

# Visual Aid In Bariatric Diet Teaching

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## PICO

In bariatric patients would a multimodal learning approach increase adherence to post operative diet instructions based on adult learning theories.

## BACKGROUND

- Despite current pre and post operative diet education, patients still struggle to fully comprehend consumption instructions.
- Following prescribed bariatric diet helps to limit unwanted complications. Such as nausea, vomiting, and increased pain. Which slows patients progress to meet discharge criteria.
- Assessing a patient's learning style lets us understand how they perceive, understand and memorize new knowledge given to them.
- This allows for optimization in the patients diet progress and success with results after surgery

## REFERENCES



ENGLEWOOD  
HEALTH

## FINDINGS

- Assess the patient's learning style.
  - Visual, auditory, tactile
  - What style suits their learning habits?
- Assess patients barriers
  - What language does the patient speak ?
  - If patient does not speak English, ensure to use translation services
  - Is the patient currently in pain, nauseated, drowsy etc.?
  - Delay education if patient does not demonstrate readiness to begin diet
- When a patient is ready to begin diet, provide current written bariatric instructions with newly implemented QR code printed.
  - Promote family involvement in education to aid in compliance with diet
- Provide instructions on how to access the video from the QR code and give a summary of what is included in the video
  - Reinforce patients have unlimited access to the video
  - Answer any additional questions, comments or concerns the patient and family may have.

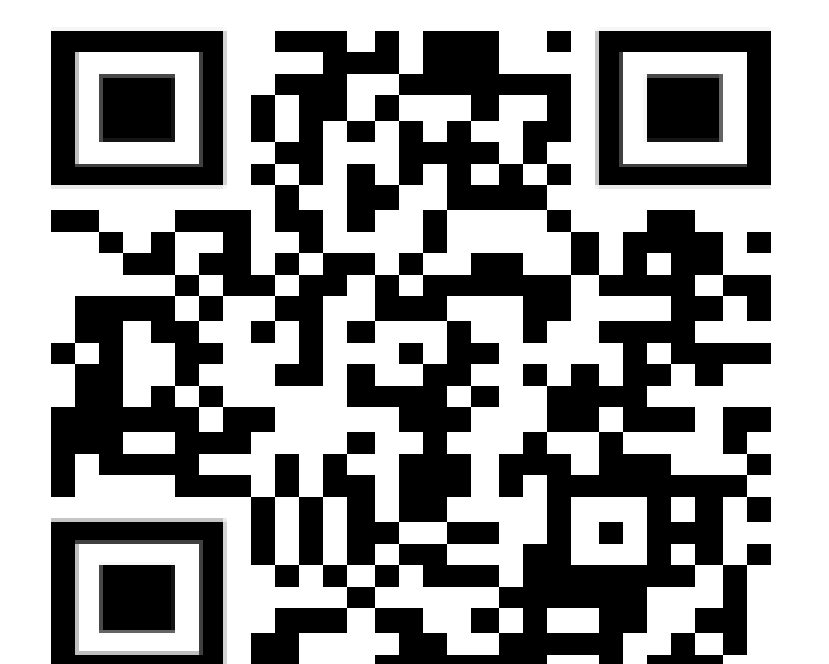
## CONCLUSIONS

Providing an educational video, in addition to current bariatric written instructions addresses different learning styles in adults. This helps cater to different learning needs and reduce barriers to education.

## RECOMMENDATIONS

- The next group can gather data of the effectiveness of implementing the video on post operative diet compliance.
- An additional video filmed in Spanish will be beneficial to help overcome the language barrier. A lot of the post operative patients admitted speak Spanish this will increase compliance and understanding.

## VIDEO



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