

BACKGROUND

Pediatric obesity presents escalating **health risks** and **resource demands**, requiring effective multidisciplinary care.

Evidence from a large pediatric center highlighted the importance of **nurse-led initiatives** to achieve **measurable improvements in weight and health**.

Nurse-led initiatives included:

- pre- and post-operative education,
- outcomes tracking, and
- care coordination.

CLINICAL FINDINGS

Children referred for bariatric intervention present with:

- Severe obesity with BMI > 120th percentile
- Obesity-related comorbidities such as obstructive sleep apnea (OSA), type 2 diabetes mellitus, and dyslipidemia
- Limited response to lifestyle modifications or medication management

Tracking preoperative and postoperative BMI and comorbidity status emphasized the severity of initial presentations and highlighted improvements following bariatric surgery.

A retrospective review was conducted for completed cases 6 to 12 months postoperative.

PLAN OF CARE

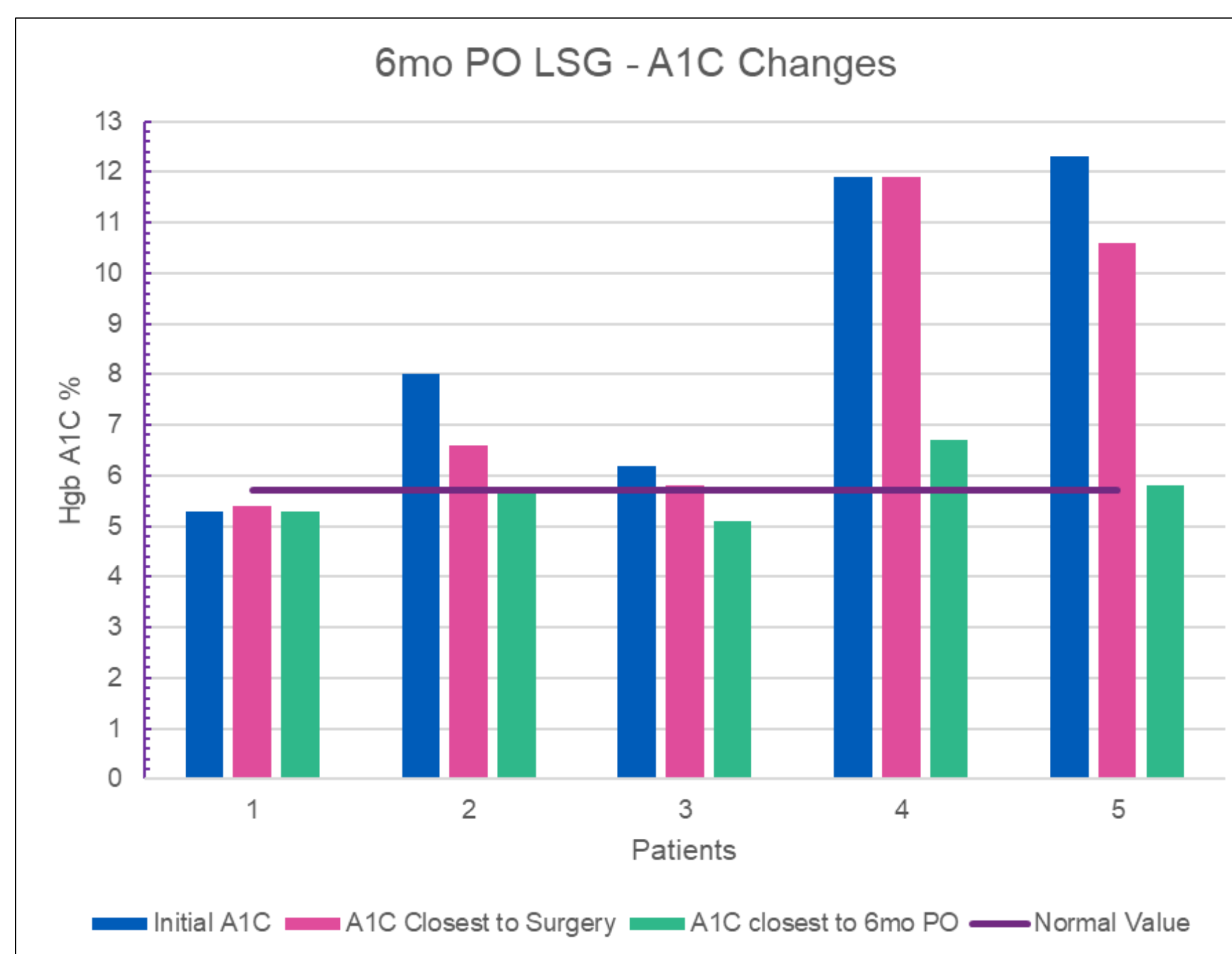
1. Six-month multidisciplinary preoperative program
2. Nurse-led patient & family education
3. Bariatric surgery
4. Structured postoperative monitoring of weight and comorbidities
5. Ongoing patient and family support
6. Ongoing care coordination and collaboration between multidisciplinary teams for comorbidity management

