Psychological Guidelines for Bariatric Surgery

Objective
Assist patients and their licensed clinical psychologist/psychiatrist to comply with the requirements of the National Institutes of Health and St. John Providence Weight Loss prior to bariatric surgery. A patient desiring to have bariatric surgery must undergo a formal objective psychological assessment followed by a consultation with their psychologist/psychiatrist. Undergoing a psychological evaluation will ensure the patient is an appropriate candidate for Bariatric surgery. A written report summarizing the results should be forwarded to St. John Providence Weight Loss.

Who qualifies for bariatric surgery?
To qualify for bariatric surgery a patient must be over the age of 18 with a BMI (body mass index) greater than 40 or between 35 and 40 with co-morbid conditions directly related to obesity. The patient must have previous unsuccessful attempts at conventional and/or supervised weight loss.

Why do a bariatric psychological evaluation?
The bariatric psychological evaluation will determine whether the patient is a suitable candidate to undergo bariatric surgery. Please indicate whether the patient can comply with the following post surgical recommendations:

- Follow-up appointments- Patients are required to be seen minimally post surgery at 1 week, 1 month, 3 months, 6 months, 1 year, and yearly thereafter.
- Dietary requirements- Patients will be on a liquid diet for 2 weeks after surgery. Patients are then allowed to eat pureed foods, then soft foods. With time, more variety is allowed. Food and beverage choices should be low in fat and sugar. Vitamins and minerals are required life long after bariatric surgery.
- Attendance at monthly support group meetings- We offer 3 support group locations for our St John Providence Weight Loss patients once a month. However, there are other locations throughout the state that offer post surgical support if they cannot attend any of our offered meetings.

In addition, the bariatric psychological evaluation should determine whether the patient has sufficient support of their family and/or friends for complying with post surgical requirements.

What should the bariatric psychological evaluation include?
The bariatric psychological evaluation should include an in office assessment such as the Minnesota Multiphasic Personality Inventory-2 (MMPI-2), Millon Clinical Multiaxial Inventory-III (MCMI-III) or Personality Assessment Inventory (PAI). Following the assessment, a consultation to review the results and to determine the appropriateness of candidacy for bariatric surgery should be noted.
**What should be included in the written report?**

Please include the reason for the referral indicating that the patient was seen for a comprehensive consultation at St. John Providence Weight Loss and needs evaluation to assess whether they are a candidate for bariatric surgery. It should also be included if they will be compliant with the post surgical requirements in the written report. Furthermore, any current or prior treatment history with the patient and the diagnoses should be discussed with the nature of treatment.

The written report should also include a brief patient history including:

- Obesity history - Previous weight history and any conventional and/or supervised attempts
- Social history - Family, relationships, employment, support network, etc.
- Mental history - Mental status, previous/current mental health diagnosis including eating disorder, addictive behavior, schizophrenia, severe depression, and attempted suicide.
- Motivation for bariatric surgery

The report should also indicate the assessment instrument that was used and its results with your interpretation of how they apply to the patient’s appropriateness as a weight loss surgery candidate. Discuss the patient’s likely compliance with post surgical requirements, and the patient’s support network post-surgery.

*Please state clearly whether or not you believe the patient is a good candidate for bariatric surgery and whether the patient understands the effects of the procedure. This language is specifically required by many insurance companies and omitting it may prevent the patient from receiving insurance approval.*

This recommendation should focus on the following:

- Patient’s level of motivation
- Appropriateness for bariatric surgery based upon psychological status
- Likely compliancy with post-surgical requirements
- Patient’s support network
- Any mental health issues that may disqualify the patient from bariatric surgery

**Where should I send the written report?**

Please send your completed report in a timely manner to:

**St John Providence Weight Loss**

47601 Grand River
Ste. B136
Novi, MI 48167
248-465-3940 (Phone)
248-465-3941 (Fax)

**St John Providence Weight Loss**

27483 Dequindre
Ste. 204
Madison Heights, MI 48071
248-967-7326, option #1 (Phone)
248-967-7330 (Fax)

If you require more information about bariatric surgery or the psychological evaluation do not hesitate to call. We thank you for your continuum of care.

-St John Providence Weight Loss Surgeons and Staff
Below is a list of providers that currently perform bariatric evaluations. Please be advised you will need to ask the following providers if they participate with your current insurance.

<table>
<thead>
<tr>
<th>Licensed Psychologist</th>
<th>Location</th>
<th>Phone</th>
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<tbody>
<tr>
<td>*Deborah Saelens, MA, LLP</td>
<td>45660 Schoenherr Road, Shelby Township, MI 48315</td>
<td>586-566-3020</td>
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<tr>
<td>*Daniel Stettner, Ph.D.</td>
<td>22708 Harper Ave, St Clair Shores, MI 48080</td>
<td>586-445-2210</td>
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<tr>
<td></td>
<td>3950 S. Rochester Road, Ste. 1400, Rochester Hills, MI 48307</td>
<td>248-844-6234</td>
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<tr>
<td>*Christina Jacksa, Psy.D</td>
<td>17250 Farmington Road, Livonia, MI 48152</td>
<td>734-425-4070</td>
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<tr>
<td>*Lois Schafer, Ph.D</td>
<td>43750 Garfield Road, Suite 106, Clinton Township, MI 48038</td>
<td>586-226-6855</td>
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<tr>
<td>David Gill, MA, LLP</td>
<td>308 Glenwood Street, Suite A, Ann Arbor, MI 48103</td>
<td>734-255-3783</td>
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<tr>
<td></td>
<td>26850 Providence Parkway, Suite 400, Novi, MI 48374</td>
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<tr>
<td>Bethany Helfman, Psy.D</td>
<td>3910 Telegraph Road, Suite 202, Bloomfield Hills, MI 48302</td>
<td>248-535-2933</td>
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<tr>
<td>Gerald Kirzner, Ph.D</td>
<td>30600 Northwestern Highway, Suite 304, Farmington Hills, MI 48334</td>
<td>248-851-8505</td>
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<tr>
<td>Melhim Restum, Ph.D, PC</td>
<td>5995 Ninteen Mile, Sterling Heights, MI 48314</td>
<td>586-745-1701</td>
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<tr>
<td></td>
<td>20300 Civic Center Drive, Suite 303, Southfield, MI 48076</td>
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<tr>
<td>Mark Sullivan, Ph.D</td>
<td>8110 Jackson Road, Ste. D, Ann Arbor, MI 48103</td>
<td>734-426-0032</td>
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<td></td>
<td>800 W. Grand River, Brighton, MI 48116</td>
<td>810-227-4750</td>
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<tr>
<td>Darlene Swiderski, Ph.D</td>
<td>21610 Eleven Mile, Suite 4, St. Clair Shores, MI 48081</td>
<td>586-773-1900</td>
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*Smart Health patients are required to utilize an in-network provider. Please call for an appointment with one of these St John affiliated providers.

If there is not a provider on this list that participates with your insurance, or is near your home, please contact your insurance company for in-network providers in your area. If you go to a provider not listed above, please ask if the provider performs bariatric evaluations when scheduling your appointment.