

## **Obesity Medicine & Diabetes Institute (OMDI)**

### **BARIATRIC STREAM OVERVIEW**

The OMDI team is here to work alongside with you and support you if undergoing bariatric surgery is an appropriate treatment for the management of your obesity.

All visits and groups are provided on a virtual platform via Zoom or doxy.me unless otherwise stated as an in-person visit. All links will be e-mail to you prior to your appointments or groups.

#### **What is an expedited referral from the OMDI clinic?**

An expedited referral from our program means that you have been waived the 2 to 3 year waitlist for the Richmond Metabolic and Bariatric Surgery Program (RMBS Program) when you are referred directly from the OMDI clinic versus a referral from your family physician. However, once you arrive and attend the RMBS Program your journey through the RMBS Program may be expedited or non-expedited. Below are examples of non-expedited referrals once you enter the RMBS Program:

**Complex Mental Health:** Patients with complex mental health do not qualify as “expedited” within the RMBS Program as they require additional appointments, screening, etc. with the team at Richmond Metabolic and Bariatric Surgery Program. Typically, these cases are patients with multiple mental health diagnoses (specifically personality disorders) and/or patients that are taking multiple medications for their mental health (specifically antipsychotic medications) and/or patients with history of hospitalization due to mental health.

Also, patients with a history of substance/alcohol abuse within the past 5 years cannot be considered as “expedited” within the RMBS Program as they require further assessment with the Richmond Metabolic and Bariatric Surgery program mental health clinician and/or their psychiatrist.

For questions, please email [bariatric@medweight.ca](mailto:bariatric@medweight.ca).

**Revisional Bariatric Surgery:** For patients who have had previous bariatric surgery (lapband, plication, sleeve gastrectomy, stapling, etc) again we will do our best to work with you and we may refer you to the Richmond Metabolic and Bariatric Surgery Program for revisional surgery. Patients who have previously undergone a bariatric surgery procedure do not qualify as “expedited” within the RMBS Program as each case must be assessed by a surgeon to see if a revisional surgery is safe and even feasible. These patients must also be medically assessed by our physicians and cleared for the nutrition, eating and lifestyle behaviours requirements for bariatric surgery in order to be referred.

**Being referred to the Richmond Metabolic and Bariatric Surgery Program does not automatically guarantee that you will undergo revisional bariatric surgery.**

The RMBS healthcare team and bariatric surgeon will review your file and further assess if revisional bariatric surgery is safe and effective treatment for the management of your obesity, and they will make the final decision regarding this. Please read, review and be aware of the RMBS clinic's Patient Commitment – Acceptance of Expectations as outlined in the RMBS Manual. The Manual can be found on the RMBS web page <https://www.vch.ca/en/location-service/metabolic-bariatric-surgery-richmond-hospital>

### Obesity Medicine & Diabetes Institute Program Appointments:

1. Virtual or in-person intake visit with the OMDI internal medicine physician and medicine assistant – Entry and first visit into the Medical Weight Management Program.
2. Trailblazing Change Module (8 weeks) Group Medical Visits (GMV) via Zoom.
3. Medications and Bariatric Surgery for Obesity Management GMV via Zoom.
4. After point 3, you will be required to e-mail us at [bariatric@medweight.ca](mailto:bariatric@medweight.ca) to add your name to the Bariatric Stream if you are interested and / or working towards MSP-covered bariatric surgery. **This does not mean you are automatically registered or on the waitlist for the 8 week Bariatric Preparedness Course.** See the next point.
5. A) Bariatric Surgery Education Module GMV (4 weeks) virtually via Zoom. During this 4 week module you will be provided a Bariatric Preparedness Course Information Sheet to read and review. If you have completed this 4 week module and confirmed that you had read and understood the Bariatric Preparedness Course Information sheet and certain about pursuing bariatric surgery with referral to the Richmond Metabolic and Bariatric Surgery Program, you will need to email [bariatric@medweight.ca](mailto:bariatric@medweight.ca) that you want to attend and complete the 8 week Bariatric Preparedness Course. You will be put on a waitlist for the next available offering.  
  
B) Bariatric Surgery Preparedness Course GMV (8 weeks) virtually via Zoom. At the end of this course, if you receive lifestyle and nutrition clearance by the registered dietitian, you will be booked in for a bariatric medical review. See point 9. If you do not receive clearance from the nutrition perspective, a follow-up plan with our team will be developed as you continue to work towards the requirements for pursuing bariatric surgery.
6. Mental Health: You need to complete one of our 8 week cognitive behaviour therapy based programs such as Living Life To The Full Course, Stress Management and/or Mindfulness Course virtually offered via Zoom.

