



Assessment of Education Effects on Patient Involvement and Bariatric Treatment Outcome: An observational study

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Abstract:

As a result of the growing number of people with obesity, the popularity of bariatric surgery has been systematically increasing. It has not yet been explored whether individual education of the patient can contribute to long-term success in weight reduction after bariatric treatment. The study aimed to implement and compare the effects of different education methods, versus receiving one-time written information in the form of a guide book, on patient involvement in abiding by lifestyle recommendations after LSG bariatric treatment.

The study included 160 patients with morbid obesity. The education session study participants were 100 patients after sleeve gastrectomy, with whom three education sessions were planned, and who were enrolled in the study. The control group consisted of 60 patients who underwent sleeve gastrectomy, and before discharge from the department, they received one-time written recommendations in the form of a guide book.

We confirmed that the three education sessions we conducted with the study group after LSG had a significant impact on weight loss. The control group, which received only written information, achieved weight loss and abided by the written recommendations, however to a lesser extent than the study group. The difference was evident particularly in motivation to adhere to recommendations and check-ups, which was significantly lower ($p < 0.001$) after a year of observation in the control group.

This study results should encourage the establishment of education as a permanent element of the LSG procedure.

Biography:

Jolanta Lewko is a registered nurse, senior researcher and lecturer at the Medical University of Białystok, Poland in Department of Integrated Medical Care. She participated in projects sponsored by the European Union like: Geriatric Assessment Technology Training Project, European research



project to devise a hospital admission casemix system for elderly patients and European research project "Toward Active Old Age". Dr Jolanta Lewko has published at national and international journals and also presented at national and international conferences and symposia in nursing and multidisciplinary fields. She is a reviver in nursing and medical journals.

Recent Publications:

1. WHO. FactSheet. 311. Geneva, Switzerland: World Health Organization; 2015. Obesity and overweight. <http://www.who.int/mediacentre/factsheets/fs311/en/>
2. Khorgami Z., Shoar S, Andalib A, et al. Trends in utilization of bariatric surgery, 2010-2014: sleeve gastrectomy dominates. *SurgObesRelatDis.* 2017; Jan 25. PII: S1550-7289 (17) 30045-X.
3. Sierlantowicz R, Lewko J, Trochimowicz L, et al. Effectiveness of bariatric procedures based on selected laboratory parameters of patients from rural areas in Polish population. *AdvClinExp Med.* 2017; 26(4):679-686
4. Jolanta Lewko et al; The Impact of an Individual Educational Program on the Quality of Life and Severity of Symptoms of Patients with Irritable Bowel Syndrome, 2020 Jun 13.
5. Jolanta Lewko et al; Assessment of education effects on patient involvement and bariatric treatment outcome: an observational study, 2019 Oct 17.

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