

## CHAPTER 33

# Telehealth as a tool to strengthen and expand the overweight and obesity care line

 Crossref  10.56238/pacfdnsv1-033

**Doglas Gobbi Marchesi**

**Izabel Cristina Brunoro Hoppe**

**Michelly Louise Sartorio Altoe Toledo**

**Gileila de Jesus Lopes**

**Lilian Claudia Nascimento**

**Gustavo Peixoto Soares Miguel**

**Ana Paula Ribeiro Ferreira**

### ABSTRACT

The objective of this study is to train the multiprofessional team of primary and secondary care about the management of overweight and obese patients. In addition, to share the knowledge of the multiprofessional team of a bariatric and metabolic surgery program about the management of pre and postoperative patients in all related areas (nutrition, psychology, medicine, social work, nursing, physical education, and physical therapy) within the network of care for obese individuals.

## 1 INTRODUCTION

### 1.1 OBJECTIVE

The objective of this study is to train the multiprofessional team of primary and secondary care about the management of overweight and obese patients. In addition, to share the knowledge of the multiprofessional team of a bariatric and metabolic surgery program about the management of pre and postoperative patients in all related areas (nutrition, psychology, medicine, social work, nursing, physical education, and physical therapy) within the network of care for obese individuals.

## 2 METHOD

Each member of the multidisciplinary team is responsible for preparing a web lecture and deliver it via Telehealth (collaboration network that helps health professionals who work in Primary Health Care (PHC), related to their area of expertise in the Bariatric and Metabolic Surgery Program (BMCP). To facilitate the access to the web lectures, both for patients and primary care professionals, we created a communication channel ([www.bariatricahucam.ufes.br](http://www.bariatricahucam.ufes.br)) where all the themes and links to the web lectures are listed.

## 3 RESULTS

12 web lectures have already been given via Telehealth, with the following themes: Bariatric surgery in the late postoperative period - Warning signs, Physiotherapy in the preoperative period of bariatric surgery, Obesity - Promotion, prevention and health education, Psychological care before and after bariatric

surgery, Post Bariatric Plastic Surgery: Updates for Multiprofessional Team Follow-up Multiprofessional Preoperative Access in the Bariatric and Metabolic Surgery Program, Nutritional Approach in Bariatric Surgery, among others. Having already reached more than 21,200 views on the Telehealth channel on youtube since the beginning of the project in mid September/2019.

#### **4 CONCLUSIONS**

By using Telehealth as a tool for health promotion and education, we believe we have contributed to strengthening the Health Care Network for People with Chronic Diseases, regarding the organization of prevention and treatment of overweight and obesity. In addition, we collaborate in professional development, in partnership with the local manager of SUS (Unified Public Health System), inducing training and qualification for care to the obese, incorporating the conceptual and organizational frameworks of SUS as recommended by Ordinance No. 425 of March 19, 2013. Thus, contributing to a humanized and comprehensive care to patients with overweight and obesity.