Weight Management Institute of Anderson 864-226-2290 Before Surgery Pre-Op Class Schedule December 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!

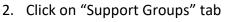
Online classes include:

- 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 <u>www.ghs.org/bariatricsurgery</u>
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- 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.

December 2019

Date	Time	Facilitator/Topic	
Tuesday 12/3/2019	1pm	Maureen, RN Stress Eating Location: Weight Management Institute- Anderson	
Wednesday 12/4/2019	5pm	Dr. Eichhorn Tip the Scale Location: Oconee Memorial Conference Room 1	
Wednesday 12/11/2019	5pm	Amanda F. Optifast Sampling Location: Weight Management Institute- Anderson	
Tuesday 12/17/2019	1pm	Maureen, RN Medical Considerations Location: Weight Management Institute- Anderson	
Wednesday 12/18/2019	5pm	Dietician Eating Out & Special Occasions Location: Weight Management Institute- Anderson	

No Class the Week of Christmas or New Years. Enjoy your Holiday!

FOR YOUR RECORDS:

Support Group Weigh-In Chart

Pre-Op Weigh-Ins

Post-Op Weigh-Ins

Date	Weight		Date	Weight	
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December 2019 Support Group Sign-Up

Patient Name: _	
Date of Birth:	

Select Group	Date	Time/ Location	Facilitator	Topic
	Tuesday 12/3/2019	l pm Anderson	Maureen, RN	Stress Eating
	Wednesday 12/4/2019	5pm Oconee Memorial Conference Room1	Dr. Eichhorn	Tip the Scale
	Wednesday 12/11/2019		Amanda F.	Effects on the Family
	Tuesday 12/17/2019	Ipm Anderson	Marueen, RN	Medical Considerations
	Wednesday 12/18/2019		Dawn, RD	Eating Out & Special Occasions

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