

Survey on the evaluation and subjective perception of the school of morbidly obese patients candidates for bariatric surgery

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Abstract

With the increase of Multidisciplinary Bariatric Surgery Programs, the “Schools of Patients with Morbid Obesity” have been developed, based on the Clinical Pathway in Bariatric Surgery by the SECO, AEC and GERM associations. Currently, two workshops have been implemented in our center for patients who are candidates for bariatric surgery, both held before the intervention and in which they are informed by a team made up of nurses, surgeons, psychiatrists and nutritionists. Our objective is to analyse the subjective perception of the patients who have attended the School, in order to improve the quality of the current workshops and to establish further postoperative education in the future. A telephone survey was carried out on 60 patients who attended

both of the workshops between January 2022 and January 2023. 88.3% considered that they fully understood the explanations, 86.7% learned something new. 75% responded that the information was useful to face the intervention. 91.6% could solve their doubts and 98.4% would recommend the workshops to other patients in their situation. The periodic evaluation of the workshops given at the School of Patients is a useful tool for improving both its quality and the relationship between the multidisciplinary team and the patients.

Keywords:

- School of patients
- Survey
- Workshops

Objectives

With the increase of Multidisciplinary Bariatric Surgery Programs, the “Schools of Patients with Morbid Obesity” have been developed, based on the Clinical Pathway in Bariatric Surgery by the SECO, AEC and GERM associations. Currently, two workshops have been implemented in our center for patients who are candidates for bariatric surgery, both held before the intervention and in which they are informed by a team made up of nurses, surgeons, psychiatrists and nutritionists.

In the first one, given before the patients are included on the bariatric surgery waiting list, the characteristics of their pathology as an eating disorder as well as its causes

and consequences are explained; and they are instructed on dietetic and healthy habits. The surgical team explains the intervention and questions are solved.

In the second one, given two months before the surgery is performed, education focuses on the perioperative period. Specific dietary and exercising recommendations are provided in order to lose weight before surgery, and postoperative care is explained.

Our objective is to analyse the subjective perception of the patients who have attended the School, in order to improve the quality of the current workshops and to establish further postoperative education in the future.

Material and methods

A telephone survey was carried out on 60 patients who attended both of the workshops between January 2022 and January 2023. A numeric response from 1 (totally disagree) to 5 (totally agree) was offered to the questions:

1. I understood the explanations.
2. I learned something new.
3. What I have learned seems useful to me in dealing with the surgery.
4. After the explanations, I feel calmer about the surgery.
5. The workshops changed my expectations regarding surgery.
6. After the workshops I have taken steps to take care of myself before the surgery.
7. I was able to solve my doubts.
8. The atmosphere seemed nice to me.
9. Comments and questions from other patients have helped me.
10. I would recommend these workshops to other patients in my situation.

Finally, the patients were asked an open question about the best aspects of the School and what they considered areas of improvement.

Results

37 of the respondents were women (61.7%) and 23 were men (38.3%). The median age was 52 years (14 - 67). The responses obtained are shown in Graphic 1.

88.3% considered that they fully understood the explanations, 86.7% learned something new. 75% responded that the information was useful to face the intervention. The workshops represented a change in expectations regarding surgery for 71.7% of the patients, and 76.7% took actions to improve their state of health before surgery. 91.6% could solve their doubts and 98.4% would recommend the workshops to other patients in their situation.

Among the most frequent answers obtained to the open questions, some of the best-considered aspects were: the clarity of the explanations, the closeness, the empathy of the staff, not feeling judged, the questions asked by other patients, feeling part of the process and meeting other patients with their same worries.

Regarding the points to improve, several patients considered that they needed more psychological help or monitoring of their emotional state; they mentioned "fear" or "anxiety"

related to the surgery or concern about how their personal problems could influence their ability to improve their habits. They suggested the possibility of creating support groups with scheduled meetings.

Conclusions

The periodic evaluation of the workshops given at the School of Patients is a useful tool for improving both its quality and the relationship between the multidisciplinary team and the patients.

