NAME: Martha Adigwe Mozia, DNP,DNC, RNFA, MS-HCM, FNP/GNP-C  
EMAIL: ADIG1101@MAIL.BRANDMAN.EDU  
YEAR DNP COMPLETED: 2013  
UNIVERSITY: Brandman University  
Category of the project: Clinical Practice/Education


Abstract

The goal of this project was to quantify the lived experience of patients post bariatric following reconstructive surgery in 1. Reducing barriers to physical activity and improving quality of life, 2. Then use the information gathered to formulate an educational material for bariatric surgery practices.

Bariatric surgery has demonstrated its effectiveness in assisting morbidly obese patients with weight loss. However, massive weight loss is associated with significant skin laxity that impedes physical activity and limits gains in quality of life. Thus, providers recommend reconstructive surgery to remove excess skin.

Post-bariatric patients were recruited from a surgical clinic that specializes in post-bariatric reconstruction. The survey result showed that reconstructive surgery improved ability to do (p = .001), enjoyment of (p = .001), and frequency of (p = .001) physical activity. A significant improvement was also seen in self-esteem (p < .001) and happiness (p = .001). This information was summarized in a patient education infographic poster.

The results of this project have implications for (1) quantifying the value of reconstructive surgery in terms of the patient’s self-assessment, (2) developing educational materials for post-bariatric surgery patients considering reconstructive surgery, and (3) influencing policy makers who create reimbursement guidelines for reconstructive surgery following bariatric surgery.