Bariatric (Obese) Individuals

Karen Lou Kennedy-Evans, RN, FNP, APRN-BC

World Health Organization (WHO)

- Overweight/Obesity
  - Abnormal or excessive fat accumulation that may impair health.
Being overweight or obese is associated with greater mortality than being underweight.  


Higher Risk for pressure ulcers:

- Very thin individuals
Bariatric

• Higher Risk for pressure ulcers:
  – Very thin individuals
  – Overweight-to-obese individuals

• Higher Risk for pressure ulcers:
  – Very thin individuals
  – Overweight-to-obese individuals
  – Compared to normal BMI range
Body Mass Index (BMI)

• Calculate:
  – Weight (kg) or weight (lb) \times 703  
  – \left[\frac{\text{height (m)}}{\text{height (in)}}\right]^2

Body Mass Index (BMI)

• Obese I  30.0 - 34.9 kg/m^2
• Obese II  35.0 - 39.9 kg/m^2
• Obese III  > 40.0 kg/m^2
Drake et al 5

• Pressure Ulcer Prevalence BMI
  • <40 - 12.5%
  • >40 - 26%

• BMI
  – Underweight < 18.5
  – Normal 18.5-25
  – Overweight 25-30
  – Obese > 30

<table>
<thead>
<tr>
<th>Height</th>
<th>Weight (Upper limit)</th>
<th>BMI</th>
<th>Category</th>
</tr>
</thead>
<tbody>
<tr>
<td>5'5&quot;</td>
<td>110</td>
<td>18</td>
<td>Underweight</td>
</tr>
<tr>
<td>5'5&quot;</td>
<td>150</td>
<td>25</td>
<td>Normal</td>
</tr>
<tr>
<td>5'5&quot;</td>
<td>180</td>
<td>30</td>
<td>Overweight</td>
</tr>
<tr>
<td>5'5&quot;</td>
<td>240</td>
<td>40</td>
<td>Obese</td>
</tr>
</tbody>
</table>

BMI Limitations: Not about the weight!

320 lbs. 7'4”    BMI: 29
Height: Bedfast patients

One arm extended straight out at a 90 degree angle
Measure from middle of sternum to tip of the middle finger
Multiply x 2

Features of Severe Obesity

• Large and Deep Skin Folds
  – Maceration
  – Inflammation
  – Tissue/skin necrosis
Features of Severe Obesity

• Increased tissue weight:
  – Exerts additional load on dependent tissues causing vascular occlusion

Assess Skin Folds

• Behind neck
• Mid back
• Under arms/breasts
• Under abdomen or pannus
• Thighs: Upper and lower
• Buttocks, sacral and perineal
• Calves, ankles and heels
Base of Neck: Problems with intubation and O₂ tubing

Slang: Bull Neck

Mid back: Bulge above and below bra fastening strap

Slang: Wings
Under Breasts

Bra Size 50 I,  
Breast weights 15 lbs. each

Pannus: Excess fat and tissue of the abdomen
Pannus Grading System

- Grade 1  Covers pubic hairline but not mons pubis
- Grade 2  Covers the entire mons pubis
- Grade 3  Covers the upper thigh
- Grade 4  Extends to mid thigh
- Grade 5  Covers knee and beyond

Gallagher S. The Challenges of caring for the obese patient Edgemont PA:Matrix Medical Communications, 2005

Pannus Grade II – Inspection - Lift Up!
Skin Inspection – LOOK!

Thigh: Upper Anterior

PAIN: “Think SUNBURN!!!”
Thigh: Upper Posterior

Slang term: Banana Folds

Back of leg – (9)
Back of leg – (9) Ankle

Distinguishing ITD from Stage I or II

• Etiology
• Skin appearance
Let there be light!

ITD

Stage I or II

• Common Areas:
  – Under pannus
  – Under Breasts
  – Groin
  – Perineum

• Common Areas:
  – Usually:
    • Over bony prominence
    • Under a point of pressure

©2015 National Pressure Ulcer Advisory Panel | www.npuap.org
Intertrigo

- Under breast
- Under pannus

Intertrigo - Groin
NOT Stage II pressure ulcer
Shear and Friction

• Care of sacrum and heels getting in and out of bed.

Bariatric Patient

Ridging

↑

Hemorrhoids

Abrasions
Describe Location

Location

• Ground Zero
  – Posterior – Rectum
  – Anterior – Uretha
"Ground Zero" Urethra

12 cm. 1:30
10 cm. 11:30
7.5 cm. 1:00
12 cm. 8:30
“Ground Zero” Urethra

12 cm. 8:30
5 cm. 5:30

IAD – Moisture Control
Prevention and Treatment of Moisture

- Silver impregnated fabrics

Equipment Selection

- Support Weight
- Allow sufficient turning without contact with bedrails.
Sufficiently Wide

Equipment Selection Toilet Seat

- Alligator Type Skin
- Catches on the hose shoe toilet seat
Shower Chairs

Shower Gurney
Malnourished

- In spite of looking well fed
  - Look at labs
  - Refer to dietician

Questions