

Allina Health Weight Management Weight Loss Surgery Online Post-test

Name

Today's Date

Email Address:

This post-test is to be completed after viewing the on-line Informational Seminar. Prospective patients must get a score of 75% correct. This means you need to answer 19 questions correctly. Tests will be scored by the clinic staff once you submit them in. If the score is below 75% you will be asked to come to one of our live seminars.

You may want to print this test out to refer to as you watch the video. The answers can be done on a printed paper copy, or completed on your computer using the boxes. Simply circle the correct answer on paper, or place an "x" in the box ☐ next to your answer.

Completed tests can be submitted two ways:

Email to: WeightManagement@allina.com

Mail to: Weight Management – Mercy
Attention: Referral Specialist
11850 Blackfoot St. NW, Suite 130
Coon Rapids, MN 55433

About obesity

Question 1: Which of the following is true about obesity?

- a. ☐ Obesity is a disease as defined by the National Institute of Health
- b. ☐ Obesity is linked to other health conditions leading to over 400,000 deaths annually in the United States
- c. ☐ Obesity affects men, women and children
- d. ☐ All of the Above

Question 2: Body Mass Index (BMI) measures which of the following?

- a. ☐ Height
- b. ☐ Weight
- c. ☐ Height and Weight
- d. ☐ None of the Above

Question 3: Which of the following patients would not be morbidly obese?

- a. ☐ A 26-year-old woman who is more than 100 pounds overweight.
- b. ☐ A 53-year-old man who has a BMI of 40 or more.
- c. ☐ A 42-year-old man who has a BMI of 23 and has heart disease.
- d. ☐ A 38-year-old woman who has a BMI of 37 and diabetes that is not under control.

Question 4: Conditions that can result from obesity may include but are not limited to:

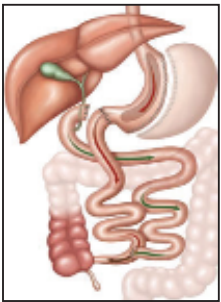
- a. ☐ Diabetes
- b. ☐ Hypertension
- c. ☐ High Cholesterol
- d. ☐ All of the Above
- e. ☐ None of the Above

Surgery options

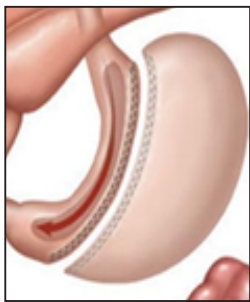
Question 5: What advantage does laparoscopic (small incision) abdominal surgery have compared to open (large incision) abdominal surgery for the patient?

- a. ☐ Less Pain
- b. ☐ Scaring is less visible
- c. ☐ Shorter Hospital stay
- d. ☐ All of the Above
- e. ☐ None of the Above

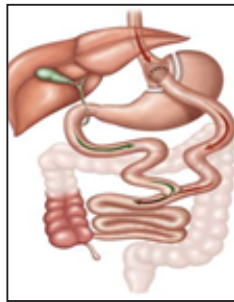
Please use the following options for the next six questions:



A.



B.



C.

None of these

D.

Question 6: Which of the above is known as the “Roux,” “gastric bypass,” or “Roux-en-Y gastric bypass”?

Letter

Question 7: Which of the above is known as the “sleeve,” “vertical sleeve,” or “vertical sleeve gastrectomy”?

Letter

Question 8: Which of the above is known as the “switch,” “duodenal switch,” or “DS”?

Letter

Question 9: Which of the above has no risk and is known as the “perfect choice” for weight loss surgery?

Letter

Question 10: Which of the above has no risk of death?

Letter

Question 11: Which surgery involves reducing the stomach to about the size of a banana and does not involve rearranging the intestines?

- a. ☐ Roux-en-Y gastric bypass
- b. ☐ Vertical sleeve gastrectomy
- c. ☐ Duodenal switch
- d. ☐ None of the above

Question 12: Which surgery is NOT linked to dumping syndrome? (Dumping syndrome is a reaction to eating foods high in fat of sugar)

- a. ☐ Roux-en-Y gastric bypass
- b. ☐ Duodenal switch
- c. ☐ Vertical Sleeve Gastrectomy

Question 13: What two procedures cause malabsorption following surgery?

