

# Bariatric Programing

Presented by:  
Chris Craigmile, CSPHP

# Objective

- ▶ Understanding the essential parts of a bariatric SPHM program
- ▶ Review the process and barriers of the bariatric patient
- ▶ Safety, Dignity, Do No Harm...

# Bariatric SPHM program

What is bariatric? Obese? Morbidly Obese? Super Obese?

BMI?  
Weight?  
Other...



Bariatric Center For Excellence...

# The Bariatric Patient

- ▶ **Dignity**
  - Terminology
  - Sensitivity training
  - Proper equipment=better outcomes
  - Preparation including gowns, slings, etc.
- ▶ **Managing Core Morbidities**
  - Cardiovascular System
  - Respiratory System
  - Genitourinary (GU) System
  - Gastrointestinal (GI) System
  - Medication Absorption
  - Endocrine System
  - Integumentary System
  - Lymphatic System
  - Hygiene
  - Musculoskeletal System
  - Surgical Complications
  - Body Shape

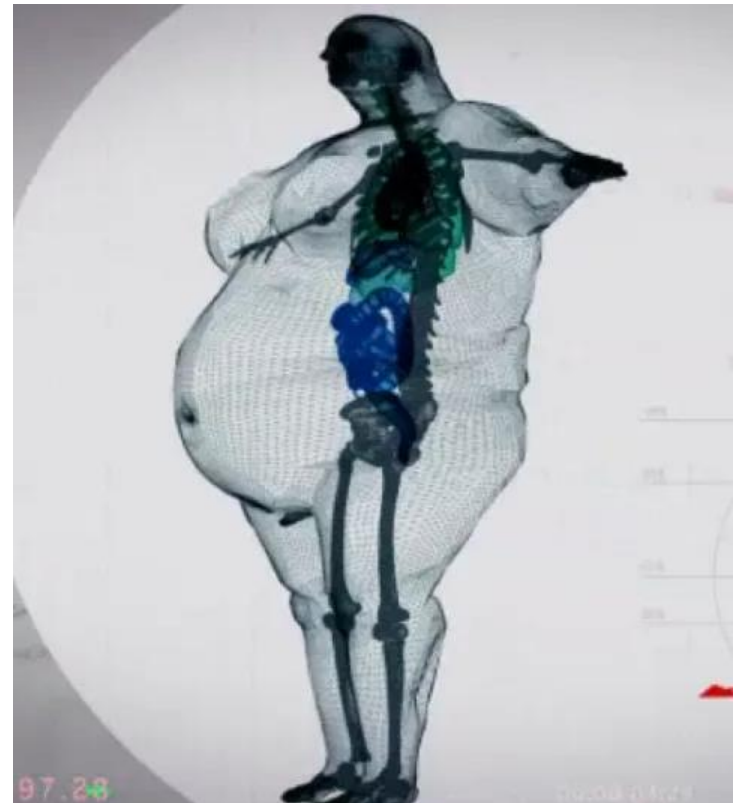


# Do No Harm!

This applies not only to our patients, but also to our staff.

Key elements to a Bariatric Program for staff and patient safety.

- Equipment
- Standard Operating Procedures(SOP)
- Weight capacities
- Environment
- Staff knowledge and training
- Dignity
- Communication



# Scenario–

Saturday Evening, 8:00pm, full moon and a 650lb patient arrives with difficulty breathing.

What do you do?



# Have a Plan

Every type of healthcare facility needs to have Standard Operating Procedures (SOP) to deal with what is becoming national epidemic.

Know your limits!

- Should/Can we admit them?
- If not what do we do?
- Do we have access to the equipment?
- Do we have the necessary medical supplies?
- What are the risks?
- Weight Capacities for–
  - Medical Imaging
  - OR
  - Beds, Stretchers, Chairs
  - Elevators
  - SPHM Equipment

# Bariatric Safety Checklist

This is from the NJ  
Bariatric Toolkit

<https://www.nj.gov/military/vmh-policies/13-02-012B.pdf>

## HOSPITAL BED

- Weight limit \_\_\_\_ lbs.
- Side rail support \_\_\_\_ lbs.
- Bed Scale?  
Yes \_\_\_\_ if yes, weight limit \_\_\_\_ lbs.  
No \_\_\_\_
- Width of bed \_\_\_\_ inches.
- Bed adjustable for patient height?  
Yes \_\_\_\_ No \_\_\_\_
- Mattress type:  
Pressure relief \_\_\_\_  
Pressure reduction \_\_\_\_ Alternating \_\_\_\_  
Rotational \_\_\_\_
- Other \_\_\_\_\_

## WHEELCHAIR

- Weight limit \_\_\_\_ lbs.
- Width \_\_\_\_ inches
- Seat height \_\_\_\_ inches
- Handle width \_\_\_\_ inches
- Powered? Yes \_\_\_\_ No \_\_\_\_

