



NORTH SHORE
MEDICAL CENTER

Surgical Weight Management Program

Information Packet

NSMC Salem Hospital
81 Highland Avenue
Salem, MA 01970
nsmcweightloss@partners.org
978-825-6505

Surgical Weight Management Program



NORTH SHORE
MEDICAL CENTER

Weight Management Assessment Team

Michelle McShane, Program Administrator

Phone: 978-825-6505

Elaine Leclerc, Program Administrative Assistant

Fax: 978-825-6585

MGH General Division of Community Surgery

104 Endicott St., Suite 200, Danvers, MA 01923

MGH Referral and Registration Center

Phone: **978-882-6868**

Fax: 978-882-6833

Phone: 1-866-211-6588

Jaime A. Rivera, M.D., FACS

Surgical Medical Director

Phone: 978-882-6819

Nari Sabeti, M.D.

Phone: 978-882-6868

Heart and Wellness Center

NSMC Union Hospital

500 Lynnfield St., Lynn, MA 01902

Phone: **781-477-3900**

Fax: 781-596-8423

Anne Stanton, NP

Marianne Hefferin, RD

Theresa Davis, RD C.D.E.

Melinda Vaturro, RD

Neurodevelopmental Center

MassGeneral *for* Children @NSMC

57 Highland Avenue, 2nd floor

Salem, MA 01970

Phone: **978-354-2705**

Fax: 978-740-4960

Ryan Garrity, Ph.D.

Julia Morgan, Ph.D.

Shalini Bhalla, PsyD

Statement of responsibilities of the bariatric patient

The Surgical Weight Management Program team will provide you with the best behavioral, nutritional, surgical and medical care available. Our professional staff is dedicated to your success and ensures your privacy. In return, we expect our patients and their families to fully participate in this process. We ask that you, your family and significant others carefully review the following items. Please note that failure to comply may lead to failure of weight loss, serious complications or even death.

1. Cooperate fully with the bariatric team. Do not miss any appointments, lab tests or studies.
2. **Understand that three missed preoperative appointments will imply a lack of commitment to the program and may significantly delay your evaluation or may eliminate you as a candidate from this program.**
3. Cancel appointments at least 48 hours before the scheduled appointment date. All cancellations made less than 48 hours prior to appointment date will count as a missed appointment.
4. Be considerate of the bariatric surgery team, as well as hospital personnel and hospital property.
5. Be responsible for providing accurate and complete information about all present complaints, past illnesses (cancer, HIV), hospitalizations and medications.
6. Read all material provided and be responsible for asking questions when something is not understood.
7. Do not sign the informed consent before surgery without being fully satisfied that all the risks, benefits, complications and options have been given to you and fully understood by you.
8. Seek and work faithfully with any recommended psychiatric or behavioral treatments.
9. Report perceived risks, complaints or problems in your health care and unexpected changes in your physical condition as early as possible.
10. Be honest and fully open with our team if there are any problems, even embarrassing ones, that may hinder your ability to be a fully involved partner.
11. Follow the care, service, safety and treatment plans developed for your care and express any concerns regarding potential barriers in following them.
12. Take all recommended supplements, nutritional as well as vitamins and minerals and medications. Do not stop taking them without consulting your bariatric surgeon.
13. Accept responsibility for the specific outcomes if you do not follow the care, service or treatment plan.
14. Attend all follow-up visits as agreed upon.
15. Accept responsibility for promptly meeting any financial obligations for services rendered on your behalf by the members of our team.



Surgical Weight Management Program

Guidelines for Body Mass Index

Height (inches)	Normal										Overweight										Obese										Extreme Obesity									
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54				
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258				
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267				
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276				
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285				
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295				
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304				
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314				
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324				
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334				
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344				
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354				
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365				
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376				
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386				
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397				
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408				
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420				
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431				
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443				

Source: Adapted from Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report.

