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Role of surgery in the treatment of obesity

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Background: This compilation aimed to assess surgical treatment of obesity.

Materials & Methodology: Studies on obesity treatment were investigated and findings from these studies were included.

Findings: Obesity, very common throughout the world, is actually a treatable health problem. Obesity treatment primarily includes diet, exercise, behavioral change and pharmacological methods. Surgical methods are preferred when these methods are unsuccessful. Obesity surgery (Bariatrics surgery) was first implemented in 1950's and different surgical operation methods were defined. Today, bariatrics surgery methods, currently used across the globe are collected in two groups: restrictive interventions that limit calorie intake by shrinking stomach reservoir and malabsorptive interventions where the length of small intestines is reduced. Restrictive methods are vertical banded gastroplasty (VBG), adjustable gastric band (AGB), gastric balloon and sleeve gastrectomy; malabsorptive interventions are biliopancreatic diversion and biliopancreatic diversion with duodenal switch (BPD) and both restrictive and malabsorptive interventions are Roux-en-Y gastric bypass surgery (RYGB). It is reported that the most commonly used methods among the surgical treatment options are Roux-en-Y gastric bypass, adjustable gastric band and sleeve gastrectomy surgeries. Biliopancreatic diversion and biliopancreatic diversion with duodenal switch surgeries are usually conducted on the super obese group. One of the most significant criteria in bariatrics surgery for the patient is to have a Body Mass Index (BMI) over 40 kg/m² or between 35-40 kg/m² and no systemic disease that can hinder surgical intervention.

Outcome: While there are several treatment methods for obesity, surgical methods have come into prominence due to striking results obtained with these methods in weight loss in recent years. These methods continue to gain importance in the scientific area.

Biography

Filiz Kabu Hergül is currently pursuing Doctoral education at the Ege University since 2013. At the same time, she is also working as a Lecturer in the Nursing Department (Surgical Diseases of Nursing), Faculty of Health Science at Pamukkale University, Turkey. She has been working as a Clinician and Manager Nurse for the past 15 years.

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