## STRETCHER

- Weight limit \_\_\_\_ lbs.
- Width \_\_\_\_ inches
- Length \_\_\_\_ inches
- Side rail support \_\_\_\_ lbs.
- Powered? Yes \_\_\_\_ No \_\_\_\_

## BEDSIDE COMMODE/SHOWER CHAIR

- Weight limit \_\_\_\_ lbs.
- Seat width \_\_\_\_ inches
- Adjustable height? Yes \_\_\_\_ No \_\_\_\_

## SCALES

- Weight limit \_\_\_\_ lbs.
- Width \_\_\_\_ inches

## WALKER

- Weight limit \_\_\_\_ lbs.
- Width \_\_\_\_ inches

## BATHROOM

- Doorframe width \_\_\_\_ inches
- Shower door width \_\_\_\_ inches
- Toilet weight bearing limit \_\_\_\_ lbs.
- Wall mounted grab bars  
weight limit \_\_\_\_ lbs.

## PATIENT CARE ENVIRONMENT

- Patient care weight limit \_\_\_\_ lbs. (basic seating chair not Geri/Cardiac chair)
- Patient chair width \_\_\_\_ inches
- Geri/Cardiac chair weight limit \_\_\_\_ lbs.
- Geri/Cardiac chair width \_\_\_\_ inches
- Geri/Cardiac seat height \_\_\_\_ inches
- Step stool weight limit \_\_\_\_ lbs.

## TRANSFER DEVICES

- Lateral transfer devices weight limit \_\_\_\_ lbs.
- Lateral transfer devices width \_\_\_\_ inches
- Powered? Yes \_\_\_\_ No \_\_\_\_
- Full Body (sling) weight limit \_\_\_\_ lbs.
- Powered? Yes \_\_\_\_ No \_\_\_\_
- Full Body (sling) goes to the floor? Yes \_\_\_\_ No \_\_\_\_
- Sit to stand devices weight limit \_\_\_\_ lbs/
- Sit to stand devices width \_\_\_\_ inches
- Powered? Yes. \_\_\_\_ No. \_\_\_\_

## ANCILLARY DEPARTMENTS

- Door widths \_\_\_\_ inches
- X-ray table weight limit \_\_\_\_ lbs.  
width \_\_\_\_ inches
- CT Scan weight limit \_\_\_\_ lbs,  
width \_\_\_\_ inches
- OR table limit \_\_\_\_ lbs., width \_\_\_\_ inches
- ER equipment weight limit \_\_\_\_ lbs.  
width \_\_\_\_ inches
- Exam room table weight limit \_\_\_\_ lbs.  
weight \_\_\_\_ inches



# The Bariatric Committee

- ▶ Falls
- ▶ SPHM
- ▶ Wound/Ostomy
- ▶ Facilities
- ▶ Epidemiology
- ▶ Medical Imaging
- ▶ Nursing
- ▶ Central Supply
- ▶ Senior Leadership
- ▶ Emergency Department
- ▶ OR
- ▶ PT/OT
- ▶ Emergency Management

# Standard Operating Procedures

The Veterans Administration has produced a phenomenal set of guidelines for managing bariatric patients.

## Bariatric Safe Patient Handling and Mobility Guidebook: A Resource Guide for Care of Persons of Size

Published by VHA Center for Engineering & Occupational  
Safety and Health (CEOSH) St. Louis, Missouri

<http://www.asphp.org/wp-content/uploads/2011/05/Baraiatrice-SPHM-guidebook-care-of-Person-of-Size.pdf>

# Standard Operating Procedures

In your SOP or plan of action include–

- ▶ Steps to initiate protocols
  - Communication
  - Interdisciplinary team
    - PT/OT
    - Nursing
    - Wound/Ostomy
    - SPHM Point Person
  - Bariatric Cart
  - Bariatric Emergency
  - If we need to transport who do we contact
  - Ordering the correct bed/equipment

# Standard Operating Procedures

In your SOP or plan of action include–

- ▶ **Bariatric room setup**
  - Bariatric Bed
  - Bedside Commode
  - Shower Chair
  - Bariatric Seating
  
- ▶ **Bariatric Equipment**
  - Total Patient Lifts
  - Ceiling Lifts
  - Sit-To-Stands
  - Repositioning equipment
  - Ambulating tools
  - Toileting, showering, etc.

