

## Announcement of Capstone Presentation

<b>Candidate:</b>	<b>Shannon Kay Reedy, MS, CRNP</b>
<b>Date, Time, Place:</b>	<b>April 20<sup>th</sup>, 2010 12:30 pm Room 740</b>

<b>Capstone Project Title:</b>	<b>A program to increase bariatric surgery referrals through clinical practice guidelines</b>
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### Capstone Project Abstract:

**Background:** Obesity has reached epidemic levels in our country. Clear clinical practice guidelines (CPGs) are available that address identification, evaluation, and treatment of overweight and obese adults. Although there has been a consistent increase in the number of bariatric surgeries being performed, the numbers are still low compared to the number of obese Americans. Despite clinical practice guidelines and data on the efficacy, safety and technical advances of bariatric surgery the overall attitude of patients and providers toward bariatric surgery is negative. There is compelling evidence in favor of bariatric surgery as a treatment for morbid obesity, yet few patients are being referred to bariatric surgeons. Specifically, referrals from local primary practice providers to the Comprehensive Obesity Management Program (COMP) at Greater Baltimore Medical Center (GBMC) are lower than the national average. Literature suggests that provider education may improve attitudes and referrals to bariatric surgeons.

**Purpose:** The purpose of this capstone project was to develop a program for local primary care providers on the clinical practice guidelines for the identification, evaluation, and treatment of overweight and obese adults including bariatric surgery.

**Methods:** Primary care providers from an existing database were surveyed to develop a list of items to include in the program. Sixty primary care providers were emailed and sixteen providers responded to the internet survey. The majority of the providers selected six of the eleven items to be included in the program. The program was developed based on these recommendations. The program was piloted in two practices. The program was advertised to the providers by email and in a print advertisement in their lounge lunch room.

**Results:** Seven providers attended the program. All of the participants felt the program would improve how they cared for their obese patients and believed that because of the program they were more likely to adhere to the clinical practice guidelines for diagnosis, evaluation and treatment of obesity. Six of seven of the participants felt that the program improved their opinion of bariatric surgery. In addition, all of the participants felt that because of the program they were more likely to refer their obese patients to a bariatric surgeon.

**Conclusion:** Use of current clinical practice guidelines, simple tools and face-to-face meeting with primary care providers may improve the care of obese patients. This program will be replicated at other practices. Future data collection would be helpful to evaluate if the program does improve the care of obese patients, increase the use of clinical practice guidelines and increase appropriate referrals to bariatric surgeons.

### Capstone Chair:

**Joan Davenport, PhD, RN**

### Capstone Advisory Committee Members

Member:

**2.Lisa Rowen, DNSc, RN**

Member:

**3.Bridgette Gourley, DNP, CRNP**

Member:

**4.Kate Reinhardt, MS, CRNP**

**The Open Presentation is open to the university community and invitees of the candidate. Any member of the Graduate Faculty may observe the capstone presentation. *Only committee members may vote.***