Criteria for Surgery

- Candidates should be approximately 100 pounds' overweight, as determined by weight tables (see previous page), with a BMI > 40. Candidates with a BMI between 35 – 40 with other medical conditions, such as diabetes, hypertension, heart disease and sleep apnea, may also qualify.
- Obesity has persisted for at least 2 years.
- Multiple medical weight loss attempts in past 2 years.
- Age is between 18 – 64. Candidates who are 65 or older are evaluated on a case-by-case basis.
- No untreated metabolic cause for obesity, such as thyroid or adrenal disorders.
- No psychological or medical problems that would limit surgical success (candidates with inpatient psychiatric admission within the past two years will be discussed on a case-by-case basis).
- The candidate should not be drug, alcohol or tobacco dependent.
- If candidate is a current smoker, must agree to quit and must be smoke free for a minimum of three months prior to surgery.
- If candidate has history of substance abuse, must be substance-free for a minimum of two years.
- Candidates must understand that the surgical operation is only part of the total treatment for his/her obesity and must commit to long-range lifestyle change and follow-up.
- The candidate cannot be pregnant and must be willing to postpone pregnancy for one to two years after surgery.
- The candidate must be willing to complete a pre-operative evaluation with the surgeon, Heart and Wellness Center, and a psychologist.
- The candidate must attend at least one support group prior to surgery.
- The candidate must be willing to complete a four-week pre-operative and a six-week post-operative program at the Heart and Wellness Center.

Calling Your Health Plan

Your objective is to collect information from your insurer to determine what your plan of action will be to prepare for weight loss surgery.

Your Call

- ❖ When you get through to a service representative at your health plan, record the name of the person you speak with. Record the date and time of conversation and obtain a confirmation number. Take good notes.
- ❖ Ask your insurer what policy they have on specific surgeries (Gastric Bypass, Sleeve Gastrectomy, Lap Band). They may ask for a procedure code (CPT code): Gastric Bypass 43644, Sleeve Gastrectomy 43775, and Lap Band 43770. Ask to have your criteria for bariatric surgery sent to you.
 - Ask if surgery is covered at NSMC.
 - Ask specifically what they cover/ how much they cover (coverage varies immensely depending upon your specific plan with your provider.)
 - **It is important to determine if NSMC is in network or out of network.**
 - Inquire about deductibles and any additional out-of-pocket costs.
 - Ask what are the prior authorization criteria for covering weight loss surgery. For example, does your plan require a medically supervised weight program for 3-6 months in year prior to surgery? **Ask for the written policy or where it is available online to review.**
- ❖ Find out what types of expenses your health plan will reimburse. You may be responsible for paying copayments for all visits to clinicians, including dietitians, registered nurses and psychologists.
- ❖ Confirm referral requirements. Are you able to schedule an appointment with a dietician and a psychologist yourself directly or do you need to be referred to them by your primary care physician? Also, confirm whether you need a formal referral from the primary care physician to see a specific bariatric surgeon.
- ❖ Before hanging up, make sure you've recorded all the information above on paper and asked for clarification on any questions you had.

Financial Access Unit

Phone: 617- 726-3884

(Insurance questions related to cost of surgery and to change or update insurance)

Appointments

Surgeon

You will meet with your surgeon to discuss the surgery and have him answer all your questions. Please make sure you have obtained the necessary referrals from your primary care physician prior to this appointment. Your insurer can explain what is required of you and what your co-pay will be.

After an exam and evaluation, the surgeon will make the initial determination if you are an appropriate candidate for the procedure. Additional testing and a referral to a specialist may be needed before making a final decision, which will be based on the surgeon's expert knowledge of the procedure as well as what will be in your best interest for your health. If the surgeon feels you would not benefit from surgery, or if this is not a good time to proceed with this surgery, please feel free to call the administrator at 978-825-6505 to discuss other weight loss options available to you at North Shore Medical Center.

Heart and Wellness Center

At the Heart and Wellness Center you will have a comprehensive medical and nutritional evaluation. Each appointment lasts one hour. You will need to obtain the referrals necessary for these evaluations. Co-payments will also be your responsibility at each individual appointment. Billing for this will be reviewed in detail at your initial evaluation. Both the pre-operative bariatric educational program and post-operative program are held at the Heart and Wellness Center.

⇒ The pre-operative and follow-up program is required of ALL our surgical patients, and your participation must be agreed upon prior to your acceptance into the program.

Psychological Evaluation

During this appointment, you will undergo psychological testing and evaluation. Insurance covers this appointment in most cases. If your insurance does not cover this, there will be a charge to you. This charge will be explained in detail when you call to schedule the appointment.

This psychological evaluation is an important tool when putting together a program specifically for your needs. It is also required by your insurer.