# Standard Operating Procedures

- ▶ Care Plan
  - Assessing Need
  - Mobilizing
  - Managing micro-climate
- ▶ Fall Recovery
- ▶ Emergency Preparedness
  - Stay in place
  - Evacuation
  - Disaster preparedness
- ▶ New Building and Remodel
- ▶ Post Mortem
  - Morgue
  - Direct to Funeral home
- ▶ Coding/Critical Care
- ▶ Family members
- ▶ Bathing
- ▶ Transport
- ▶ Anger/Escalation
  - Right to refuse

# Bariatric Pathway

Know your capabilities:

- ▶ Clearly define where the equipment is to be stored
- ▶ Pathway dimensions
  - Room space
  - Emergency evacuation plan
  - Elevators
  - Ramps
- ▶ Other impediments
- ▶ Public spaces, seating and bathrooms

# BARIATRIC DESIGN

In accordance with the 2014 FGI Guidelines

## BARIATRIC PATIENT ROOM

**Capacity:** All single rooms.

### Clear Floor Area

- New construction - 200 square feet min.
- Renovation - 150 square feet min.

### Clearances

- 5'-0" minimum clearance at the sides and foot of the bed.
- 6'-0" turning radius.
- 54" min. clear width for doors. *Two-leaf door with 36" and 18" openings recommended.*

### Handwashing Station:

Handwashing stations rated to support MPW. Typically rated at 1,000 lbs. *Recommended to be floor mounted.*

### Patient Lifts:

- New Construction - All patient rooms to have a built-in mechanical lift rated for the Maximum Patient Weight (MPW). Typically 1000lbs.
- Renovation - 10% min. of patient rooms to be provided with lifts.

### Airborne Infection Isolation Room:

At least one bariatric AII room shall be provided.

## BARIATRIC PATIENT TOILET ROOM

### Patient Toilets

- Toilet to support 1,000 lbs. *Recommended to be floor mounted.*
- Located 24" from wall to toilet centerline.
- 44" min. clear space on the opposite side.
- Grab bars to support MPW. Typically 1000lbs. Rear grab bar to be 44" in length.

### Shower Stalls:

- 4'-0" x 6'-0" min. dimensions.
- Grab bars to support 1,000 lbs.
- Handheld spray nozzle mounted on side wall.

### Clearances:

- 6'-0" turning radius.
- 42" min. clear width for doors.

### Handwashing Station:

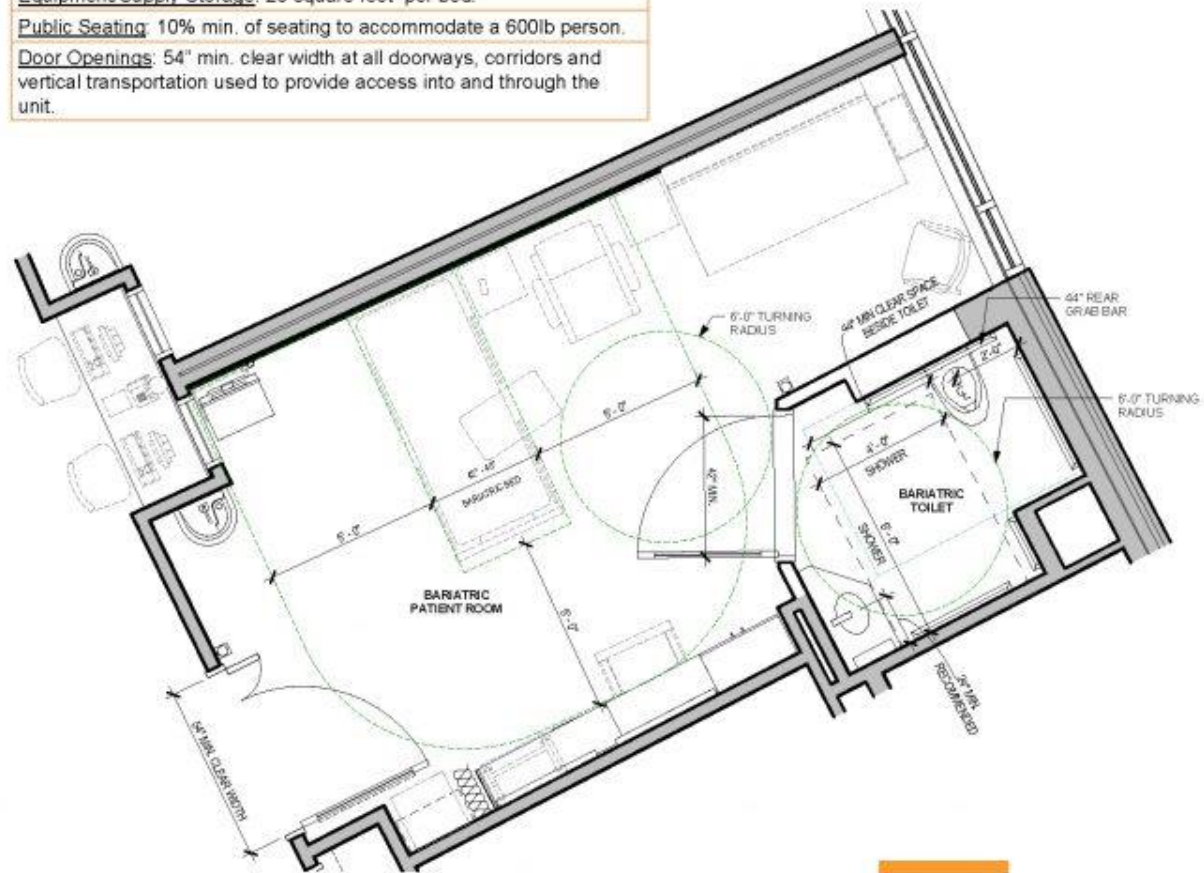
- Handwashing stations rated to support MPW. Typically rated at 1,000 lbs. *Recommended to be floor mounted.*
- E4H Recommendation – Locate centerline of sink 24" min. from wall.

