

# **Complete Counseling Kit for Weight Loss Surgery: Contents**

## **An Introduction to Counseling the Weight-Loss Surgery Patient**

- Types of Weight Loss Surgery Covered in This Resource
- Multidisciplinary Support Services for Weight Loss Surgery Patients
- Stages of Counseling
- Overview of Counseling Techniques: Stages of Change and Behavior Modification
- Counseling Strategies for the Precontemplation Stage
- Counseling Strategies for the Contemplation Stage
- Counseling Strategies for the Preparation Stage
- Counseling Strategies for the Action Stage
- Counseling Strategies for the Maintenance Stage
- Counseling Strategies for the Relapse Stage
- References

## **Overview of Weight-Loss Surgery Stages and the Registered Dietitian's Role**

- Preoperative Stage
- 1 to 4 Weeks After Surgery
- 1 to 3 Months After Surgery
- 6 to 9 Months Postoperatively
- Year 1 Onward

## **Preoperative Counseling**

- The Role of the Registered Dietitian (RD)
- Nutrition Assessment of Preoperative Patients
- Patient Self-Assessment Before the First RD Appointment
- Counseling Conversations During the Presurgical Appointment
- Goal Setting
- Tools and Handouts for the Preoperative Counseling Stage
- References

## **Early Postoperative Counseling: 0 to 4 Weeks After Surgery**

- Assessment of Weight Change
- Assessment of Fluid Intake and Indicators of Hydration Status
- Assessment of Protein Intake
- Assessment of Vitamin/Mineral Intake
- Assessment of Postsurgical Complications
- Review of Diet Stages and Goals
- Sample RD–Patient Dialogues Within the First 2 Weeks After Surgery

## **Postoperative Counseling: 1 to 3 months After Surgery**

- Assessment of Weight Change
- Assessment of Fluid Intake and Indicators of Hydration Status
- Assessment of Protein Intake
- Assessment of Vitamin and Mineral Intake

- Assessment of Complications
- Assessment of Meal Patterns, Portions, and Food Choices
- Assessment of Physical Activity Levels
- Reinforcement of Positive Behaviors
- Relapse Prevention
- Review of Diet Stages and Goals
- References

**Postoperative Counseling: 3 to 12 months**

- Assessment of Weight Change
- Educating Patients About the “Honeymoon” Period
- Plateaus
- Assessment of Fluid Intake
- Assessment of Protein Intake
- Assessment of Vitamin and Mineral Intake
- Assessment of Complications
- Assessment of Meal Patterns, Portions, and Food Choices
- Review of Available Laboratory Values and Screening for Nutrient Deficiencies
- Assessment of Physical Activity Levels
- Relapse Prevention
- Reinforcement of Positive Changes
- Sample Dialogue: 6 Months After Weight-Loss Surgery
- References

**Postoperative Counseling: Long-Term (1+ Years)**

- Assessment of Weight Change
- Assessment of Meal Patterns, Portions, and Food Choices
- Assessment of Protein Intake
- Assessment of Vitamin and Mineral Intake
- Assessment of Complications
- Review of Laboratory Values and Screening for Nutrient Deficiencies
- Assessment of Physical Activity Levels
- Reinforcement of Positive Changes
- Maintenance of Positive Behaviors and Relapse Prevention

**Common Complications of Weight-Loss Surgery**

- “Stuck” Feeling (Plugging), Pain While Swallowing, Regurgitation
- Hunger or Lack of Hunger
- Nausea and Vomiting
- Diarrhea
- Constipation
- Dumping Syndrome
- Kidney Stones
- Gout
- Weight Plateaus and Weight Regain
- Early Morning Dysphagia (AGB Patients)

## References

**Appendix 1: Preoperative Very-Low-Calorie and Low-Calorie (800 to 1,000 kcal) Diets**

**Appendix 2: Medications that Affect Weight**

**Appendix 3: Success with Support Groups**

### **Tools and Handouts:**

*Basics Training: Pre-Weight-Loss-Surgery Behavior Change Goal Sheet:* One-page worksheet for patients to identify their behavior change goals before weight-loss surgery.

*Behavior Chains:* Describes how behaviors are linked and how to break the chain of negative behaviors.

