



شبكة المعلومات الجامعية  
التوثيق الإلكتروني والميكرو فيلم

# بسم الله الرحمن الرحيم



**HANAA ALY**



شبكة المعلومات الجامعية  
التوثيق الإلكتروني والميكروفيلم



# شبكة المعلومات الجامعية التوثيق الإلكتروني والميكروفيلم



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# جامعة عين شمس

## التوثيق الإلكتروني والميكروفيلم

### قسم

نقسم بالله العظيم أن المادة التي تم توثيقها وتسجيلها  
علي هذه الأقراص المدمجة قد أعدت دون أية تغييرات



### يجب أن

تحفظ هذه الأقراص المدمجة بعيدا عن الغبار



**HANAA ALY**

# **Effect of Lifestyle Modification Module on Patients' Compliance Postoperative Bariatric Surgery**

## **Thesis**

*Submitted for Partial Fulfillment of  
The Doctorate Degree in Nursing Sciences  
(Medical - Surgical Nursing)*

*By*

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2020**

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***Ahmed El-Sayed Ibrahiem Mansour***

## Effect of Lifestyle Modification Module on Patients' Compliance Postoperative Bariatric Surgery

### *Abstract*

Obesity remains a continuing global health concern that associated with increased risk of numerous chronic diseases. Bariatric surgery is indicated as a strategic alternative for rapid weight loss, remission or improvement of co-morbidities. Patient should understand the necessity of modifying feeding behavior, life style, and of compliance to a follow-up all through life. **Aim:** This study aimed to evaluate the effect of lifestyle modification module on patients' compliance postoperative bariatric surgery. **Design:** A quasi-experimental design was utilized in this study. **Setting:** Bariatric surgery outpatient clinic and bariatric surgery department at El-Demerdash Hospital Ain Shams University. **Subject:** A purposive sample of 104 postoperative bariatric surgery patients was selected according to certain inclusion criteria. **Tools of data collection:** (1) Postoperative bariatric surgery patients' interview questionnaire. (2) Patients' compliance tool. **Results:** There was significant improvement in the post test after implementation of the lifestyle modification module regarding knowledge of bariatric surgery compared to the pretest where the mean score of pre test was  $33.97 \pm 12.41$  and for post test  $60.97 \pm 9.24$ . There was statistically significant improvement post implementation of lifestyle modification module among the studied patients regarding compliance where, more than half of the studied patients achieved fair level of total compliance. **Conclusion:** Implementation of lifestyle modification module has positive effect on improving patients' compliance post-operative bariatric surgery regarding knowledge about bariatric surgery, diet, physical activity, sleep and rest instructions, follow up visits, medication, perceiving of stress, and bariatric analysis and reporting outcomes and quality of life. **Recommendations:** Lifestyle modification module should be applied in all bariatric surgery departments and bariatric surgery outpatient clinics with periodical updating to enhance patients' health outcomes.

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**Key words:** lifestyle modification, patients' compliance, postoperative, bariatric surgery.



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## *List of Abbreviations*

Abb.	:	Full term
%	:	Percent sign
+Ve	:	Positive
ACE	:	Angiotensin-converting-enzyme
AGB	:	Adjustable Gastric Band
BARO	:	Bariatric Analysis and Reporting Outcome
BED	:	Binge Eating Disorders
BMI	:	Body Mass Index
BPD	:	Biliopancreatic Diversion
BPD/DS	:	Biliopancreatic Diversion with Duodenal Switch
BS	:	Bariatric Surgery
CC	:	Cubic centimeter
CM	:	Centimeter
CT	:	Computerized Tomography
CVD	:	Cardio Vascular Disease
DS	:	Duodenal Switch
DVT	:	Deep Venous Thrombosis
EWL	:	Excess Weight Loss
g/d	:	gram per day
g/kg/d	:	gram per kilogram per day
GERD	:	Gastro-esophageal Reflux Disease