

14-15th
August 2014

Melbourne - BellCity
215 Bell St, Preston Vic,
Australia, 3072

PLUS
1/2 day

1-5pm. Pre-Conference
Movement Workshop
13th August 2014
Christine Colavitti P/T
& Julie MacRae O/T



<http://www.ausbig.com.au/events/ausbig-seminars/national-ausbig-conference>



Australasian
Bariatric
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1st National Conference on the
Physical Management and Care of the Obese 2014
"Strengthening the Bariatric Communication across Health & Emergency Services"

Demystifying the complexities of communicating with the bariatric client

Janet Hope Director AusBIG
Resource/Meetings/Education/Networking/Support

AAMHP Workshop May 27th 2014

AIM

- ▶ To improve the health care professional's communication with bariatric clients through providing insightfulness into their complex lives.
- ▶ To result in improved client compliance with their medical & physical management.

Learning Outcomes

- ▶ Show more sensitivity to your bariatric client when assessing /interviewing
- ▶ Identify opportunities to build rapport with your bariatric client
- ▶ Demonstrate an understanding of your bariatric client's situation to gain their confidence
- ▶ Explain how the change in communication improves compliance in your bariatric client

Overview

- ▶ This interactive workshop will provide participants with an insight into the 'the ugly, the bad and the good' ways used to communicate with the bariatric (obese) client.
- ▶ Adopt the R-E-S-P-E-C-T Model
- ▶ Learn how to identify the blocks preventing the client's compliance.
- ▶ Take a look at Motivational Communications

Our Group Today

- ▶ Nurses
- ▶ OTs
- ▶ PTs
- ▶ OH&S
- ▶ Management
- ▶ Community
- ▶ Aged Care – residential / nursing home
- ▶ Other
- ▶ How many of you have managed a bariatric person?
- ▶ How many of you managed an immobile B. Person?
- ▶ How many felt that the management/care could have been improved?



My 1st Case



Reduced mobility
and a recluse
Preparation was
challenging



Form 8 groups



Use pens and butchers paper

Exercise

Identify Personal Attitudes



Do you have a weight bias?

Are you comfortable with the obese?

Are you sensitive to their requirements?

Do you treat the individual or only the condition?



Today Tonight Channel 7

Definitions

OBESITY

- ▶ A condition of abnormal or excessive fat accumulation in adipose tissue, to the extent that health may be impaired
WHO, 1998

BARIATRIC

- ▶ Origin: G. “baros”, weight/heavy, + “iatics”, medical treatment
- ▶ The term *Bariatric* is widely used now, it is less offensive than *FAT* or *OBESE*

BARIATRIC PATIENT DEFINITION

- ▶ “One who is too large to fit the standard equipment” (basic but we need more)

Exercise

Defining the Bariatric Patient /Client/ Resident



In your groups write down
your best bariatric pt
definition

Definition of the Bariatric Person

- ▶ How many of you have in your facility, a definition to identify your bariatric clients/residents?
- ▶ Who uses a general flag system in their facility?
- ▶ Who has a flag for *bariatric clients/residents*?

Share your group Bariatric definitions

The bariatric person



29 years old – died
after bariatric surgery
400+kg



Exercise

List the daily challenges
of the obese



What are their challenges?

