Bariatric Surgery Referral Process

Primary Care Provider (PCP)/Specialist/Patient Interest in Bariatric Surgery

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Patient directed to NSH website https://www.nshealth.ca/clinics-programs-and-services/halifax-obesity-network
advise patient to print and review all information located under
NSH Bariatric Surgery Patient Guide

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PCP faxes Pathway to Bariatric Surgery Form
please be sure to include:
baseline weight/height/BMI and date patient started Bariatric Surgery eLearning program

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PCP & Patient follow up Q3Monthly
medication adjustments
blood work
lifestyle-change coaching/referrals

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Patient ***successfully*** completes **at least** 3 months of Bariatric Surgery Program
patients have:
trialed *1200calorie Liquids Only Diet* x 2 weeks
transitioned to and remain on *1200calorie Limited Choice Diet*
stopped smoking for 6 months
implemented 30-60min of daily physical activity
had some modest weight loss

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Pathway to Bariatric Referral Form Updated and Faxed
please include the patient's updated weight and BMI
check the *"ready to be seen"* box at the bottom right of this form

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Initial Consult with Bariatric Surgery Team (NP & Dietician)
appointment is typically 45-60 minutes
patient is assessed using *Stages of Change* model
patient approved for next steps
or
patient provided feedback/coaching and rebooked for another appointment with NP/Dietician

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Initial Consult with Bariatric Surgery Team Surgeon

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Bariatric Surgery

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1-Month Post-Op Assessment
typically completed with surgeon

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3-Month Post-Op Assessment
typically completed with NP/Dietician

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6-Month Post-Op Assessment
typically completed with NP/Dietician

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Bariatric Surgery Clinic Discharge
patient will remain committed to lifelong change
Patient will follow up as needed with PCP