

Sigma's 30th International Nursing Research Congress
Pathopharmacological Foundations for Advanced Nursing Practice: Obesity
Pathophysiology, Identification, Treatment, and Disease Management
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Introduction: The purpose of this research paper was to discuss the pathophysiology of obesity as it relates to organ systems, the body as a whole and what causes and sustains the obese state in individuals. Standards of practice from the National Institutes of Health for prevention, identification, comorbidity screening, and management of obesity are highlighted. Clinical guidelines for providers to assess, diagnose, and educate patients with obesity are reviewed along with risk factor screening, subjective, and objective findings. Characteristics and resources for well-managed patients are discussed along with how it affects life expectancy and patient outcomes. Treatment methods including pharmacological, nonpharmacological, and surgical methods are examined. Successful and unsuccessful disease management are compared and contrasted by reviewing diet, physical activity, access to care, and behavioral modification therapy. Factors that contribute to disease management such as insurance coverage, health literacy, and social support are reviewed. Factors leading to unmanaged disease such as race/ethnicity, education level, and income are discussed. The effect and cost on the obese patient, their family, and the population are discussed. Primary care physician and mental health provider statistics are compared along with obesity, diet, and exercise rates between the states of Louisiana and Washington. Obesity statistics, treatment options, insurance coverage, and social determinants are compared between the United States, France, and England, along with global statistics for how the United States ranks in its overall rate of obesity. Best practices according to national guidelines were researched in areas of identification, education, and follow-up for patients with obesity and strategies to implement and evaluate those best practices are highlighted. By discussing the pathophysiology, obesity statistics, and best practices for treatment, it is hoped that those that read this paper will learn how to prevent or manage their illness, or help obese individuals to do so. It was concluded that diet, exercise, behavioral modification, and proper follow-up with a primary care provider is the key to successful obesity management.

Title:

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Abstract Summary:

This paper will provide the pathophysiology differences in obese individuals, best practices according to the standard of practice published by the National Institutes of Health, and application of those recommendations by addressing a clinical practice deficit related to the management of obesity within a healthcare organization.

Content Outline:

Content matter discussed in this paper includes epidemiology related to obesity, pathophysiology, best practices according to the National Institutes of Health including clinical guidelines, pharmacologic management, nonpharmacologic management, and characteristics and factors of both managed and unmanaged obesity. Additional discussion includes impact and cost burden on patients, families, and communities of Louisiana. Obesity disparities and disease burden are compared nationally and internationally. Last, implementing best practices as a proposed project is provided using interventions to improve the screening and management of patients who are at risk or diagnosed as categorically obese.

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Author Summary: Heather Richardson is a registered nurse seeking her MSN in nursing education at Western Governors University. She resides in Louisiana where she is employed as a Practical Nurse Educator for Delta College. Ms. Richardson has worked and taught on units where many patients suffer from the consequences of obesity. This along with poor obesity statistics for her home state have influenced her academic pursuits and focus of this paper.