Exercise

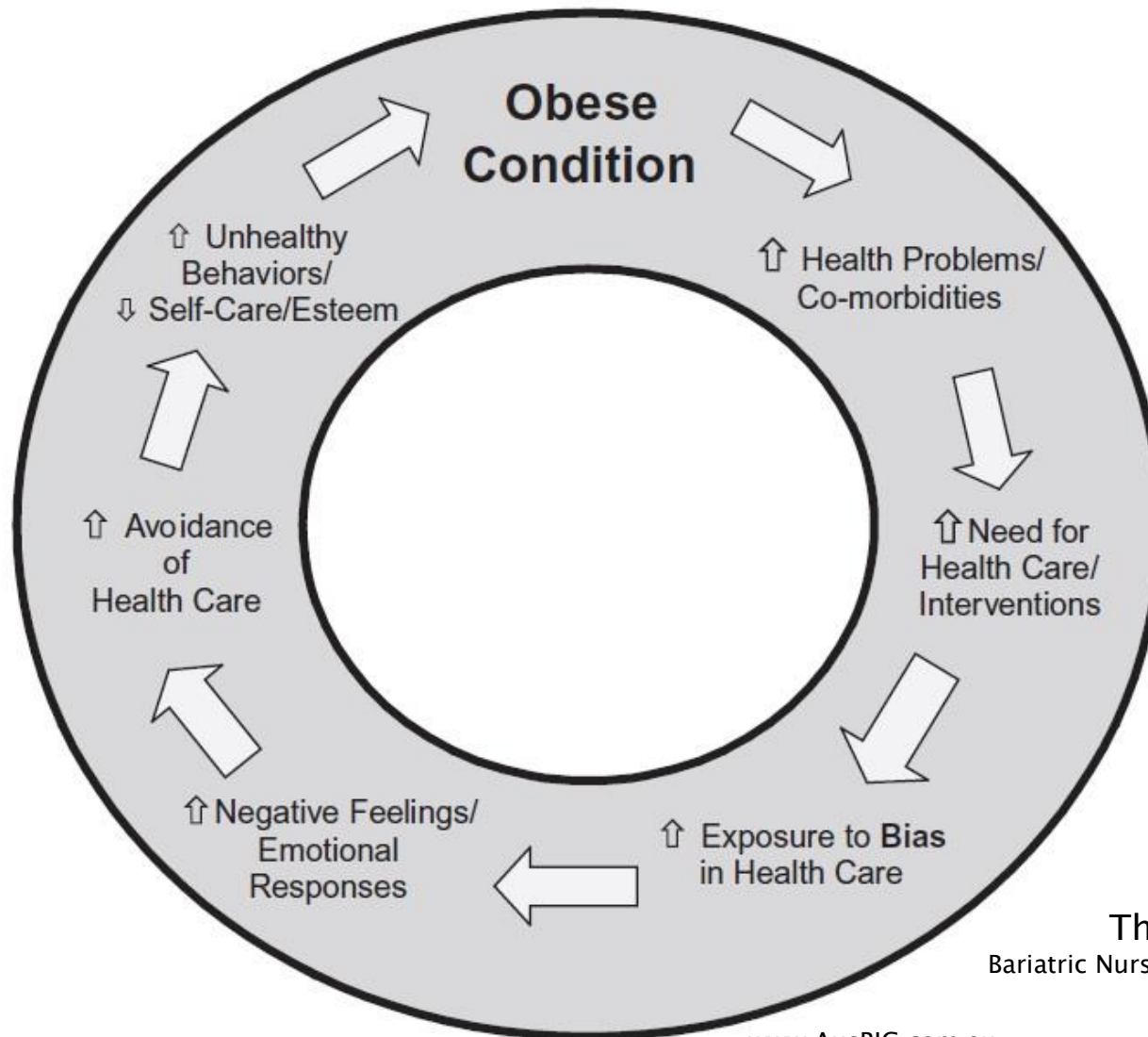
Role Play

»» Staff
Client
Observers

Your feedback



A potentially vicious cycle



The Respect Model
Bariatric Nursing, vol. 3, no. 1, 2008

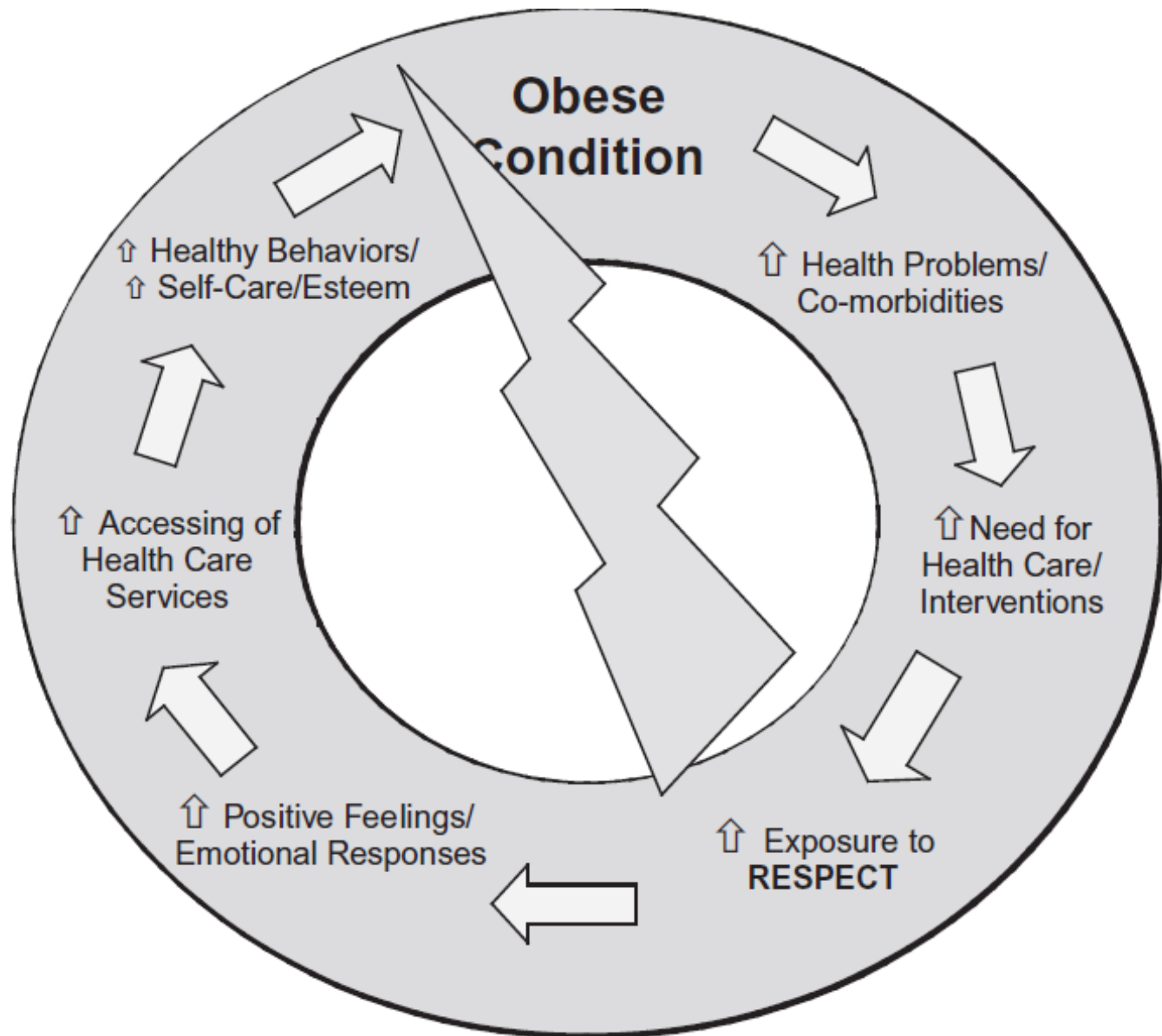
Have R-E-S-P-E-C-T

- ▶ Rapport
- ▶ Environment/Equipment
- ▶ Safety
- ▶ Privacy
- ▶ Encouragement
- ▶ Caring/Compassion
- ▶ Tact

The key to providing quality, patient/family centred sensitive care

Bariatric Nursing & Surgical Patient Care Vol. 3 no. 1 2008

Breaking the Vicious Cycle with RESPECT



Have a Little R-e-s-p-e-c-t



The key to providing quality,
patient/family centred
sensitive care

Motivational Communications



5 General Principles

1. Express empathy
2. Develop discrepancy
3. Avoid argumentation
4. Roll with resistance
5. Support independence

Motivational Interviewing Tips

- ▶ Listen to understand, not to respond with what you need to tell them!!
- ▶ Use open ending questions
- ▶ Use affirmations
- ▶ Let them talk 70% of the time and you only 30 %
- ▶ Make the patient the expert! NOT you
- ▶ You have to be collaborative
- ▶ Be empathetic
- ▶ Create ambivalence.
- ▶ Wait for the right time to use the pts own words to demonstrate what you want to get across
- ▶ They know what they want and what they can do.

www.motivationalinterview.org/clinical/whatismi.html

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Strategies for Evoking Change Talk

- ▶ Ask Evocative Questions:
 - Ask an open question, the answer to which is likely to be change talk.
- ▶ Explore Decisional Balance:
 - Ask for the pros and cons of both changing and staying the same.
- ▶ Good Things/Not-So-Good Things:
