Safe Patient Handling: Big Patients, Big Complications

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Pregnancy vs. Obesity

RELAX - I'M NOT OBESE - I'M PREGNANT!
Obesity Epidemic

- 28% of Pregnancies with Obesity
- 8% with Category 3 Obesity (>40 BMI)
- Incidence is Greater in African-American population (49%) and Hispanics (39%) compared with Caucasians (31%)
The Patient Experience

- The last “acceptable” prejudice
- Right-sized equipment, gowns
- Room safety
- Weight limits
- Equipment availability
High BMI & Pregnancy

Category 1 = 30-34.9
(30% of our patients)
Category 2 = 35-39.9
Category 3 = > 40
Normal BMI = 18.5-24.9
Overweight = 25-29.9
Risks

- Hemorrhage & Thrombosis
- Stillbirth - 2-3x greater rate
- Shoulder Dystocia
- Difficult Epidural Placement
- Difficulty moving patient
- Difficult Airway
- Sleep Apnea
- Risk to Staff - Workplace Injuries $$$
Labor and Delivery

- **C-section**
  - Cat 1 @ 33.8%
  - Cat 2-3 @ 50%

- **VBAC**
  - Success 13% if > 300 lbs.
  - Failure 30% if overweight, 39% for Cat 3
Bariatric & Pregnant: Are You Ready?

- Need Leadership Support & Engagement
- Meet Often: Bi-Weekly
- Co-Chairs OB Providers & Nursing
- Equipment on hand?
- Go for Easy Changes to Gain Momentum
- Review Recommendations
- Form Subgroups to work on more complex recommendations

**Multidisciplinary Bariatric Task Force**
- OB MDs & CNMs
- Bariatric Specialist
- Workplace Safety Expert
- Nursing Admin & Managers
- Anesthesia
- Surgical Tech
- Front-Line RNs
Bariatric & Pregnant: Are You Ready?

- Develop Specific Targets & Timelines
  - Assess Your Unit
  - Develop an Equipment List
  - Train Unit on Equipment/Supply Location
  - Train Unit on Moving/Buddies
  - C-Section Safety Checklist
  - Discuss Plan at Multidisciplinary Rounds

Develop Inpatient Bariatric Protocol to Include:
- Antenatal Care
- Intrapartum Preparedness
- Surgical Care
- Postpartum Care
The Anesthesia Perspective
Implications for a Crash C/S

- Always get a second anesthesia provider
- Consider SPINAL
- Anatomic changes make endotracheal intubation difficult
- Ramp head, do not tape pannus
- Physiologic changes: desaturation in 1 minute!
Anesthesia Perspective

- Little time for emergency maneuvers
- Laryngeal mask airway (LMA) to rescue
- If able to ventilate, “section” depressed fetus only
- Surgical airway if unable to ventilate
- If morbidly obese with a clearly difficult airway: Do NOT proceed with a "crash" general anesthetic
Post-Op Infection Prevention

- Antibiotics - 3 grams Kefzol if BMI > 40
- Running or interrupted closure of subcutaneous space if > 2 cm
- Use Chlorhexidine wipes - Abdominal Prep; CHG Bath, 24HRS before Surgery
LDR Suite @ KP Panorama City
L&D Room Equipment & Supplies

- Amniocentesis: long needle and high-resolution sonograph guidance
- Bariatric bed with frame and trapeze
- Bariatric chairs
- CPAP equipment
- Extra-large B/P Cuffs
- Extra-large gowns
- Extra-large panties
L&D Room Equipment & Supplies

- Extra-large SCDs (bariatric calf vs thigh-high)
- Extra-wide wheelchairs
- Graduated compression stockings
- HoverMatts
- Inflatable mattress
- Long instruments
- OR straps
- Sliders
- Toilet to exceed 500 lb. capacity
Bariatric Wheelchair
Hill-Rom Affinity 4 Birthing Bed: Ergonomic- “Stow and Go”
Hill-Rom Affinity 4 Birthing Bed
Bariatric Bed with Trapeze: Antepartum & Postpartum
Anesthesia Equipment

- Difficult Airway Cart
- Emergency Cricothyroidotomy kit
- Glide Scope
- LMAs
- Video Guided Laryngoscopes
Support Devices: Anesthesia
Troop Elevation Pillow: Airway Aid for Bariatric Patients
OR Equipment

- Adhesive straps/Elastoplast tape for pannus management
- Atraumatic self-retaining retractor (Alexis)
- Bariatric OR Table and Extenders (1000lbs)
- Bariatric/Long Instrument C-Section Tray
- Disposable covers or disposable mats,
- DVT Prophylaxis
- Epidural Support Device
OR Equipment

- Extra-large SCDs
- Extra-long surgical instruments
- Hovermatt for lateral patient transfer
- Large belts/straps for OR table
- Positioners, wedges
- Vacuum or forceps
Lateral Transfer Patient Device: HoverMatt
C-Section Tray- Bariatric/Long
C-Section Tray+ Step Stools
Surgical Instruments
Surgical Equipment
Stryker “Zoom” Motorized Gurney
Teamwork + Communication =