

















# The Weight Loss Journey

		Explore			Consult			Procedure			Maintenance		
		Explore	Before 1st visit	Consult 1	Consult 2	Dietitian	Pre-op	Procedure	Post-op	2-12 weeks	12-52 weeks	52 weeks +	
 <p>Who</p>	Care team involvement	 GP   Phone call with clinic		 Physician	 Surgeon   Practice Nurse	 Dietitian		 Surgeon	 Surgeon   Practice Nurse	 Physician   Dietitian	 Physician   Dietitian	 Physician   Dietitian	
	What Referrer's Role	<ul style="list-style-type: none"> <li>Consult with patient</li> </ul>	<ul style="list-style-type: none"> <li>Provide referral letter</li> <li>Provide summary info about patient's medical &amp; family history</li> </ul>		<ul style="list-style-type: none"> <li>Collaborate with required pathology &amp; imaging needed</li> </ul>		<ul style="list-style-type: none"> <li>Collaborate with additional assessments required</li> </ul>		<ul style="list-style-type: none"> <li>Help monitor for post discharge complications - see over* page for management guidelines</li> </ul>	<ul style="list-style-type: none"> <li>Help monitor for post discharge complications - see over page for management guidelines</li> </ul>	<ul style="list-style-type: none"> <li>Overall medical support of patient</li> </ul>	<ul style="list-style-type: none"> <li>Overall medical support of patient</li> </ul>	
	Care Team's Role	<ul style="list-style-type: none"> <li>Specify required data</li> </ul>		<ul style="list-style-type: none"> <li>Understand patients history</li> <li>Review appropriate options</li> <li>Discuss Pt's role in journey</li> <li>Coordinate additional tests</li> <li>Send out consult summary letter</li> </ul>	<ul style="list-style-type: none"> <li>Review test results</li> <li>Agree on best procedure</li> <li>Explain procedure &amp; lifestyle expectations</li> </ul>	<ul style="list-style-type: none"> <li>Explain pre-op diet importance</li> <li>Discuss hunger &amp; hormones</li> <li>Review food choice habits</li> <li>Explore dietary habit journey</li> </ul>	<ul style="list-style-type: none"> <li>Pre-op diet compliance</li> <li>Co-ordinate additional assessments required</li> <li>Manage expectations of procedure &amp; hospital stay</li> <li>Ensure forms, costs, ins. complete</li> </ul>	<ul style="list-style-type: none"> <li>Ensure pre-op diet is done</li> <li>Perform procedure with minimal complications</li> </ul>	<ul style="list-style-type: none"> <li>Manage pain &amp; post-op issues</li> <li>Nurse support of recovery phase</li> <li>Operative report letter to referrer</li> </ul>	<ul style="list-style-type: none"> <li>Check patient's condition &amp; progress</li> <li>Manage weight loss expectations</li> <li>Post-op diet support via dietitian</li> </ul>	<ul style="list-style-type: none"> <li>Check patient's condition &amp; progress</li> <li>Post-op diet support via dietitian</li> </ul>	<ul style="list-style-type: none"> <li>Check patient's condition &amp; progress</li> <li>Post-op diet support via dietitian</li> <li>Monitor patient compliance with follow-up</li> </ul>	
	How Resources	<ul style="list-style-type: none"> <li>Website / FAQ / Blogs</li> <li>Contact form</li> </ul>	<ul style="list-style-type: none"> <li>Website / FAQ / Blogs</li> </ul>	<ul style="list-style-type: none"> <li>Website / FAQ / Blogs</li> <li>Info pack 1</li> <li>Consult discussion letter</li> </ul>	<ul style="list-style-type: none"> <li>Website / FAQ / Blogs</li> <li>Info pack 2</li> <li>Lifestyle kit</li> </ul>	<ul style="list-style-type: none"> <li>Website / FAQ / Blogs</li> <li>Pre-diet info pack</li> </ul>	<ul style="list-style-type: none"> <li>Website / FAQ / Blogs</li> </ul>	<ul style="list-style-type: none"> <li>Website / FAQ / Blogs</li> </ul>	<ul style="list-style-type: none"> <li>Website / FAQ / Blogs</li> <li>Operative report letter</li> </ul>	<ul style="list-style-type: none"> <li>Website / FAQ / Blogs</li> <li>Food diary</li> <li>Support groups</li> </ul>	<ul style="list-style-type: none"> <li>Website / FAQ / Blogs</li> <li>Support groups</li> </ul>	<ul style="list-style-type: none"> <li>Website / FAQ / Blogs</li> <li>Support groups</li> </ul>	

## Monitoring Post Discharge Complications\*

Symptoms of Concern	
Fever	Abdominal Pain
Tachycardia	Vomiting
Syncope	Dehydration

## Support Contact

<b>Office Hours</b>	Contact rooms, Mon - Fri on 02 9553 1120
<b>After Hours</b>	Early (First 2 weeks) Post Op : Call Ward 1 South at St George Private Hospital.
	Later (Week 3 onwards): Either direct the patient to nearest A&E, or St George Public Hospital. If a patient presents to their local A&E the Upper GI Surgical Fellow at St George Hospital can be contacted.

## Vitamin & Maintenance Regime

Procedure Type	Vitamin Regime	Nutritional Risks	Blood Tests Required
Lap Band	Daily Multivitamin	May need Calcium & Iron	6 monthly & Annual FBC, Iron Study, B12, Folate, UEC, LFT, CMP, Vitamin D, PTH, BSL
Sleeve Gastrectomy	Daily Multivitamin	May need Calcium & Iron	
Gastric Bypass	Daily Multivitamin, 6 monthly B12	May need Calcium & Iron	
SADI	Daily Multivitamin	May need Calcium & Iron	