

# Calgary Adult Bariatric Surgery Clinic Newsletter



## Clinic Operations:

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

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.

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

Patients who have phone or virtual appointments need to be in the province of Alberta at the date/time of the appointment. If you are out of the province on holiday please call to reschedule.

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 until the restrictions are lifted.

## Announcements:

We are happy to announce a new addition to our team! Stacie Johnson, Registered Dietitian is starting with our clinic this month.

We are also sad to say goodbye to Aisling Sekulic, a valued member of our team who has recently moved away.



## COVID-19 Vaccination Information

### VIRTUAL CLASSES

A link to the class will be emailed to you 2-5 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:** July 6, 13, 20 & 27; Tuesday's 9:00 to 11:00 am.

**Session B:** July 8, 15, 22 & 29; Thursdays 1:00 to 3:00 pm.

**Session C:** August 3, 10, 24 & 31; Tuesdays 5:00 to 7:00 pm

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

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

**Date/Time:** Wednesday, August 11 from 1:00 to 3:00 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:** Tuesday, July 13 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/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.

**Session A:** Tuesday, July 20 from 6:00 – 7:30 pm

**Session B:** Tuesday, August 17 from 6:00 – 7:30 pm

**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: eating, checking email, watering plants, cooking, etc.

**Education Modules:**

We are updating and adding to 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)

**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.

**Food Records:**

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.

**FEATURE:**

The South Health Campus Wellness Kitchen offers a virtual class called the 4 P's to Healthy Eating! 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, July 28 from 9:30 to 10:30 am (virtually)  
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