More than a Big Bed: Nursing the obese patient.

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Prevalence of obesity

- Health and Social care information Centre 2013.
- 2011 proportion of adults in England overweight or obese
  - Men 65%
  - Women 58%
- 2011/12 – number finished admission episodes in NHS Hospitals primary diagnosis obesity 11,736.
- Number of admissions with mention of obesity (primary or secondary) 266,666,
Case study - Janet

• 62 year old morbidly obese woman.
• Referred for bariatric surgery.
• Weight 208kgs  BMI 69.5kg/m2
• PMH: DM2, HTN, asthma, Ca uterus, immobility, incontinence, pressure damage to skin.
• Cramped living conditions, no specialist equipment, no cooking facilities.
• Plan: 3 month admission for assessment, VLCD and bariatric surgery
Nursing needs on admission

- Stabilization of respiratory problems.
- Management of sepsis.
- Management of skin integrity / manual handling.
- Prevention of DVT.
- Nutrition.
- Psychological support
Creating a safe environment
Creating a safe environment

• Where? Everywhere!

• Have a manual handling policy for obese patients. Make sure everyone knows where it is.

• Have the basics ready in the clinical area.

• Provision for more specialist equipment - rental
What do we need?

• Beds
• Chairs
• Wheelchairs
• Toilets
• Couches /trolleys
• Theatres
• Hoist
• Scales
• Gowns
• BP cuffs
Sensitivity

Evening Standard

Prince’s 21-night reign
The star’s first show at the O2 is so good David Smyth wants to keep going back — First review: Page 3

OBESE PEOPLE
‘JUST GREEDY’
Weight Bias

- Lots of research in all areas of life including healthcare.
- Puhl & Brownell 2006 – 2, 449 obese or overweight women. 69% report bias by physicians, 46% reported bias by nurses.
- Is care affected by weight bias?
- What can we do?