

WEIGHT MANAGEMENT PROGRAMME



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INTRODUCTION AND OUR PHILOSOPHY

Mediclinic Parkview Hospital now offers an ethical, evidence based weight reduction programme, delivered in accordance to recognised international standards of patient care.

The prevalence of being overweight in GCC adults has been reported to be 48% amongst males and 35% amongst females, while the prevalence of obesity is 24% amongst males and 40% amongst females¹. The UAE in particular is one of six Middle Eastern Countries with the highest rates of being overweight or obese. The prevalence of obesity along with being overweight is 27% and 16% for males and females respectively in the UAE².

We offer comprehensive medical and surgical services for the treatment of adults with obesity with the aim of improving health through weight management. Our multi-disciplinary team is comprised of a consultant endocrinologist, consultant bariatric surgeons, bariatric coordinator, gastroenterologist, anaesthetists, psychologists, bariatric dieticians and exercise therapists.

Our multi-disciplinary team reviews all weight reduction cases and decisions. Our team members are readily accessible to provide advice and we run a monthly patient support group. Our service is fully compliant with the American Society for Metabolic and Bariatric Surgery guidelines.

OUR SERVICE ETHOS

Our service ethos is to:

- Implement state-of-the art evidence-based care for obese patients
- Monitor all obesity-related medical conditions and risk factors
- Provide high quality patient and public information
- Improve access to care pathways by optimising referral processes and developing close working between levels of care
- Develop comprehensive multidisciplinary local collaboration
- Facilitate, and empower patients to make healthy lifestyle changes: develop therapeutic education
- Educate staff about treating patients with obesity
- Promote obesity related knowledge and awareness among the public and health care providers
- Improve the collaboration interface between clinical researchers and scientists
- Integrate health care, teaching and research
- Undertake and facilitate clinical research projects

REFERRAL PROCESS

Patient referral will be through either:

1. Another Mediclinic Middle East clinic
2. Hospital
3. Outpatient or inpatient consultations
4. Self-referral
5. Other healthcare facilities outside the Mediclinic group

All referrals will go through the bariatric coordinator for an appointment and information. Information booklets and pamphlets will be available.

PATIENT CRITERIA

Patients will be over 18 years of age, independently mobile and attending to activities of daily living (ADLs):

1. Patients with BMI ≥ 40 kg/m².
2. With BMI 35–40 kg/m² with co-morbidities e.g type 2 diabetes, hypertension, hyperlipidemia, obstructive sleep apnea (OSA), non-alcoholic steatohepatitis (NASH), non-alcoholic fatty liver disease (NAFLD).
3. Patients with BMI 30–34.9 kg/m² with recent onset type 2 diabetes or metabolic syndrome may be offered bariatric procedure.
4. Patients with BMI ≥ 27 kg/m² will be considered for pharmacotherapy, balloons and endoscopic sleeve gastroplasty.

All patients entering the programme will be assessed by a bariatric coordinator or physician (endocrinologist) at first visit for suitability and given a management pathway.

WEIGHT REDUCTION PROGRAMME

There are five main components of the programme:

1. Dietician and weight reduction coordinator

Your weight reduction coordinator will work as the patient's first line of contact to:

- Organise a multidisciplinary team for weight management cases to define the most suitable procedure for weight loss
- Assist clients in devising and carrying out weight-loss plan, using established dietary programs or procedures
- Interview client to obtain information on weight development history, eating habits, medical restrictions, and nutritional objectives
- Explain programme and procedures based on the international guidelines, which should be followed to lose desired amount of weight, and answer client questions
- Follow up and monitor patient's progress post procedure

2. Medical management

The endocrinologist will help to:

- Formulate an individualised medical investigation and therapeutic plan in collaboration with other members of the MDT
- Facilitate the use of licensed weight loss medications e.g. saxenda
- Evaluate the clinical presence and importance of diseases associated with obesity (e.g. diabetes, dyslipidemia, hypertension, cardiac function, obstructive sleep apnea, non-alcoholic fatty liver disease etc.) and their optimal management
- Assess cardiovascular risk factors, including obstructive sleep apnea and other potential health problems, and ensure they are addressed preoperatively and postoperatively if bariatric surgery is contemplated
- Monitor for nutritional deficiencies (vitamin D and folic acid) preoperatively, 3-6 months postoperatively, and annually thereafter or as needed