An additional session to discuss the results of the evaluation may be required. Please note that this appointment takes between two and three hours.

Support Group

Attendance in at least one support group is required prior to surgery. These sessions involve a mix of pre-operative and post-operative patients. You do need to [pre-register](#) for these groups. Please see the schedule so you can plan. Family members and friends are welcome to attend with patients.

Virtual Support Group Schedule 2020

4th Monday of the month (dates below)

5:30p.m. - 6:30 p.m.

NSMC Salem Hospital

81 Highland Ave, Salem, MA

Virtual Meetings

You do need to pre-register. Register in advance for the next meeting:

https://nsmc.partners.org/weight_management/support_groups.

After registering, you will receive a confirmation email containing information about joining the meeting.

Please email nsmcweightloss@partners.org or call 978-825-6505 with any questions

General Support Group

January 27, 2020

July 27, 2020

February 24, 2020

August 24, 2020

~~March 23, 2020~~

September 28, 2020

~~April 27, 2020~~

October 26, 2020

May 14, 2020***

November 23, 2020

June 22, 2020

December 2020 – **TBD**

***** May 14 Support Group is Thursday *****

Advisory please call 978-825-6505

Cancellations and information please call 978-825-6505

Surgical Data and Insurer Pre-approval

Surgical Weight Management Program



All insurers require that we obtain pre-approval for the surgical procedure and prior authorization for your admission to the hospital. Each insurance company has different guidelines, so you may be asked for help in obtaining documentation to speed up this process. We will submit all necessary information along with a letter requesting the surgery to your insurer. We will also schedule your surgery date.

This is a good time for you to prepare for your surgery. If you are a smoker or user of tobacco, we ask you to seek help in quitting. If you are in an exercise program, please continue. If not, ask your medical doctor if you may begin. These two things will make your recovery from surgery faster, safer and ultimately you will be healthier for it. We do require that you are smoke, drug and alcohol free prior to your surgery.

Your surgeon's office will also contact you to:

- Schedule an appointment with the blood bank for donation of your blood if you request it.
- Confirm your surgical date.
- Schedule your final pre-op visit with surgeon.
- Schedule your pre-admission testing appointment at NSMC Salem Hospital.
- Arrange any further pre-operative testing that your surgeon requires.

Pre-admission testing

You will be notified of your appointment with our pre-admission testing department. At this time, you will meet with our surgical nursing staff, who will review with you how to prepare for your surgery. You will also meet with someone from our anesthesiology department who will review your medical record and determine the best anesthesia plan and method of pain management for you. You will be asked to sign consent for anesthesia and consent for transfusion. If you have any questions, be sure and ask them.

Once you have completed these appointments, you are ready for surgery.

Please remember that we are all here to help you. We are available to answer any questions that you may have. You can easily reach us by calling the administrator at 978-825-6505. The administrator will answer your question or will direct you to the member of the team who can best answer your question.

Agreement to Participate in Post-Operative Follow-up Care

❖ **Surgeon/follow-up visit**

When you receive your surgery date, you will also be asked to schedule the initial post-operative appointment with your surgeon. Below is the schedule for follow-up visits with your surgeon:

- 1-week post-surgery
- 6 weeks' post-surgery
- 12 months' post-surgery * and annual visits thereafter

❖ **Initial post-operative evaluation at Heart and Wellness**

Your initial post-operative evaluation with a nurse clinician, and registered dietitian from the Heart and Wellness Center will take place three weeks after surgery. We will ask you to set this appointment up as soon as you receive your surgery date (this appointment is required before you begin the post-operative program.) Below is the schedule for Heart and Wellness appointments post-surgery:

- 2- and 3-weeks' post-surgery
- 8 weeks' post-surgery
- 3 months' post-surgery *
- 5-6 months' post-surgery
- 8 months' post-surgery *
- 10 months' post-surgery
- 12 months' post-surgery
- 15-18 months and annual visits thereafter

❖ **Comprehensive Post-Operative Program**

Once cleared by your surgeon, you will begin a comprehensive post-operative program. This will consist of weekly hour sessions that include nutrition counseling, education in stress management, exercise and relaxation for long-term behavior changes.

*Lab work to be completed 1 week prior to these appointments.

