

# **The Impact of Advance Education on Patient Outcomes among Individuals Undergoing Gastric Bypass Surgery**

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## **Abstract**

The evolution of the world has been accompanied by scientific discoveries. As such, the world transformation has not only encompassed advancements in computer technologies, but medical advancements too. In particular, medical advancements have given rise to various medical procedures, with gastric bypass surgery being the conspicuous one for the current era. Gastric bypass surgery is a medical practice that aims at correcting or restoring the body's form and functioning. In particular, gastric bypass surgery targets obesity among individuals of various ages.

## **1 Introduction**

It is widely agreed that one way in which to lead a long, health life is to observe an appropriate lifestyle choice. A lifestyle choice encompasses elements such as diet, exercising, economic activities, medication, checkups, social circle, diet, drug abuse and education. Practicing desirable health habits has the potential of improving the health outcomes, even when done at the old age. For instance, those individuals who begin exercising at 50 have the chance to equalize the benefits enjoyed by those who are used to the practice.

## **2 Methodology**

Even as exercising, dieting, avoidance of certain drugs and socializing, among other elements, remain important, seeking appropriate and medical checkups, timely treatment and vaccines is particularly crucial. Timely treatment ensures that health complications are tackled before they run out of control, ensuring that the body continues being healthy. Regular checkup creates the allowance for diseases to be detected and addressed timely. For instance, through check up, a physician may inform the client on the need to exercise regularly as a way of shunning health complications. Checkup may be helpful in detecting conditions such as obesity, whose effective treatment is limited within certain window frames. The current project seeks to examine the effects of educational provision at perioperative and postoperative care stages on patient outcomes among the adolescents.

## **3 Results and Discussion**

The following section provides a tabular representation of project approaches in reference to past studies, presented in a tabular, evidence appraisal worksheet.

<b>Evidence Appraisal Worksheet</b>	
<b>PICO Question</b> For adolescents who are preparing for gastric bypass surgery, will education about the procedure, perioperative and postoperative care improve facilitation and increase knowledge towards the improvement of patient outcomes?	
<b>Outcome Ranking and Analysis</b>	<b>Brief Description of Research</b>
<b>Good</b> The study was “Good” because it examined varied ranges of ages. Furthermore, the score of “Good” is accounted by the study’s recommendations regarding precautionary measures that should be adopted during gastric bypass surgery.	Many patients who undergo gastric bypass surgery are female. The study estimated that 72.6 percent of cases in gastric bypass surgery are female while 19.4 percent are male. In addition, the number of gastric bypass surgery cases averages at 38.97 years, with age ranges cited from 16.20 to 63.60 years. Additional documented of the study indicated that lower odds of gastric bypass surgery could be exhibited in individuals who were non-private insurance covered, older, poorer, male, non-white, living in rural areas, and the sick. The study recommended the need for gastric bypass surgery in less-risky ways such as care regarding the dumping syndrome, internal hernias, staple line disruption, and stomal stenosis. The study gains significant implication to the current paper by providing age ranges within which gastric bypass surgery may be dominant. In addition, the study applies to this paper by explaining the role of precautionary measures towards the achievement of nursing outcomes in gastric bypass surgery.
<b>High</b> The study’s score is rated “High” because it examined challenges and perceived solutions to long-term nutritional management for individuals who undergo gastric bypass surgery. In addition, the “High” score is accounted by recommendations that the study proposed, encompassing laparoscopicity in gastric bypass surgery; associated with reductions in patient complications.	In the study, some of the symptoms that rapid gastric emptying exhibits were examined. The symptoms include faintness, weakness, diarrhea, abdominal pain, vomiting, and nausea. Additionally, the study indicated that hypoglycemia after meals characterizes rapid gastric emptying. Other insights that the study revealed included the role of gastric bypass surgery as a non-low-risk procedure. Therefore, the study indicated that the selection of

	<p>individuals for gastric bypass surgery should consider thoroughness in perioperative management. Recommendations included the need to conduct gastric bypass surgery with laparoscopicity, as the latter yields fewer complications. The proposed approach was also cited to exhibit less pain postoperatively, with shorter lengths of stay in hospital; coupled with rapid processes of recovery.</p> <p>Furthermore, the study documented that postoperative periods in gastric bypass surgery are characterized by challenges such as maladaptive eating behaviors and inadequacies or deficiencies in nutrition. The study recommended that there is the need to accomplish long-term nutritional management for individuals in gastric bypass surgery. The study's applicability to the current paper is achieved through the proposed correlation between long-term nutritional management and the success of gastric bypass surgery. Additional significance of the study arises from the insights regarding challenges that face long-term nutritional management practices.</p>
<p>High</p> <p>The "High" score is attributed to the fact that the study was context- and content-specific. The study focused on the adolescents and, examined the relationship between gastric bypass surgery and weight loss.</p>	<p>The study examined outcomes of gastric bypass surgery among the adolescents. Evidence suggested that adolescents who undergo gastric bypass surgery lose weight on a rapid trend. Other effects include reductions in comorbid conditions that are linked to obesity. Whereas gastric bypass surgery is associated with complications and risks, the study documented that weight loss operations have increased, yielding positive outcomes on target populations. Therefore, the study is significant and offers crucial insight to the current paper by examining the relationship between gastric bypass surgery and weight loss among the adolescents.</p>
<p>Good</p> <p>The study is rated "Good" because it gave recommendations regarding the need to focus</p>	<p>The study suggested that three options exist regarding the treatment of obesity. The categories include bariatric surgery,</p>

on long-term effects that gastric bypass surgery poses, rather than addressing cases of obesity on a short-term basis.	pharmacotherapy, and lifestyle modification. In reference to gastric bypass surgery, the study suggested that inherent disadvantages exist. The demerits were cited as time intensiveness, rare maintenance of weight losses that result, and resultant modest effects. Upon undergoing gastric bypass surgery, physiologic changes that individuals exhibit in gastrointestinal tracts do not “cure” obesity. Instead, the study highlighted that individuals who undergo gastric bypass surgery ought to strive for drastic alterations to their feeding habits to ensure that they achieve optimal losses in weight. The study proceeded to document that gastric bypass surgery should be presented to the individuals as tools that aid in losing weight, rather than presented as panaceas to obesity. The proposed procedure towards effective gastric bypass surgery includes early pre-operative stage as the initial practice, followed by reinforcement in the patient’s entire life after surgery.
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#### **4 Conclusion**

The study recommended that gastric bypass surgery should be conducted in a manner that accounts for long-term implications that aid in sustained weight loss, rather than adopt procedures that address obesity on a short-term basis. Given that the study offered recommendations regarding the need for long-term targets towards gastric bypass surgery, it gains crucial insight to the current project.