 - Ask about the positives and negatives of the target behaviour.

- ▶ Ask for more details:
 - “In what ways?” “Tell me more?” “What does that look like?”
“When was the last time that happened?”
- ▶ Look Back:
 - . How were things better, different back then?
- ▶ Look Forward:
 - Ask what may happen if things continue as they are AND if you were 100% successful in making the changes you want, what would be different?
- ▶ Query Extremes:
 - What are the worst things that might happen if you don't make this change? What are the best things that might happen if you do make this change?

▶ Use Change Rulers:

- Ask: “On a scale from 1 to 10, how important is it to you to change [the specific target behaviour] *Follow up*: “And why are you at _and not _ [a lower number than stated]?” you could also ask “How confident are that you could make the change if you decided to do it?”

▶ Explore Goals and Values:

- What do they want in life? Ask how the continuation of target behaviour fits in with the person’s goals or values.

▶ Come Alongside:

- Openly side with the negative (status quo) side. You can say “Perhaps _is so important to you that you won’t give it up, no matter what the cost.”

Listen to Understand NOT Respond



www.motivationalinterview.org



Exercise

Role Play

»» Staff
Client
Observers

References

- ▶ The Organisation for Economic Co-operation and Development 's annual *Health at a Glance* report issued last November 21st 2013 recorded Australia at.
- ▶ Bariatric Nursing & Surgical Patient Care Vol. 3 no. 1 2008
- ▶ www.motivationalinterview.org
- ▶ Today Tonight Channel 7

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QUESTIONS