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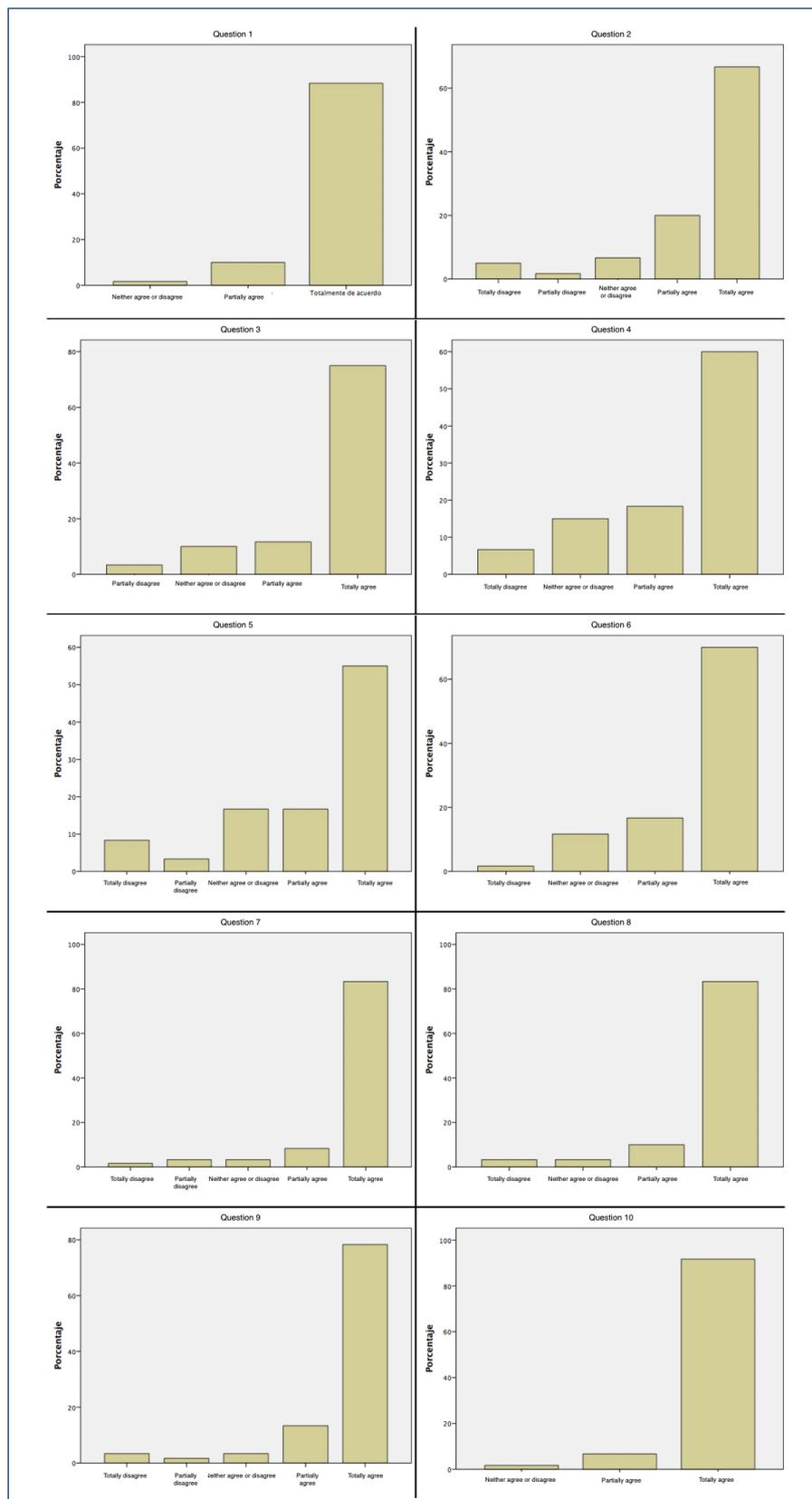


Figure 1: Graphic 1