- a. ☐ Roux en Y Gastric Bypass and Duodenal Switch
- b. ☐ Vertical Sleeve Gastrectomy and Duodenal Switch
- c. ☐ None of the procedures cause malabsorption following surgery

Life after surgery

Question 14: Diet progression after surgery is necessary to prevent complications. Put the diet progression in the correct order with 1 being the 1st after surgery and 4 being the last.

- a. ___ Full Liquid
- b. ___ Clear Liquid
- c. ___ Regular
- d. ___ Pureed

Question 15: Which of the following behaviors for eating improves your chances for success after weight loss surgery?

- a. ☐ Eat many small meals during the day
- b. ☐ Eat quickly to feel “full”. Don’t stop at just “satisfied”.
- c. ☐ Use the 30/30 rule: Don’t drink anything 30 minutes before meals, during meals, and for 30 minutes after meals.
- d. ☐ Eat foods high in starch (bread, rice and pasta) right away after surgery.

Question 16: Which of the following guidelines are keys to long-term maintenance of weight loss?

- a. ☐ Eat to satisfaction, not fullness..
- b. ☐ Follow the 30/30 rule.
- c. ☐ Eat three meals per day.
- d. ☐ Get exercise or movement every day for 30 minutes.
- e. ☐ All of the Above

Question 17: Which of the following guidelines will help you with life after weight loss surgery?

- a. ☐ Staying hydrated (a minimum of 64 ounces of liquid daily)
- b. ☐ Eating foods high in protein (50-60 grams of protein daily)
- c. ☐ Reading food labels to make healthy choices
- d. ☐ All of the Above
- e. ☐ None of the Above

Question 18: Which of the following supplements are recommended after surgery?

- a. ☐ Multivitamin everyday
- b. ☐ Calcium everyday
- c. ☐ Vitamin D everyday
- d. ☐ All of the Above

Question 19: Which of the following is true about pain after weight loss surgery?

- a. ☐ There will be no pain after laparoscopic surgery.
- b. ☐ You can get prescription pain medicine at the bariatric clinic any time the first three months after surgery.
- c. ☐ If you have a history chronic pain (such as back pain or fibromyalgia) that needs prescription pain medicine (such as oxycodone or hydrocodone), you and your health care team will create a pain management plan before surgery.
- d. ☐ If you have a history of chronic pain, you will have little to no pain after weight loss surgery.

Question 20: Which of the following is TRUE about over-the-counter pain medicine after weight loss surgery?

- a. ☐ NSAIDS include ibuprofen (Motrin® Advil® or Nuprin®), naproxen (Aleve®) and ketoprofen (Orudis®). You can take these with no risk after weight loss surgery.
- b. ☐ Acetaminophen (Tylenol®) is safe to take after weight loss surgery.
- c. ☐ NSAIDS do not increase your risk for ulcers after Roux-en-Y gastric bypass surgery.
- d. ☐ You won't need to read pain medicine labels after weight loss surgery.

Question 21: Which of the following is NOT TRUE about life after weight loss surgery?

- a. ☐ Allina Health Support Groups meet monthly. There are many benefits to attending and sharing your experience as well as learning from the experience of others.
- b. ☐ You will have extra skin with significant weight loss. Age, genetics, exercise level and amount of weight lost all influence how much excess skin you will have.
- c. ☐ Exercise does not matter after surgery because the surgery will take care of everything. Your surgery is magical and you won't need to do any physical activity to support your success.
- d. ☐ It is possible for women who have had weight loss surgery to have healthy pregnancies.

Question 22: After surgery you need to see a member of your bariatric team every year for the rest of your life.

- a. ☐ True
- b. ☐ False

Getting cleared for surgery

Question 23: Which of the following is TRUE before you have weight loss surgery?

- a. ☐ You will need your insurance provider to give you authorization before you can have weight loss surgery if you are using your insurance benefits for coverage
- b. ☐ You may smoke up until the day before surgery
- c. ☐ Your surgeon will still let you have surgery even if you have gained from your initial appointment in our Program
- d. ☐ The mental health evaluation is optional as it is really not important anyway

Questions 24: Which of the following is TRUE before you have weight loss surgery.

- a. ☐ You need to verify coverage for weight loss surgery with your insurance company at the onset of starting our Program
- b. ☐ Insurance companies vary in the number of dietician visits they require prior to approving surgery
- c. ☐ Every patient sees the dietician a minimum of two times prior to surgery
- d. ☐ You are responsible for following your plan of care, [keeping](#) your scheduled appointments, and setting small goals to keep you moving forward in the preoperative process
- e. ☐ All of the Above.