7. Obstructive Sleep Apnea Assessment and Follow-up as needed.  
Our team will ensure you have been assessed for sleep apnea and you don't require treatment. If you require treatment, or are currently on treatment [using CPAP/BiPAP or other apparatus nightly], you will need to provide us with a compliance report demonstrating at least 80% compliance.
8. Abdominal ultrasound: if you have not had one in the last one year, this will be booked for you by our team.
9. Virtual Bariatric Referral Consult with OMDI internal medicine physician and medicine assistant: bariatric medical review and possible Bariatric Referral if all criteria met.
10. The OMDI physician may request a physical exam follow-up appointment to be done **in person** in the clinic. Once the appointment is booked our in-person COVID-19 protocol will be discussed.

(A baseline Bone Mineral Density scan will need to be organized by your family doctor or our physicians as bariatric surgery is a malabsorptive-related gastrointestinal surgery and puts you at high risk for Osteopenia/Osteoporosis (>20% 10 year fracture risk).

Once Nutrition and Lifestyle Clearance and Medical Clearance is received by the dietitian and doctor, a Referral package is created to send to the Richmond Metabolic and Bariatric Surgery Program (RMBS Program).

***\*If you do not hear from the RMBS Program within 3-4 weeks please follow-up with us either by e-mail at [bariatric@medweight.ca](mailto:bariatric@medweight.ca) or by calling 604-777-5500 so we can check into the status of your referral.***

**\*Please note:** Being referred to the Richmond Metabolic and Bariatric Surgery Program (RMBS) does not automatically guarantee that you will undergo bariatric surgery. The RMBS healthcare team and bariatric surgeon will review your file and further assess if bariatric surgery is a safe and effective treatment for the management of your obesity, **and they will make the final decision regarding this.**

**Bariatric Consult Appointment:** If you are unsure if you meet the eligibility criteria for bariatric surgery we will need to book a virtual bariatric surgery consult appointment for you. This appointment is a consultation to investigate and discuss if bariatric surgery is a treatment option for your obesity management. **This does not mean** you are being medically cleared for bariatric surgery as the medical clearance is a separate appointment with an internal medicine doctor where a bariatric referral may be created if you are medically cleared and sent to the Richmond Metabolic and Bariatric Surgery Program.

## Richmond Metabolic and Bariatric Surgery (RMBS) Program:

### Metabolic and Bariatric Surgical Procedures:

There are four types of bariatric surgeries performed at Richmond Metabolic and Bariatric Surgery Clinic. These are the vertical sleeve gastrectomy (VSG), the roux-en-y gastric bypass (RNYGB), the single anastomosis duodeno-ileal bypass with sleeve gastrectomy (SADI-S) and biliopancreatic diversion-duodenal switch (BDP/DS). They do not offer lap bands or other types of surgeries. Please refer to the Richmond Metabolic and Bariatric surgery website for more information regarding each of these surgeries at <https://www.vch.ca/en/service/metabolic-bariatric-surgery>.

The Richmond Program requests patients keep an open mind to the different surgical options so the surgeons can discuss the best option for you in terms of associated medical conditions, weight, age, and expected weight loss for example.

Patient interested in the SADI-S or BPD-DS will follow a different pathway as they may potentially be screened and optimized preoperatively by one of the RMBS Endocrinologists as these are more significant malabsorptive procedures. There is also close follow up by the Endocrinologists postoperatively.

The SADI-S is often performed in one stage while the BPD-DS is often performed in 2 stages with the 2<sup>nd</sup> stage performed at approximately 12-18 months after the sleeve gastrectomy.

Please note: referrals for patients seeking revision of sleeve gastrectomy/conversion to SADI or BPD-DS for weight regain would have to be reviewed by our bariatric surgeons to determine eligibility.

The RMBS Program is selective with patients pursuing this route such as higher BMI, so people with higher weights and larger bodies, were more significant impact on their health and medical conditions.

There are also some differences in nutrition requirements for nutrition clearance from the RMBS program dietitians for both the SADI-S and BPD-DS compared to the VSG and RNYGB due to the higher daily protein and supplement requirements after the SADI-S and BPD-DS.

