**Bariatric Surgery: pre- and post- needs**

Bio

My name is Kelly Parker, MSN, RN, ARNP. I have been a nurse for 28 years. Much of my nursing experience has been OB, Women’s Health, pediatrics, and nursing education. I completed my master’s degree in nursing in 2004. I am certified as a women’s health nurse practitioner.

I had bariatric surgery in December 2018. I chose bariatric surgery because I had so much knee pain that it was quite difficult for me to get around. Every doctor that I went to for the knee pain would talk to me about weight loss, but weight loss was not working. I attended one of the information sessions and scheduled my first visit to the surgeon office. It took from June 2018 to December 2018 to get scheduled for surgery. Since losing the weight I have participated in multiple walk-a-thons. I learned a lot from the counseling with the dieticians that was required before the surgery.

Objectives:

1. Name qualifications an adult patient will need to meet to qualify for bariatric surgery.
2. Name qualifications for an adolescent patient.
3. List the benefits of having weight loss surgery
4. Describe the average weight loss expectation
5. Describe what primary care providers should have documented in records being sent to bariatric centers
6. Explain the three main bariatric procedures used in the central Florida area.
7. Recognize the safety steps needed for medication administration following bariatric surgery.
8. Name medications that should be avoided after bariatric surgery
9. Recognize the lab values that should be monitored in bariatric patients.