

The Role of the Dietitian in Bariatric Surgery Team

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The basic principle of treatment for obesity is that the consumption of energy overcomes the intake of energy. However, the obesity cannot be treated only by negative balance of energy. There are a number of problems with obese patients, such as eating habits, living conditions and social lives. Therefore, the multidisciplinary team approach with sufficient expertise to manage the interplay of these behavioral, nutritional, psychological, medical and surgical issues would seem imperative.

Our institution has performed nearly 200 bariatric cases since 2006. Our team consists of bariatric surgeons, nurses, social worker, and national registered dietitian for the management of bariatric patients. The main role of dietitian is nutritional management before and after surgery for the purpose of bettering the outcome of surgery. For example, the preoperative nutritional assessment and education of the patients plays an important role in reducing the risks of surgery and the postoperative instructions from the dietitian are provided for weight loss induced effectively and prevention of nutritional deficiency and malnutrition.

The postoperative excess weight loss was 22.9% at 1 month, 41.5% at 3 months, 58.5% at 6 months, 70.4% at 12 months, and 73.6% at 24 months. The dietician has given the patients the details about nutrition and guided them properly. Therefore, there was no patient suffering from nutritional deficiency and malnutrition after surgery. In addition to that, our result shows that our multidisciplinary approach was successful for morbidly obese patients in Japan.