OUTCOMES

Key Findings - 6 months post-op

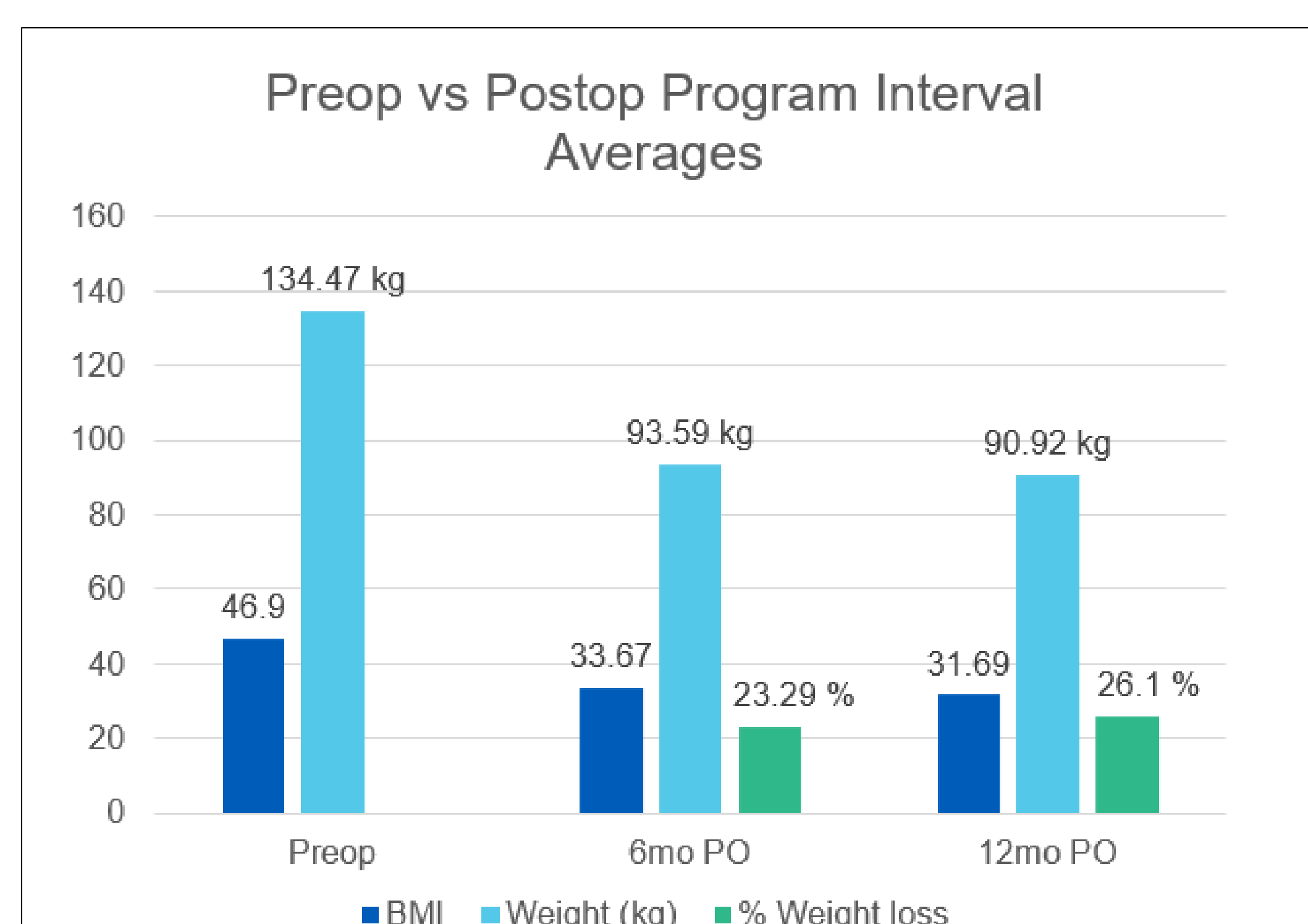