3. The bariatric surgeon will:

- Possess advanced bariatric and laparoscopic skills
- Assess the individual patient's suitability for surgery taking into account factors such as age, co-morbidities and previous medical and surgical history
- Provide clear explanation on benefits, risks and common complications of surgical procedures to enable patients give informed consent. The recent NCEPOD report recommended that 'As for all elective surgery, a deferred two-stage consent process with sufficient time lapse should be utilised, and details of benefits and risks should be clearly described, and supported with written information'
- Provide patients the likely weight reduction outcomes after different surgical procedures and emphasise the need for long-term lifestyle changes and follow-up postoperatively
- Advise and support the patients in choosing appropriate bariatric surgical procedure

4. The gastroenterologist will:

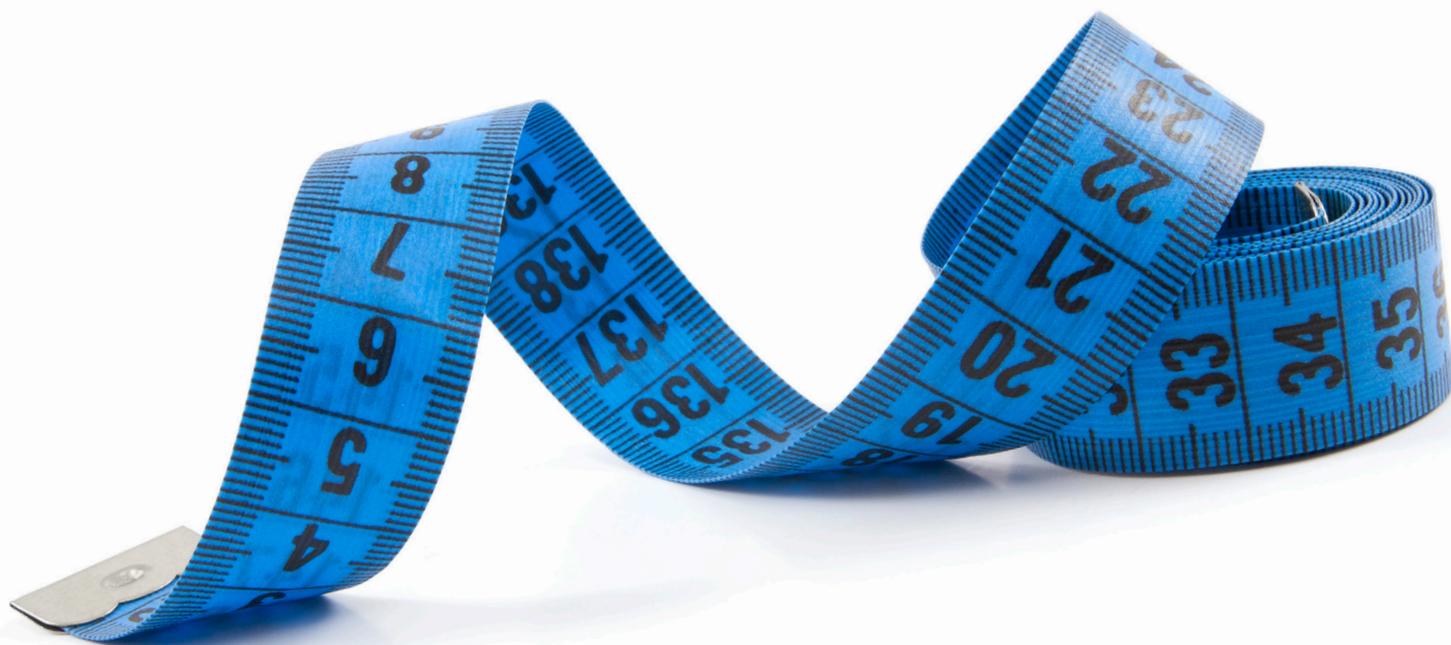
- Play an important role in preoperative assessment and postoperative management. Gastroenterologists are one of the integral members of the multi-disciplinary teams
- Assess and deal with common complications of surgery related to GI tract structure, function, and mucosal integrity procedures
- Assess and treat nutritional deficiencies (vitamin B12, folate, zinc and anaemia) in collaboration with dietician
- Help optimise care of the bariatric patient and set the stage for effective development, testing, and use of the many new endoscopic, intraluminal, and pharmacological GI-based therapies for obesity that are under development

