

Telenutrition for the bariatric surgical patient

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Abstract

Long distance patient care irrevocably changed upon the COVID-19 pandemic. Due to social distancing measures, telehealth is now being recognized as much more than a virtual or videoconsultation. As a medical tourism destination and bariatric surgical providers, Obesity Control Center (OCC) had long before incorporated a telehealth structure at the core of how we guide and support our patients in managing their health and lifestyle. The role of technology and the wide array of communications tools and skills needed to engage in different media outlets such as social media platforms, web and smartphone applications, and support groups, continues to positively impact the experience of the patient. However, because surgery cannot be performed virtually, telenutrition care plays a crucial and central role in the management of the patient through a proactive outreach timeline in accordance with the Nutrition Care Process (NCP) with patients at a remote location, in an efficient and effective manner, before and after the surgery.



Biography:

Lucía Chavez Aguirre, the certified nutritionist, has studied postgraduate courses in the Perioperative Management of the Bariatric Surgery Patient; Functional Foods and Dietary Supplements for Cancer Prevention and Treatment; Digestive Disease Care; Exercise, Supplementation, and Hydration; amongst others. She also obtained a Diploma in Bariatric Nutrition from Colegio Mexicano de Cirugía para la Obesidad y

Enfermedades Metabólicas (Metabolic and Obesity Surgery Mexican Association). In addition, she has training in Neuro-Linguistic Programming (NLP) to help motivate and educate her patients. She is currently working towards her credential as an Integrative and Functional Nutrition Certified Practitioner at IFNA (Integrative and Functional Nutrition Academy). Lucía is a chief nutritionist at Obesity Control Center and Director of Clinica de Nutrición Aplicada (Applied Nutrition Clinic); professor at her alma mater, Universidad Iberoamericana de Tijuana and founding member of the Association of Nutritionists and Dietitians of Baja California. In the US, she is a Member of the Academy of Nutrition and Dietetics (formerly ADA) as well as the practice group Dietitians in Integrative and Functional Medicine; she is also a member of the Integrative and Functional Nutrition Academy and the Institute of Functional Medicine. In Mexico, she is a member of the Colegio Mexicano de Nutriólogos.

Speaker Publications:

1. "A New Bariatric Procedure: The Stomach Spring Gastric Sleeve"

[3rd World congress on Nutrition and Obesity Prevention;](#)
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