❖ **Nutrition/Medical/Follow-up Care**

After completion of the post-operative program, you will have appointments with a dietitian and R.N. /N.P. from Heart and Wellness. These will be scheduled as needed until your weight has stabilized (usually 18-24 months). Follow-up appointment will then happen once a year, for five years.

❖ **Post-Op Support Group**

After surgery, regular attendance at our monthly support group is strongly suggested and will increase long-term success. See Post-op support group schedule on page 13.

❖ **Psychological Care**

Initial pre-operative evaluation and testing will determine if post-operative care will be needed. Psychological services are always available.

⇒ Please be aware that after surgery, taking aspirin products and non-steroidal anti-inflammatory drugs (NSAIDS) will put you at greater risk for developing stomach and staple line ulcers. If you are taking any of these, talk with your primary care physician to find an alternative medicine to take when needed. Low-dose (81mg) enteric-coated aspirin is acceptable if prescribed by your doctor.

⇒ Please be aware that after weight loss surgery (gastric bypass, sleeve gastrectomy, and lap band), consumption of alcohol, cigarette smoking and/or use of "street" drugs, including, but not limited to, marijuana, cocaine, crack, etc. is dangerous to your health and puts you at an increased risk for staple line and gastric ulcerations and hemorrhages. Understand that pregnancy should be postponed until weight loss has stabilized (usually 24-36 months).

When accepted into the Surgical Weight Management Program at North Shore Medical Center, you agree to participate in the above plan of post-operative follow-up care and agree to follow through with all appointments. You have been informed of and understand the risks of the procedure (gastric bypass or gastric sleeve) as listed, dated and initialed on separate sheets in the intake questionnaire.

Pre-Operative Appointment Checklist

Please call our office 978-825-6505 or email nsmcweightloss@partners.org if you have any difficulty scheduling appointments. This is necessary to prevent delays in your progress through the program.

1. **Information Session** _____

2. **Heart and Wellness (NP and RD) 781-477-3900**

_____ **Nurse Practitioner (NP) Evaluation** (may require additional visits)

Medical Tests

_____ * **Lab Work**, including EKG (**You must fast for 12 hours beforehand.**)

This should be completed within 2 weeks after your initial NP appointment.

_____ UGI series (if necessary) 978-354-4900

_____ Sleep Apnea consult / sleep study 978-745-4489

_____ Stress Test (if necessary) 978-354-4900

_____ **Nutrition Evaluation (RD)** (may require additional visits)

3. _____ **Psychology Evaluation** (may require additional visits) 978-354-2705

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NOTE: Upon completion of steps 1-3, please contact the coordinator 978-825-6505 to discuss enrollment into a pre-op program.

4. **Initial visit with surgeon:**

_____ **Dr. Jaime Rivera / Dr. Nari Sabeti 978-882-6868**

Complete this prior to your initial appointment with surgeon:

- Discussion with primary care physician regarding weight loss surgery
- Copies of your primary care physician's notes for past 2 years
- Notes from primary care physician confirming that thyroid and adrenal causes have been ruled out as a cause of obesity or are stable

_____ 5. **Pre -Op Support Group attendance** is MANDATORY (at least 1). See page 9 for calendar.

_____ 6. **Pre-Op bariatric educational program** is MANDATORY. This is a four-week program at Heart & Wellness. Additional visits with clinical team for clearance may be required - please check with coordinator after program is completed.

Once you have been medically cleared, maintained all program expectations (p.17) and have met your insurance criteria we will then set a date for surgery.

Post-Operative Appointment Checklist

- _____ 8. **Tentative surgery date scheduled.** (pending insurance approval)

- _____ 9. **Post-op appointment with surgeon** (7-10 days after surgery)

- _____ 10. **Post-op appointments with Heart and Wellness** (2 and 3 weeks after surgery)

- _____ 11. **Post-op appointment with primary care physician** (4 weeks after surgery)

- _____ 12. **Post-op program MANDATORY 781-477-3900**

- _____ 13. **Post-op support group attendance is MANDATORY**

- _____ 14. **Long-term individual follow-up with the Heart and Wellness Center**
 - _____ 8 weeks' post-surgery
 - _____ 3 months' post-surgery
 - _____ 5-6 months' post-surgery
 - _____ 8 months' post-surgery
 - _____ 10 months' post-surgery
 - _____ 12 months' post-surgery
 - _____ 15-18 months and annual visits thereafter **(5 years)**