5. The psychologist/psychiatrist will:

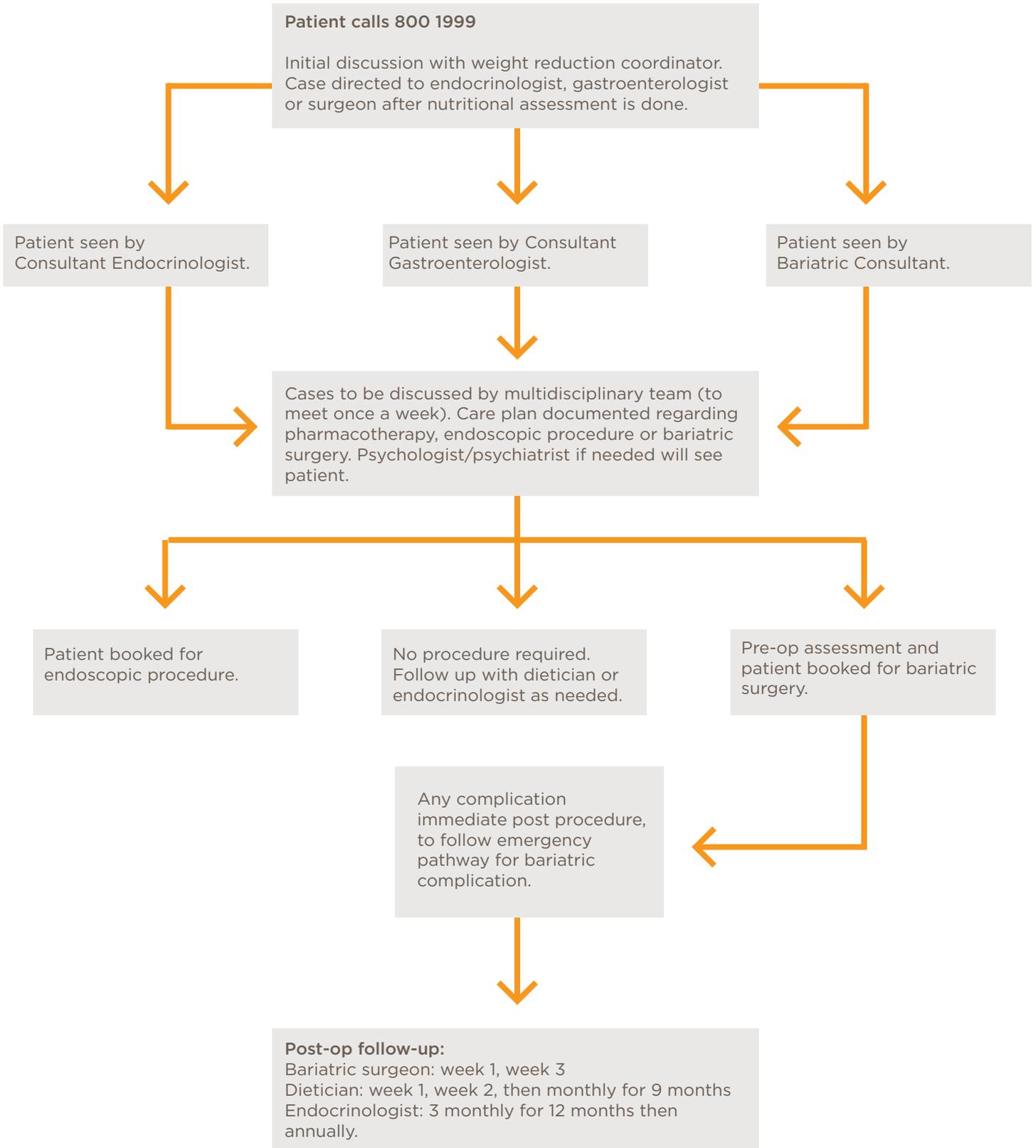
- Evaluate patients before bariatric surgery if mental health issues identified during initial evaluation
- Provide pre-operative evaluation where needed enabling identification of interventions that can enhance long-term compliance and weight maintenance
- Provide psychological support if eating or binge disorders identified as it increases risk of and lower weight loss and weight regain after some bariatric procedures

BARIATRIC PROCEDURES AT MEDICLINIC PARKVIEW HOSPITAL

1. Balloon aided weight loss
2. Laparoscopic sleeve gastrectomy
3. Laparoscopic gastric bypass (Roux en Y)
4. Laparoscopic single anastomosis duodeno ileal (SADI)
5. Laparoscopic one anastomosis gastric bypass (mini gastric bypass)
6. Laparoscopic gastric band removal
7. Laparoscopic vertical clip gastroplasty



PATIENT CLINICAL PATHWAY



PRICING FOR THE PROCEDURES

PROCEDURE

Gastric sleeve
Gastric bypass
Revisional sleeve
Balloon

PRICE

35,000 AED
40,000 AED
45,000 AED
10,000 - 20,000 AED



BARIATRIC SUPPORT GROUP

The patient support group is open to anyone considering bariatric surgery and any patient who has already had a bariatric procedure at Mediclinic Parkview Hospital. It is a great opportunity to hear other people's experiences and to get support in managing some of the challenges of weight loss surgery. The team's bariatric dietician will facilitate the sessions.

