

Weight Management Institute of Anderson
864-226-2290

Before Surgery Pre-Op Class Schedule
October 2019

Read before attending support group sessions!

- Sign in on the sign-in sheet at each support group
- NO children under the age of 16 in the group session.
- You must complete Five (5) Pre-Surgery support group before your initial surgeon's appointment
- You must complete a minimum of Ten (10) Pre-op prep classes including 1 class per month before your surgery date
- If support groups held on the same day have different topics, they may each count towards your 10
- Questions for the office staff or physician must be handled during office hours (8am-5pm Mon-Thurs, 8am-12pm Fri)
- ALL patients must sign and weigh in for at least 1 Support Group a month.
- Pre- op prep classes are limited to 16 people, please arrive early to ensure your seat
- Please arrive 15-30 minutes before class is scheduled to weigh in and record vitals
 - **NO weights/vitals will be taken once a Pre-op prep class has started or at any other times throughout the day.**

**As part of the 10 required pre-op prep classes, (5) classes/topics are mandatory including: Surgery 101, Nutrition 101, (1) Physician class (not including Surgery 101), (1) Nurse class, and (1) Psychology class.



Visit our Facebook page for more information and resources

<https://www.facebook.com/GHSBariatricSolutions>

Thank you from the staff at Weight Management Institute of Anderson.

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

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/bariatricsurgery
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.



**ANDERSON OFFICE
Pre-Surgery Class Schedule**

Anderson Prep classes are for **pre-surgical** patients.
Please note the location for each group as this might change.
Patients arriving after the Pre-Op Class has begun will not get credit for the class.

October 2019

| Date | Time | Facilitator/Topic |
|-------------------------|------|--|
| Wednesday 10/2/2019 | 5pm | Dr. Eichhorn The Importance of Exercise Location: Oconee Memorial Conference Room 1 |
| Thursday 10/10/2019 | 12pm | Maureen, RN Medical Considerations Location: Weight Management Institute- Anderson |
| Wednesday 10/16/2019 | 5pm | Dietician Meal Planning Made Simple Location: Weight Management Institute- Anderson |
| Thursday 10/24/2019 | 5pm | Guest Speaker Post Op Pt Role Model Location: Weight Management Institute- Anderson |
| Thursday 10/31/2019 | 12pm | Amanda F Effects on the Family Location: Weight Management Institute- Anderson |

FOR YOUR RECORDS:

Support Group Weigh-In Chart

Pre-Op Weigh-Ins

| Date | Weight |
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Post-Op Weigh-Ins

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October 2019 Support Group Sign-Up

Patient Name: _____

Date of Birth: _____

| Select Group | Date | Time/ Location | Facilitator | Topic |
|--------------------------|-------------------------|---|---------------|----------------------------|
| <input type="checkbox"/> | Wednesday 10/2/2019 | 5pm Oconee Memorial Conference Room I | Dr. Eichhorn | The Importance of Exercise |
| <input type="checkbox"/> | Thursday 10/10/2019 | 12pm Anderson | Maureen, Rn | Medical Considerations |
| <input type="checkbox"/> | Wednesday 10/16/2019 | 5pm Anderson | Dietician | Meal Planning Made Simple |
| <input type="checkbox"/> | Thursday 10/24/2019 | 5pm Anderson | Guest Speaker | Post Op Pt Role Model |
| <input type="checkbox"/> | Thursday 10/31/2019 | 12pm Anderson | Amanda F | Effects on the Family |

Please see our website (www.ghs.org/bariatricsurgery) for additions and updates to this schedule.