

OBESITY BEYOND CLINICAL FACTORS - CASE REPORT

Fernanda Guadagnin

``Pontifícia Universidade Católica`` in Rio Grande do Sul``

Porto Alegre/ Rio Grande do Sul

<http://lattes.cnpq.br/7752643416075467>

Renata Guadagnin

UniRitter, Porto Alegre/ Rio Grande do Sul

<http://lattes.cnpq.br/8613316875410870>

Silvana Paiva Pereira

``Hospital de Clínicas`` in Porto Alegre

All content in this magazine is licensed under a Creative Commons Attribution License. Attribution-Non-Commercial-Non-Derivatives 4.0 International (CC BY-NC-ND 4.0).



Abstract: Obesity is a public health issue and, as a disease, it has been affecting a large number of the world's population. The ``Hospital de Clínicas`` in Porto Alegre (HCPA) through its Bariatric Surgery Program offers multidisciplinary care to the obese population who wish to undergo bariatric surgery as an alternative to obesity treatment. The multidisciplinary care involves areas of the following teams: medicine, social services, nutrition, nursing, physical education and psychology and aims to understand the context and life history of each person, as well as assist in the process of weight loss and health gain.

INTRODUCTION

Obesity is caused by several factors, such as genetics, lifestyle habits, environment, psychological and metabolic issues. According to Annex I of ordinance, number: 424, OF MARCH 19, 2013, which redefines the guidelines for the organization of prevention and treatment of overweight and obesity as a priority line of care of the Health Care Network for People with Chronic Diseases, surgical treatment is indicated in the following situations:

a. Individuals with a BMI ≥ 30 kg/m²; b. Individuals with a BMI ≥ 30 kg/m², with or without comorbidities, without success in longitudinal clinical treatment carried out in Primary Care and/or Specialized Outpatient Care, for at least two years and who have followed clinical protocols; c. Individuals with BMI > 35 kg/m² and with comorbidities, such as people with high cardiovascular risk and/or difficult-to-control systemic arterial hypertension, among others. (BRAZIL) Among the criteria to be followed, we note the first one that mentions surgery indicated for individuals who did not respond to longitudinal clinical treatment, which includes guidance and support for changing

habits, diet, psychological care, prescription of physical activity and, if necessary, pharmacotherapy, carried out in Primary Care and/or Specialized Outpatient Care for at least two years and who have followed clinical protocols. The multidisciplinary team of the Bariatric Surgery Program monitors patients for at least two years before performing Bariatric Surgery. This monitoring process considers the individual demands of each patient, aiming to assist from the beginning in the process of changing lifestyle, involving physical activity, eating habits, emotional issues, economic situation, access to resources and public policies. In social service assessments, we seek to understand the social organization (support network) in order to facilitate the entire process and the engagement of each patient.

We will take an approach without identifying the patient's data (we will use fictitious data).

Brenda, 41 years old, telephone operator, with an income of R\$2,700.00.

The patient lives in the capital of Rio Grande do Sul, Porto Alegre, with her husband, Tales, 39 years old, a stock clerk, currently unemployed; with her son Pedro Henrique, 18 years old, a business student and young apprentice; and her daughter Alice, 4 years old, in daycare. The family accesses the Health Unit in the region.

Regarding the referral for bariatric surgery, Bruna mentions that she had requested it in 2019 and that she is happy to have been called after a 5-year wait. The patient emphasizes that during the Covid-19 pandemic she gained 30 kilos and hopes for a better quality of life with the surgery. Bruna reports how, with obesity, she saw the cruel side of life, social isolation, stares on the bus - difficulty in not passing through the turnstile and embarrassment for having to sit at the front of the bus. The

patient says that she hopes to be happy again, to be able to work as a teacher and watch her daughter Alice grow up.

In this case, we can identify demands for the

various specialties that make up the Bariatric Surgery Program and, above all, involve the patient, motivating her in relation to the proposed treatment and lifestyle changes.

REFERENCES

https://bvsmms.saude.gov.br/bvs/saudelegis/gm/2013/prt0424_19_03_2013.html