre. Nina will discuss her journey including preoperative planning, the day of surgery and postoperative care.

Learning outcomes:

- Delegates will hear from a patient perceptive as a theatre nurse who has undergone bariatric weight loss surgery.
- Delegate will gain an understanding into what it was like to be 'on the other side' when undergoing such life changing surgery.
- Delegates will learn about the patients journey through Ninas eyes.

Speaker: Nina Dalziel

- 16:15 – 16:30** **Re-cap & Reviewing**
Speaker: John Dade, AfPP Immediate Past President
- 16:30 – 16.45** **Closing remarks, Questions and Evaluations**
- 16.45** **Close**