**\*Please read, review and be aware of the RMBS clinic's Patient Commitment – Acceptance of Expectations as outlined in the RMBS Manual.** The Manual can be found on the RMBS web page <https://www.vch.ca/en/location-service/metabolic-bariatric-surgery-richmond-hospital>

## **Richmond Metabolic and Bariatric Surgery (RMBS) Program Appointments:**

1. RMBS Program Orientation in group setting (about 2.5 hours virtual via Zoom)
2. Medical Review with registered nurse (virtual, in clinic, or by phone) (30-45 mins)
3. Dietitian appointment(s). Number of visits depends on patient needs (food journal review, goal setting, pre-operative teaching is provided, and pre-op diet, virtual, in clinic, or by phone)
4. Bariatric Surgeon consult appointment (virtual or by phone)
5. Gastrointestinal scope
6. Hospital pre-admission appointment with anesthetist (Richmond Hospital appointment with RN and Anesthetist at the Pre-Admission Clinic or virtually. There will be some preoperative tests such as, blood work, chest x-ray and ECG that will need to be completed at Richmond Hospital screening unit, pre-op tests complete) (in-person at the Richmond Hospital, 2-3 hours)
7. Pre-op Weigh-in and Post-Bariatric Nutrition appointment (this is your last appointment before surgery where the dietitian will go over your vitamin and mineral supplements, post-surgery diet progression virtually in group setting via Zoom)
8. Pre-operative Diet 2-3 weeks (as per dietitian's order) prior to surgery.
9. Surgery (1-2 days hospital stay)
10. Recovery (on average most people return to work within 4-6 weeks)
11. Post-bariatric appointment 1 week after your surgery with registered nurse (virtual or by phone)
12. Post-bariatric appointment 3 weeks after your surgery with surgeon (virtual or by phone)
13. Post-bariatric appointment 6 weeks after your surgery with dietitian (virtual or by phone)
14. Post-bariatric appointment 12 weeks / 3 months after surgery with dietitian (virtual or by phone)
15. Post-bariatric appointment 24 weeks / 6 months after surgery with dietitian (virtual or by phone)

At your 6 month post-bariatric surgery appointment with the Richmond Bariatric Dietitian you will either be discharged back to our care at the OMDI MWM Program for your 1 year post-bariatric visit or if you have had complications post-surgery, have a gastric bypass procedure, or if they feel you need more monitoring and their care, the RMBS Program will continue to follow you and provide your post-op bariatric care till they feel you are ready to be discharged back to our care.

In summary, the RMBS Program will connect with you at 1 week, 3 weeks, 6 weeks, 3 months and 6 months after your bariatric surgery. If everything is going well at your 6 month Bariatric Dietitian appointment they may discharge you back to OMDI MWM Program for your 1 year post-bariatric follow-up **which then becomes preferably every 6 months** or yearly medical appointments with OMDI physician and obesity medicine assistant.

If you do not hear from Richmond Metabolic and Bariatric Surgery Program at all for your scheduled post-bariatric appointments as noted above, **please contact them directly**. If you still do not hear from them, please let us know as we can follow-up with them.

Remember you are still a patient in the OMDI MWM Program and we run our post-bariatric support group medical visits once per month so check the calendar and you are encouraged to continue to attend our program.

Also, members of the RMBS Program are there for you and they provide you their contact information so if you have any problems or issues, please reach out to them.

After your first year post-bariatric surgery, your appointments at OMDI MWM program occur every 6 months. That said, if you have a medical issue or you are struggling, you can book in with one of our medical doctors sooner.

The post-bariatric appointments are often with an Internal Medicine Doctor and a medicine assistant.

If you feel you need to come in between those times because you have an issue or have not taken your nutritional supplement for a couple months, please contact the office to book an appointment or please make note of it on your progress check when you come in for a post-bariatric support group medical visit.

**Emergencies:** If you experience any emergencies related to your stomach/bariatric surgery please go directly to Richmond Hospital Emergency department as they know how best to provide care to those who have undergone bariatric surgery. If you live outside the lower mainland, please go to your local emergency department and inform them of the type of bariatric surgery performed and name of your bariatric surgeon.

**Dietitian appointments:** If you want to see Carla Obando for a post-bariatric nutrition consult/follow-up, services are not covered by MSP. Cost to all patients is \$150.00 per hour for initial consult and \$100.00 for 45 mins follow-up.

**Private Bariatric Surgery / Medical Tourism:** While we understand the waitlist is lengthy in Canada, we do not encourage or recommend medical tourism. However, if you decide on your own volition to go for private bariatric surgery / medical tourism while attending our program, please let us know so we can update your medical chart.