## OTHER BARIATRIC DESIGN CONSIDERATIONS

**Equipment/Supply Storage:** 25 square feet per bed.

**Public Seating:** 10% min. of seating to accommodate a 600lb person.

**Door Openings:** 54" min. clear width at all doorways, corridors and vertical transportation used to provide access into and through the unit.



BARIATRIC PATIENT ROOM & PATIENT TOILET ROOM



By Sean Wagoner August 2016

# Bariatric Cart

## ▶ General Requirements

- Extra long ID bands
- Extra wide and long blood pressure cuffs
- Extra large chux
- Anti-embolic stockings and applicators
- Extra long tourniquets
- Bariatric bedpan
- Extra long tape measure
- Skin barrier creams
- Extra long trach tube and holders

## ▶ Linen/Clothing

- XXL gowns
- XL-XXL Briefs

- XXL socks
- Proper fitted sheets and blankets

## ▶ Lifting and transferring devices

- Bariatric repositioning slings
- Limb holders
- Twin turners
- Pannus holders
- XXL-XXXL FPL Slings
- Bariatric ambulation vest
- XL abdominal binders
- Bariatric Air Transfer device
- EasyGlides



# Bariatric Equipment

## Key Elements when looking at Bariatric Equipment

### Total Patient Lift

- Weight capacity
- Push pull force under load
- Spreader bar widths
- 2,4,6 point bars
- Incorporated scale

### Ceiling Lift

- Weight Capacity
- XY or Straight System
- Bathroom coverage
- Spreader bar widths
- 2,4,6 point bars
- Incorporated scale



# Bariatric Equipment

## Sit to Stands

- Weight capacity
- Push pull force under load
- Spreader bar widths
- ***Footplate dimensions***
- Incorporated scale
- Types of bariatric slings



## Ambulation

- Bariatric ambulation slings
- Walkers
- Other walking aids

## In Bed Repositioning/Lateral Transfer

- Air Transfer Devices
- Slide sheets
- Repositioning slings
- Trapezes
- Bed mobility tools



# Bariatric Equipment

Walkers

Beds

Stretchers

Wheelchairs

Shower chairs

Commodes

Toilets

Seating



Patrick Deuel prepares to stand with the help of a registered nurse and physical therapist in his room at Avera McKennan Hospital in Sioux Falls, S.D. on Aug. 19. At 1,072 pounds before he entered Avera McKennan Hospital in June, Deuel, 42, has since lost over 370 pounds.

# Transporting

Moving the patient/resident/participant to appointments, events, etc.

- ▶ Vehicles
- ▶ Staff
- ▶ Power assisted options
- ▶ Ramps and impediments
- ▶ Doctors offices

# Next Steps...

- ▶ Bariatric Committee
- ▶ Bariatric Assessment
- ▶ SOP
- ▶ Purchase or rent equipment specific for Bariatric Patient
- ▶ Training & Education
- ▶ Program reassessment and benchmarking

**Chris Craigmile, CSPHP**  
**Safe Patient Handling Specialist**  
**Craigmile Health Solutions LLC**

**C-(315)955-5422**

**F-(855)750-2005**

**[chris@craigmilehealth.com](mailto:chris@craigmilehealth.com)**

**[www.craigmilehealth.com](http://www.craigmilehealth.com)**

# References

- ▶ Bariatric Safe Patient Handling and Mobility Guide, VHA Center for Engineering & Occupational Safety and Health (CEOSH), <http://www.asphp.org/wp-content/uploads/2011/05/Baraiatrice-SPHM-guidebook-care-of-Person-of-Size.pdf>, July 2015
- ▶ Gallagher, Susan: October 2018, New and Emerging Bariatric Population – Exploring care for the individual weighing greater than 650 pounds
- ▶ NJ Bariatric Tool Kit, <https://www.nj.gov/military/vmh-policies/13-02-012B.pdf>, rev8/8/07