MEET THE MULTIDISCIPLINARY TEAM



Dr. Usama Warshow

Consultant Gastroenterologist & Hepatologist

Dr. Usama Warshow has over 15 years of experience in Gastroenterology & Hepatology working in the UAE and UK. He relocated to the UAE from the UK three years ago, previously working as a consultant gastroenterologist in Tawam Hospital, Al Ain. Before this, Dr Warshow held a consultant post in a large university teaching Hospital in the South West of England. Dr Warshow is an experienced endoscopist and performs interventional and diagnostic endoscopy. He is accredited in UK by Joint Advisory Group (JAG) as a therapeutic endoscopist and colonoscopy trainer.



Dr. Mazin Aljabiri

Consultant Gastroenterologist

Dr. Mazin Rasool Aljabiri is a Consultant Physician and Gastroenterologist at Mediclinic Parkview Hospital. With more than 15 years of experience in gastroenterology, Dr. Aljabiri relocated to Dubai from the UK where he held a consultant gastroenterologist and general physician post in one of the teaching university hospitals. He has extensive experience in endoscopy, Dr. Aljabiri is an intervention endoscopist-JAG Accredited/RCP London-UK who is experienced in oesophageal/pyloric/duodenal and colonic balloon dilatations and stent insertions. His main interest is intervention endoscopy, including bowel cancer screening; he has performed more than 4,000 colonoscopies and 10,000 gastroscopies. He is an interventional endoscopist with EPMR and ESD accredited from Tokyo-Japan.



Dr. Patrick Noel

Bariatric Surgeon

Dr. Patrick Noel has over 20 years of experience in the Bariatric field with more than 6,000 bariatric surgeries (sleeve gastrectomy, gastric bypass, duodenal switch, gastric banding) and more than 800 revision procedures. Trained in minimally invasive surgery in Montpellier, he went on to become one of the foremost laparoscopic surgeons in France.

As a key figure in Bariatric Surgery globally, Dr. Patrick is recognised as an influential voice and opinion leader in the field.

MEET THE MULTIDISCIPLINARY TEAM



Dr. Rahila Bhatti

Consultant Endocrinologist

Dr. Rahila Bhatti joins Mediclinic Parkview Hospital with over 10 years of experience in Endocrinology & Diabetes in Dubai, UK and Pakistan. As a member of the Royal College of Physicians in the UK, Dr. Rahila has previously worked as a Consultant in Diabetes & Endocrinology in Worthing Hospital, UK. She has special interest in obesity, type 2 diabetes and metabolic syndrome and has implemented many initiatives at previous hospitals on peri-operative care for bariatric surgery.



Dr. Alan Kourie

Sports and exercise medicine

Dr Kourie is Head of the Sports Medicine Department at Mediclinic Parkview Hospital, overseeing a multi-disciplinary sports medicine team.. He has been involved with elite standard sports at national and international level and has most recently completed eight years with the South African Rugby Union and as Team Physician and Head of Medical for the Natal Sharks Rugby Union team who compete in the Super Rugby tournament, which is often described as the world's toughest club rugby competition.



Dr. Homero Rivas

Bariatric surgeon

As a digestive and bariatric surgeon, he has 18 years of experience. Dr. Homero Rivas is a Professor of Surgery and Associate Dean of Innovation and the Future at the Mohammed Bin Rashid University of Medicine and Healthcare in Dubai. Formerly he was Associate Professor of Surgery, and the Director of Innovative Surgery at Stanford University.



Mona Joumaa

Dietician and Weight Reduction Coordinator

Mona graduated from St Joseph University, Beirut, in 2008 with a BSc in Nutrition and Dietetics. Afterwards, she worked in a John's Hopkins affiliated hospital in Lebanon for three years, before moving to Dubai as a clinical dietician in 2012. Mona deals with all patients who require professional nutritional therapy for management of chronic diseases and in particular weight loss management.

Clinical Psychologist/Psychiatrist

Psychological counseling falls under the behavioral changes and communicative strategies. In the world of weight management behavioral sciences must be examined properly for lasting success for an individual.

Physiotherapist

The Mediclinic Parkview Hospital Physiotherapy team consists of seven physiotherapists in both inpatient and outpatient settings. The physiotherapists are from the UK, South Africa and Saudi Arabia and have a broad base of knowledge and patient experience. They have treated bariatric patients and assisted in their recovery post-surgery.

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