

# Calgary Adult Bariatric Surgery Clinic Newsletter



## **Announcement:**

We're excited to announce Jodi Long, Registered Dietitian, has accepted a temporary role working at the Bariatric Clinic starting September 14, 2021.

## **Clinic Operations:**

The clinic is not fully staffed during the month of September. If any appointments need to be rescheduled we will contact you.

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.

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.

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.

Please be advised that due to professional college regulations, staff may be unable to complete virtual appointments if you are not physically located in the province of Alberta. This situation is evolving and may change. We will keep you updated as information is available. If you will be out of the province during a scheduled appointment, please call to reschedule.

We do not do reminder calls so please ensure you enter your appointments and classes into your calendar.

## [COVID-19 Vaccination Information](#)

### **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:** September 3, 10, 17 & 24; Fridays 9:00 to 11:00 am

**Session B:** October 5, 12, 19 & 26; Tuesdays 5:00 to 7:00 pm

**Session C:** October 6, 13, 20 & 27; Wednesdays 1:00 to 3:00 pm

#### **9 Month Post Surgery Follow-up:**

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

**Date/Time:** Thursday, September 16 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:** Friday, September 17 from 10:00 am to 12:00 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/ahlp Calgarypub/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, September 21 from 6:00 – 7:30 pm

**Food Records & Follow-up Appointments with Dietitian:**

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.

**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](http://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](mailto:jo.telfer@ahs.ca)

**FEATURE:**

The South Health Campus Wellness Kitchen offers a virtual class called the 4 P’s for Meal Planning! Learn tips on how to put nutrition knowledge into practice and the 4 P’s: Plan, Purchase, Prepare and Pack. This class features a virtual cooking demonstration!

When: Wednesday, September 15<sup>th</sup> from 1:30 to 2:30 pm (phone-in) or  
Thursday, October 27<sup>th</sup> from 1:00 to 2:30 pm (phone-in)

Registration: <https://app.booking.ca/ahlpccalgarypub/index.asp>

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](http://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

**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](http://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](mailto: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.