

Premier Surgical Services
Bariatric Solutions
Greenwood
Pre-Op Prep Classes
January 2020

Read before attending support group sessions!

- Please pre-register for class!
- Sign in on the sign-in sheet at each support group.
- No children under the age of 16.
- You must complete Five (5) Pre-Surgery support groups before your initial surgeon's appointment **AND** have been cleared from your psychological evaluation.
- You must complete Ten (10) Pre-Surgery support groups before your surgery date.
- Questions for the office staff or physician must be handled during office hours (8:00 am – 5:00 pm Monday – Friday).
- All patients must complete Two (2) Support Groups a month. You have to at least be present at one of those two classes.
- If you are weighing in, please arrive 15 – 30 minutes before class is scheduled to begin to get vitals recorded.
- No weights/vitals will be taken once a Support Group class has started or at any other times throughout the day.

*As part of the 10 required support groups, (4) groups/topics are mandatory, including: (1) Surgery 101, Nutrition 101, (1) Class taught by the Dietitian, and (1) Class taught by the nurse (Surgery 101 does not count for the class taught by the nurse since it is also a mandatory class).

Thank you from the staff at Premier Surgical Bariatric Solutions!

Visit us online: www.ghs.org/bariatricsolutions

Visit us on Facebook: <https://www.facebook.com/GHSBariatricSolutions>

January 2020

DATE	TIME	FACILITATOR / TOPIC
01/02/20	5:30 PM	WATCH VIDEO ON WEBSITE ON NUTRITION 101
01/08/20 (WEDNESDAY)	11:30 AM	Kitty Cannon, BSN, CBN, RN Constipation
01/08/20 (WEDNESDAY)	5:30 PM	Kitty Cannon, BSN, CBN, RN Surgery 101
01/23/20	11:30 AM	Caroline Tackett Bring Your Bariatric Manual Day
01/23/20	5:30 PM	Guest Speaker – Patient who had Weight Loss Surgery!
01/30/20	11:30 AM	WATCH VIDEO ON WEBSITE ON NUTRITION 101
01/30/20	5:30 PM	Caroline Tackett Getting Started With Exercise

Pre-Op Classes are held **primarily** on Wednesdays and Thursdays so please check your class schedule on a regular basis so you won't miss out!

Classes are 11:30am-12:15pm (or 12:30pm) and 5:30 pm-6:15 pm (or 6:30 pm)

You are not required to stay over an hour for pre-op groups!

PLEASE BE EARLY FOR CLASS SO WE CAN GET YOUR WEIGHT AND BLOOD PRESSURE BEFORE CLASS STARTS. IF YOU ARE OVER 5 MINUTES LATE, THE CLASS WILL NOT COUNT.

Online Pre-op Prep Classes Now Available!

You can receive credit for attending a physician or Surgery 101 pre-op prep class by watching online!

Online classes include:

- Surgery 101
- Nutrition 101
- Keys to Success (Dr. Scott)
- Bariatric Surgery: The Scales Tip (Dr. Eichhorn)
- Psychologist Class – Emotional Eating
- Nurse Class – Medical Considerations Before and After Surgery
- Dietitian Class – Eating Healthy Through the Summer

You must still attend at least 1 (one) pre-op prep class per month in person for documentation purposes and to remain active in the program.

Instructions:

1. Visit www.ghs.org/bariatricsolutions
2. Click on “Support Groups” tab
3. Find the “Online Support Groups” available to the right of the page
4. Choose the topic you want to watch by clicking on the link, click PLAY on the video
5. Watch the video **FIRST**, then take quiz
 - a. You must make a 70% or greater on each quiz to pass and be given credit.