*Behavior Chains Worksheet:* One-page chart patients can use to record the steps that lead up to their problem behaviors and possible solutions to these problems.

*Bloating and Gas:* This two-page handout discusses what causes bloating and gas after weight-loss surgery and how to prevent it.

*Common Food Intolerances:* One-page list of foods that should commonly be avoided in the first 6 to 12 weeks after weight-loss surgery.

*Constipation:* How to prevent constipation after weight-loss surgery and when it may be necessary to seek medical attention.

*Cost-Benefit Analysis Worksheet:* One-page worksheet for considering the costs and benefits of changing behavior that leads to weight gain.

*Decision to Change: Assessing the Costs and Benefits of Change:* Four-page handout that offers tips on identifying the costs and benefits of changing behavior before weight-loss surgery, questions to consider during a cost-benefit analysis, and a completed sample of a cost-benefit analysis worksheet.

*Diarrhea:* How to prevent diarrhea after weight-loss surgery and when it may be necessary to seek medical attention.

*Diet Stages After Weight-Loss Surgery:* Three-page chart that outlines four diet stages patients follow after weight-loss surgery, including types of food, duration, important tips, and goals for each stage.

*Dumping Syndrome:* How to recognize the different types of dumping syndrome and what foods to avoid.

*Eating Self-Assessment:* One-page worksheet to help weight-loss surgery patients identify and improve on their eating habits by considering food choices, portion sizes, eating patterns, hunger awareness, emotional and social eating, and environmental cues.

*Fiber in Foods:* One-page handout that explains the difference between insoluble and soluble fiber and discusses how patients can safely incorporate supplements and fiber-rich foods into their diets to prevent constipation after weight-loss surgery.

*Fluid and Protein Checklist for Weeks 1 and 2 After Weight-Loss Surgery:* Two-page worksheet.

*Food Records:* Two-page chart for recording food intake, calorie and protein goals, hunger level, triggers, and duration of meal.

*Food Symptom Records:* Worksheet for patients to record what their eating to determine what foods may be causing adverse effects such as nausea, vomiting, light-headedness, pain, fatigue, and diarrhea after weight-loss surgery.

*The “F” Word: Reducing Dietary Fat:* Discusses the importance of cutting dietary fat and ways to do so.

*Goal Contract:* One-page handout for patients to sign after deciding on their long-term weight-loss goals and identifying ways to achieve that goal.

*Goal Setting Worksheet:* Teaches patients how to achieve their weight-loss goals through shaping behavior and using rewards and how to handle setbacks in the process.

*Gout:* One-page chart of foods to avoid and limit to prevent gout after weight-loss surgery.

*Healthy Cooking Tips:* One-page list.

*Iron Deficiency:* Five-page handout of prevention tips.

*Kidney Stones After Weight-Loss Surgery:* Two-page handout of prevention tips.

*Lactose Intolerance:* Two-page handout of prevention tips.

*Let’s Get Physical: Fitness 101:* Six-page handout offering information about the benefits of physical activity, tips on how to start exercising safely, and options for common obstacles to becoming physically active.

*Liver-Shrinking Diet:* Four-page summary of a strict diet for patients to follow two weeks before weight-loss surgery.

*Meal Patterns:* Six-page handout that provides low-fat, low-sugar meal patterns for six different calorie and protein goals, along with a sample menu for a 1,000-calorie meal pattern and a blank menu template for patients.

*Mindful Eating:* Two pages of tips for eating mindfully.

*Mindful Eating Worksheet:* Three-page patient questionnaire.

*A New Beginning:* Three-page handout of questions for patients to consider while preparing for weight-loss surgery.

*Patient History 1 to 3 Months After Weight-Loss Surgery:* Three-page patient form.

*Patient History After Adjustable Gastric Banding (AGB):* Three-page patient form.

*Patient History Presurgery:* Four-page patient questionnaire.

*Perfect Protein:* A four-page handout that describes the importance of getting enough protein after weight-loss surgery.

*Plugging and Indigestion:* Two-page handout of prevention tips.

*Poorly Tolerated Foods:* One-page list of foods to avoid in the first 6 to 12 weeks after weight-loss surgery.

*Post-Weight-Loss Surgery Registered Dietitian Assessment:* Three-page patient assessment form.

