



 Follow @WessexLMCs

 Contact us

 023 8025 3874



Guidance

Comms

Nurses
& AHPs

Sessionals

Practice Managers

Support

Education
& Events

Managing Bariatric Patients

Obesity in England is increasing and it is estimated that 27% of adults in England are obese and a further 36% are **overweight**. This equates to 63% of the population being either overweight or obese and 3% of this group will be morbidity obese. We are all aware of the health risks of **obesity**.

Health Risks of Obesity:

Obesity increased the risk of other health conditions including:

- | Joint Problems
- | Lower Back Pain
- | Hypertension (high blood pressure)
- | Coronary heart disease and stroke
- | Deep vein thrombosis
- | Type 2 diabetes
- | Endometrial, breast and colon cancer
- | Stress incontinence
- | Menstrual abnormalities
- | Erectile dysfunction
- | Respiratory problems

Further information is available from: [Public Health England](#)

In providing care for this group of people we also need to be aware of issues around moving and handling to protect ourselves as well as the patient. It has been difficult to locate a policy specifically for primary care but there are some available from secondary care. Please see the link below.

Guidelines for Managing the Care of Bariatric Patients in

Hospital: <http://www.shb.scot.nhs.uk/board/policies/BariatricGuidelines.pdf> If you feel that this is an issue in your practice you may want to consider adapting this information and creating your own policy.

At the LMC we have taken advice on bariatric patient handling and many Trusts have produced very similar policies. One of the challenges appears to be how a bariatric patient is defined as definitions can vary from someone who weighs 121Kgs to 190Kgs+. The Ambulance service define bariatric patients as those over 28 stone/177kgs so there appears to be no consistency across organisations.

Elaine Tham, an Advanced Nurse Practitioner from The Village Surgery in Dorset has produced a policy that they have kindly agreed for us to upload to our website.

The **purpose** of this policy is to allow for:

- | Manual handling training of staff that may be involved.

This page appears in...

 [Guidance](#)

 [Health and Wellbeing](#)

Download and bookmark...

 [PDF File](#)

 [Add to my Learning Diary](#)

About this page...

Updated on 15 February 2018

829 views

- | Support the provision of seamless care and a safe system of work for bariatric patients.
- | Identify sources of expert advice and support.
- | Optimise the comfort, dignity, and safety and wellbeing of all concerned, through quality assessment, risk assessment, care planning and provision of specialist equipment.
- | Reduce the risks to the patient and staff associated with manual handling.

Please follow this link to access the policy.

Moving and handling - RCN Guidance: <https://www.rcn.org.uk/get-help/rcn-advice/moving-and-handling>

Phone

023 8025 3874

Address

Churchill House
122-124 Hursley Rd
Chandler's Ford
Eastleigh
Hampshire
SO53 1JB

Connect

Twitter
LinkedIn

What we do

We represent GPs and practices across the counties of Dorset, Hampshire & the Isle of Wight and Wiltshire whilst also providing services to the Islands of Jersey and Guernsey. [Find out more](#)

iPhone & iPad app



About us

[About Us](#)

[Contact](#)

[Representing & Supporting GPs](#)

[Secretariat](#)

[Funding](#)

[History of Wessex LMCs](#)

[Legal Disclaimer](#)

[Privacy policy](#)

Website design and development by FourteenFish Ltd. © 2019 Wessex LMCs Ltd.