What to Expect After You Leave the Hospital

- You should be able to stand, walk, and move about steadily without dizziness or lightheadedness. You should be up and walking often during the day. You should not have undue amounts of pain. We recommend you alternate periods of rest and activity. You should not sit for long periods in one position.
- You should be able to breathe comfortably without shortness of breath.
- You should not be coughing up sputum or blood.
- You should be able to drink fluids without constant nausea. Remember you have a new small stomach. You may have occasional episodes of nausea and vomiting while you are adjusting to your new stomach. This should pass in a few days. If you are unable to drink fluids without vomiting, you should call the doctor. You can expect to vomit if you "gulp" your fluids, if you drink fluids high in sugar, or drink more than your new stomach pouch can comfortably hold.
- You should be able to pass urine without difficulty. You should not have burning pain or bleeding when you pass urine. If you notice your urine becoming very dark, this is an indication you are not drinking enough fluids.
- You may have occasional gas pains until your bowel function returns to normal. Walking may help you pass this gas easier; your first few bowel movements may be liquid. This should resolve when your diet is more established. You will be taking vitamins with iron, so you should expect your stools to be darker than usual. If you become constipated the first month, you should call the doctor before you take any laxative.
- You may feel "blue." Our experience has shown that after surgery many people experience temporary depression. Remember, this is common after this surgery and it will pass. Try to continue to get outside to walk and to visit friends. Signs of depression include:
 - Persistent sad, anxious, or empty mood
 - Loss of interest or pleasure in previously enjoyed activities
 - Restless, irritability or excessive crying
 - Feelings of guilt, worthlessness, or helplessness
 - Sleeping too much or spending too much time in bed
 - Decreased energy
 - Difficulty concentrating, remembering or making decisions

Program Expectations

I recognize the benefits to my health and contract to do the following:

- A. I will treat the staff with respect.
- B. I will maintain an exercise routine that includes minimal aerobic activity.
- C. I will maintain a food journal, complete with measured amounts and detailed description of item(s) consumed. These will be turned into the dietitian at each appointment.
- D. I will maintain a structured meal plan that includes a variety of healthful choices with 3 meals and 2-3 snacks.
- E. I will wean off caffeinated beverages, soda, sport drinks, alcohol and fruit juice.
- F. I will lose weight in a safe, steady manner with the goal of losing weight gradually. (e.g. .5lb to 1.0 lbs /week).
- G. I will continue to maintain this weight loss, to remain under my initial NP evaluation weight.
- H. I will not miss any appointments. A missed appointment includes arriving late, late canceling (canceling less than 48hrs before an appointment) or no showing.
- I. **For patients who are participating in therapy:** I understand my compliance with psychotherapy is mandatory. Being compliant means keeping an open line of communication with my therapist, maintaining appointments and following through on the recommendations of my therapist. I understand it is expected that I will continue therapy up until and after surgery to help ensure my success after surgery.
- J. **For patients requiring CPAP:** I will demonstrate compliance with CPAP (70% usage = to a minimum of 4 hrs/night) and follow-up with my pulmonologist.
- K. **For patients with Diabetes Mellitus:** I understand the HG A1C must be < 9.0 at the time of surgery and I must be compliant with certified diabetes educators (CDE) if I am referred for appointments.

SURGICAL CLEARANCE:

I understand that I must be cleared for surgery by the team, I may require additional visits with the nurse, dietician or psychologist before I am cleared for surgery.

I will continue these lifestyle changes after completion of this program, up until and after surgery.

Recommended Reading

The Emotional First Aid Kit “A Practical Guide to Life After Bariatric Surgery”

Cynthia Alexander, PsyD This book is available online in various places. It is also available in Spanish.

General Information

asmbs.org
healthfinder.gov
nhlbi.nih.gov/health
americanheart.org

Exercise/Fitness

my.fitday.com
caloriesperhour.com
fitness.gov
acefitness.org
onlinefitnesslog.com

Nutrition

myfitnesspal.com
oldwayspt.org
eatingwell.com
cookinglight.com
eatright.org
diabeticlivingonline.com

Wellness

nmha.org
wellness.com
sleepfoundation.org
stress.org