*Preparing to Return to Work or School:* Tips for successfully returning to work or school after weight-loss surgery.

*Presurgery Shopping List:* One-page list of items to have on hand in the weeks and days leading up to weight-loss surgery.

*Pre-Weight-Loss-Surgery Behavior Change Goal Worksheet:* One-page chart.

*Quick Tips for Common Complaints:* Three pages of tips for easing common adverse effects of weight-loss surgery such as nausea, dumping syndrome, diarrhea, constipation, dizziness or headache, plugging, gas, and bad breath.

*Ready or Not?:* Five-page handout that includes questions to help patients determine whether they are ready for weight-loss surgery and to commit to the lifestyle changes necessary to maintain weight loss after surgery.

*Rebounding from Relapse:* Helps patients recognize when they relapse after weight-loss surgery and tips for getting back on track.

*Recommended Reading:* Books and Web sites for patients about weight-loss surgery and healthy living.

*The Recording Studio:* A five-page handout explaining how to keep detailed food records and the information to include.

*Resources (Professional):* Books and Web sites about weight-loss surgery and healthy living.

*Sample Menu Plans for 800-Calorie to 1,800-Calorie Diets:* Sample menu plans for six different calorie and protein goals, and tips for eating after weight-loss surgery.

*Savvy Shopping: How to Read a Food Label:* Three-page handout.

*Scaling Back: How to Manage your Portion Sizes:* One-page list, including tips for measuring and estimating portion sizes.

*Stage I Clear Liquid Diet (No Sugar): The “See-Through” Diet:* Instructions for patients following a clear liquid diet in the days immediately after weight-loss surgery.

*Stage II Diet Tracking Record:* Two-page worksheet for patients to record their protein, fluid, and supplement intake while following a stage II liquid protein diet.

*Stage II Liquid Protein Diet:* Four-page handout of instructions for patients following a liquid protein diet in the weeks after weight-loss surgery.

*Stage III Blenderized Diet:* Four-page handout of instructions for patients following a blenderized diet in the weeks after weight-loss surgery.

*Stage III Blenderized Diet Tracking Record: Adjustable Gastric Banding (AGB):* One-page worksheet for AGB patients to record their food, fluid, and supplement intake while following a stage III blenderized diet.

*Stage III Blenderized Diet Tracking Record: Biliopancreatic Diversion (BPD):* One-page worksheet for BPD patients to record their food, fluid, and supplement intake while following a stage III blenderized diet.

*Stage III Blenderized Diet Tracking Record: Roux-en-Y Gastric Bypass (GBP) and Sleeve Gastrectomy (SG):* One-page worksheet for GBP and SG patients to record their food, fluid, and supplement intake while following a stage III blenderized diet.

*Stage IV Soft Diet:* Instructions for patients following a soft diet in the weeks following weight-loss surgery.

*Stage IV Soft Diet Tracking Record:* Two-page worksheet for patients to record their protein, fluid, and supplement intake while following a stage IV soft diet.

*Tips for Emotional Eating:* One-page chart.

*Tips for Managing Nausea and Vomiting Soon After Weight-Loss Surgery:* Two-page list.

*Types of Weight-Loss Surgery:* Describes how the different types of weight-loss surgery work.

*Vitamin and Mineral Supplements After Adjustable Gastric Banding (AGB):* Three-page handout.

*Vitamin and Mineral Supplements After Biliopancreatic Diversion with Duodenal Switch (BPD/DS):* Three-page handout.

*Vitamin and Mineral Supplements After Roux-en-Y Gastric Bypass (GBP) or Sleeve Gastrectomy (SG):* Three-page handout.

*Weight-Loss 101: Basic Principles of Weight Loss:* Explains what kinds of foods should be limited and what foods should be included in a healthy diet and the importance of burning more calories than are consumed.

*Weight-Loss Surgery Presurgical Nutrition Assessment Form:* Three-page patient assessment form.

*Weight-Loss Surgery: Separating Myths from Reality:* Three-page handout that debunks myths about weight-loss surgery and how it works.

*Weight-Proofing Your Home:* Ways to make a home more health-friendly and shopping list suggestions including kitchen items, physical activity aids, self-nurturing and motivational materials, and tools for monitoring weight-loss progress.

*What's Your Nutrition Condition?* Two-page quiz for patients.