

Calgary Adult Bariatric Surgery Clinic Newsletter



Announcements:

This month:

1. We're excited to welcome back RN/Case Manager Elizabeth (Liz) Ingham to the clinic.
2. RN/Case Manager Rachel Lacebal is transitioning to casual.

Important Information regarding COVID-19:

1. If you've been tested for COVID-19 and are awaiting your test results:
 - If you have symptoms, you must isolate until you have had confirmation of a negative test and your symptoms are no longer present.
 - If you have no symptoms AND you have **not** travelled outside of Canada within the last 14 days, you do not need to isolate.

Ref: <https://www.albertahealthservices.ca/topics/page17034.aspx>

2. Patients coming to the clinic for an appointment are required to follow all COVID-19 protocols including being screened for COVID-19 and wearing a mask while on site.
3. Per current Alberta Health Service public health guidelines, we recommend that all eligible patients receive [COVID-19 vaccination](#). Obesity and related comorbidities are independent risk factors for mortality in COVID-19 infection.
4. Bariatric surgeries that were postponed due to COVID-19 response are being rescheduled. If you were affected by this, please wait for your surgeons' office to contact you.

Clinic Operations:

1. All appointments with a Registered Nurse, Registered Dietitian, Psychologist or Social Worker are being done over the phone or by zoom and classes are being offered virtually. Due to professional college regulations, patients must be located in the province of Alberta to attend virtual appointments and participate in classes. If you will be out of the province during a scheduled appointment, call to reschedule.
2. Treat your virtual appointments including classes as if you are attending in person. Find a quiet place without others (for your privacy and the privacy of others). Eliminate all distractions and dedicate the scheduled time to the class/appointment. If you are unable to abide by these requirements your appointment or class will have to be rescheduled.
3. Prior to your initial appointment with a Registered Dietitian you must submit the fillable food records and have your blood work completed or your appointment will have to be rescheduled.
4. It is important for your dietitian to review your food record at your virtual (phone or zoom) appointment. If you keep a food record with paper and pencil, email a copy to your dietitian the day before your appointment. If you use an app for your food record, make sure your dietitian has access. If you have any questions about your food record connect with your dietitian directly.
5. We do not do reminder calls so make sure to add upcoming appointments to your calendar.

VOLUNTEERS NEEDED!

We are looking for volunteers to facilitate the Bariatric Peer Support Group.

The group is open to patients who are preparing for and who've already had bariatric surgery. This is a platform for patients to meet and discuss questions, concerns and everything in-between that comes with pre and post bariatric surgery. The group meets virtually once every month.

If you're interested in facilitating this group, please contact us at (403) 955-8088.

VIRTUAL CLASSES

A link to the class will be emailed to you 2 weeks before the class. If you do not receive the link, please call the clinic a few days before the class.

Call 403.955.8088 to register:

Improve Your Relationship with Food (Optional Class)

This 4 week virtual class will provide education and support to help you improve your relationship with food so you can better manage your weight. This group will be limited to participants who have attended the intake appointment as well as Nutrition Basics class and willing to make a commitment to attend all 4 sessions.

Session A: February 1, 8, 15 & 22; Tuesdays 5:00 to 7:00 pm

Session B: February 7, 14, 28 & March 7; Mondays 1:00 to 3:00 pm

Session C: February 18, 25, March 11 & 18; Fridays 10:00 am to 12:00 pm

9 Month Post Surgery Follow-up:

A group follow-up appointment offered to patients at around 9 months post-surgery.

Date/Time: Friday, February 25th from 10:00 am to 12:00 pm

Managing Changes in Body Image (Optional Class)

This class offers a chance to discuss changes in body image. It will also provide ideas on how to maintain a positive body image while on your weight management journey. This class is intended for post-surgery patients.

Date/Time: Wednesday, March 16th from 1:00 to 3:00 pm

Book Online:

Bariatric Peer Support Group (Optional)

This group focuses on support and is facilitated by peer volunteers. To register for this class, go to: <https://app.booking.ca/ahlpccalgarypub/index.asp>. If you don't have an account, create one by clicking on "Create Account" on the Home page. Once your account is created, click on "Register Now" also located on the Home page of the website. The class is called: CABSC Peer Support Group.

Registration for the class opens 4 weeks prior to each scheduled class.

Registration closes 2 business days before each class.

Date/Time: Tuesday, January 18th from 6:00 – 7:30 pm

Reminders:

Lab Work:

Alberta Precision Laboratories (Calgary Lab Services) typically books a few weeks out.

6 Month Post-op:

Blood work - Our medical lead recommends having your six month post-op blood work completed. If you have concerns, discuss this with your health care team at your upcoming appointment.

Education Modules:

We have updated the education modules on our website, calgarybariatric.ca. If you have feedback on any of the videos, especially the "Set Yourself up for Success" modules, or if you have suggestions for new education videos, please email Dr. Jo Telfer at: jo.telfer@ahs.ca

Being Prepared for Virtual Appointments:

Please have the following information available prior to the start of your appointment.

- 1) **Your Health Care Card & Photo ID.**
- 2) **Medication & Vitamin names & doses** to review with your clinician.
- 3) **Paper and pen or pencil** so you can write down the goals agreed upon with your clinician as well as other important information such as future appointment date and time.
- 4) **Your food record.**
- 5) **Have lab work completed if required.** Alberta Precision Laboratories is booking 4+ weeks out.
- 6) **12 Month Post Op appointments.** Fill out the screening tools found on www.calgarybariatric.ca; additional resources tab; screening tools section. Send in the completed screening tools prior to your appointment by mail, fax 403-476-9626 or email: cal.bar@ahs.ca.

Virtual Appointment Tips:

If you choose to have a virtual appointment with a member of our team the platform we currently use is Zoom. Below are a few tips to help you.

- 1) **Your Device:** Once you have set up your device, please do not move it around during the session as it creates distraction.

- 2) **Privacy:** By signing into a zoom meeting you are giving consent. Choose a private location for your Zoom session. Headphones are ideal to ensure as much privacy as possible.

- 3) **Muting:** Keep your audio muted except when speaking. The group host may mute group members as a way to allow all group members to take turns speaking.

- 4) **Dress:** Please dress as if you were coming to the Calgary Adult Bariatric Surgery Clinic in person.

- 5) **Other activities:** Your Zoom class is important and we would like your undivided attention. Please do not engage in any distracting activities for example: driving, eating, checking email, watering plants, cooking, etc.

For the most up to date developments related to the Calgary Adult Bariatric Surgery Clinic during the COVID-19 pandemic, please refer to the clinic website: www.calgarybariatric.ca > COVID-19 page.

If your contact information has changed (home address, phone number, e-mail address, etc.) please notify us at your next appointment or by calling 403-955-8088