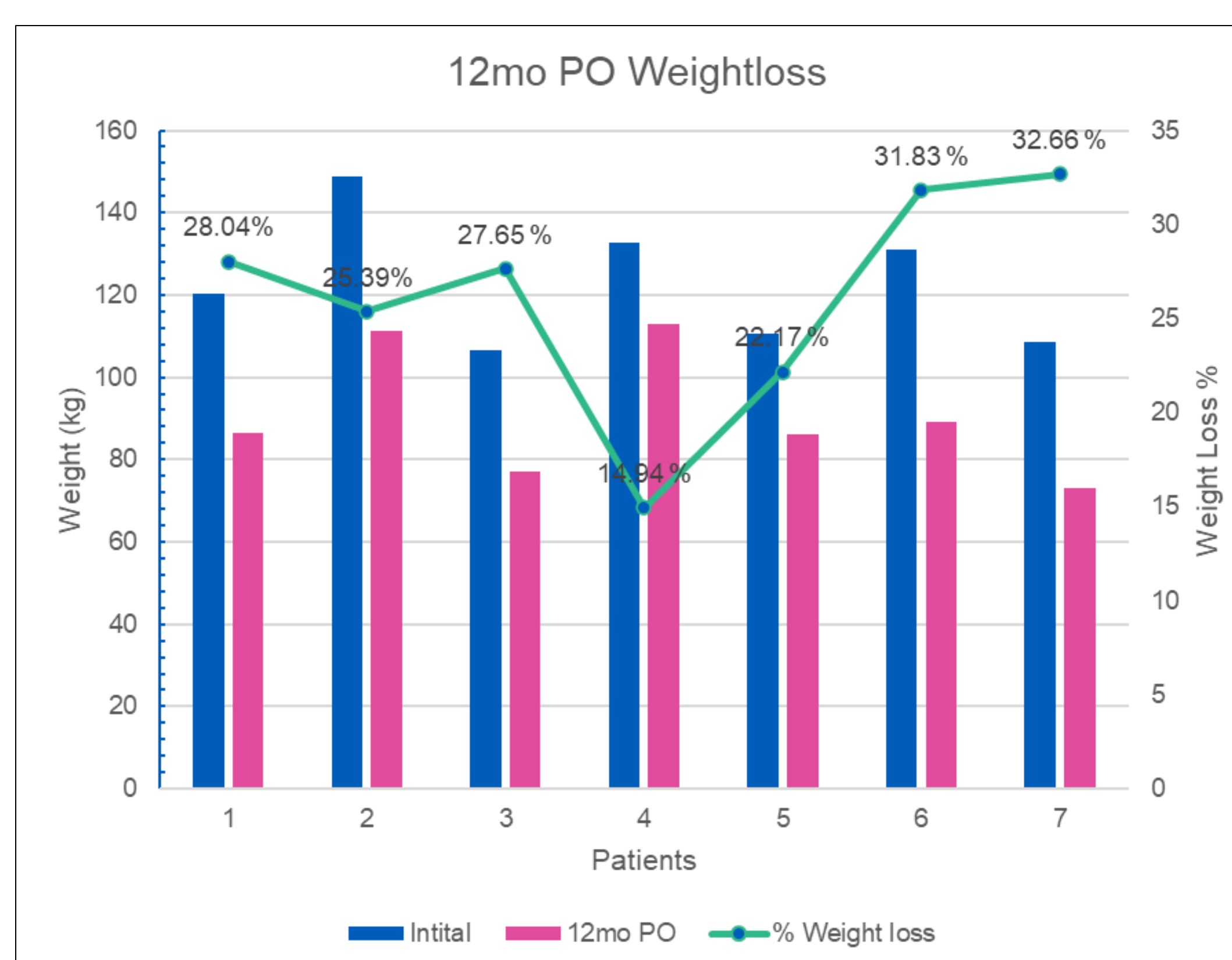
Patients with type 2 diabetes mellitus had:

- significant improvement in hemoglobin A1C,
- decreased insulin needs, and
- 60% no longer require oral medication.



Key Findings - 12 months post-op

- Up to 32.66% weight loss
- Average weight loss of 26.1%
- Average weight decrease of 43.55kg



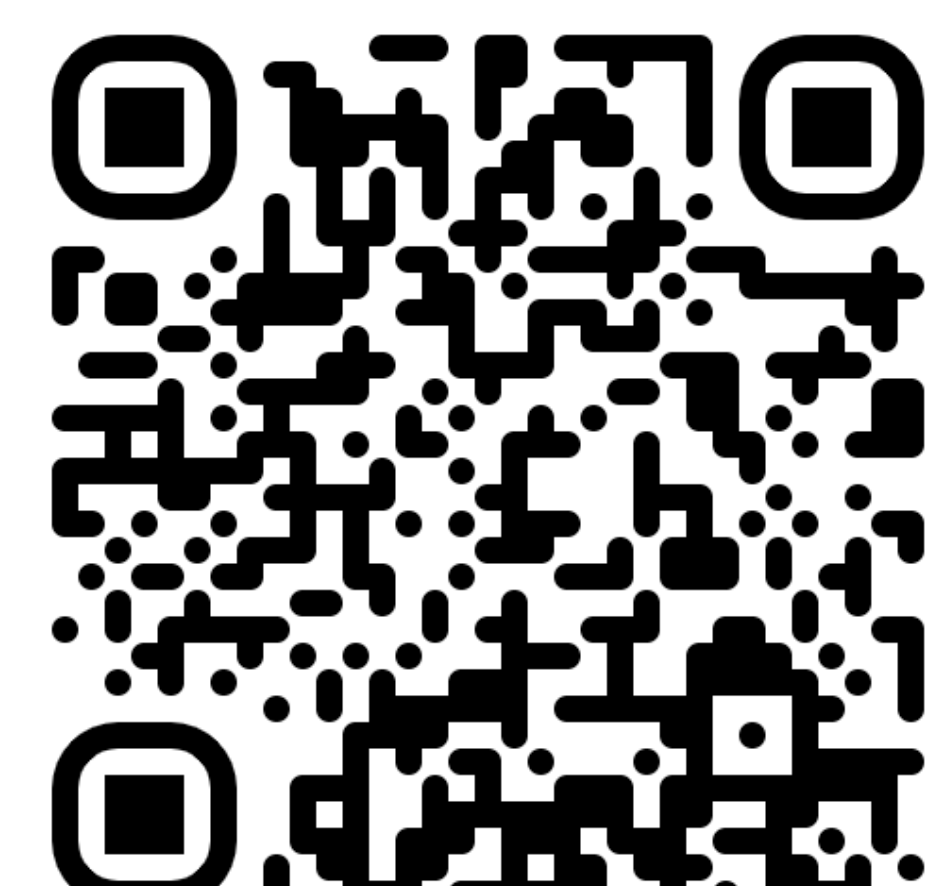
IMPLICATIONS

These outcomes underscore the need for **continued evaluation of pediatric bariatric surgery outcomes** and the **role of nursing leadership** in robust patient *education*, *outcomes tracking*, and long-term coordinated *care management*.

Future program development should focus on:

- Continued longitudinal tracking of patient outcomes as more patients progress further from surgery, strengthening understanding of long-term outcomes
- Focused evaluation of outcomes in patients with healthcare disparities to better understand how socioeconomic factors may influence postoperative success and support needs
- Expanded data collection on comorbidity remission on obesity-related comorbidities to further quantify the overall health impact of pediatric bariatric surgery.

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