

Key Element Project Part 1 Internet Search and Critique

Michele Nichols, RN BSOM

Mississippi College

Healthcare Informatics

NUR 404

December 7, 2018

## **Internet Search and Critique on Health Resources: Part One: Paper**

### **Understanding a Medical Problem**

The healthcare topic chosen for this Key Element Project for Healthcare Informatics is bariatric surgery. Part one of this project is a review of websites selected for the levels of education and/or expertise of the intended audience. The first section of this paper is focused on an internet search for Healthcare Resources focused on two sites for the layperson. Below are two websites chosen to focus of the questions a patient may have when contemplating on whether or not to undergo this type of elective surgery. The average bariatric patient isn't just morbidly obese but may also have co-morbidities such as hypertension, coronary artery disease and/or diabetes. Often these patients have failed multiple attempts to lose weight and then not only gain back the weight lost but add additional weight. The increase in their BMI (body mass index) increases the risk for additional co-morbidities or worsening of current disease states. Bariatric surgery is an option that when applied correctly can improve the health of the patient, but requires patients to do more than undergo surgery, it requires behavior modification and total lifestyle changes to be successful. The numbers associated with each link represent their rankings from 1-7 with 1 being the best to 7 being the worst.

### **Internet Sites for the Lay Person Reviewed**

4.) <https://www.webmd.com/diet/obesity/surgery-for-you#1>

WebMD seems to be the go to site for any layperson to begin their research on any given procedure or medical symptom. The site itself is visually stimulating and chocked full of video presentations and for each type of bariatric surgery so that patients, doing their due diligence, can make a reasonably informed decision on whether undergo a life altering surgery. The links on the front page include other options in lieu of the surgical procedure such as other weight loss

options with or without medications, references, slideshows and message boards. Very savvy format with easy to access links which include multiple video presentations, additional information on co-morbidities that can occur with obesity as well as information on the different types of bariatric surgeries.

6.) <https://www.niddk.nih.gov/health-information/weight-management/bariatric-surgery/definition-facts>

The National Institute of Diabetes and Digestive and Kidney Diseases gives an overview that a layperson can easily navigate. The webpage includes the definition of bariatric surgery, explanation of does it work, the average cost and different options available. The webpage does not have glossy graphics like the WebMD page, but the information is easy to navigate, provides a good introduction to bariatric surgery and brings attention to the necessary pros and cons of the surgical procedure itself. This website is basic but still presents the information to the prospective patient in way that is sensitive, fact based supported by a respected foundation. Links are provided which lead to published news articles from public forums like the New York Times newspaper for the end user to peruse to further edify themselves on the public perception of the surgery as well as other patient friendly resources specific to co-morbidities.

7.) <https://asmbs.org/patients>

The American Society for Metabolic and bariatric Surgery has an online patient resource portal with videos promoting obesity surgery. Although this is the professional society which was created specifically for bariatric surgery, the site clearly is biased towards the surgical option. The links on this page lead a layperson to valuable information on the surgical process, obesity associated/related disease processes. Although the information is factual and relevant

from a patient perspective there is a tremendous push to find a provider. This ranks last in my layperson internet search. Although provided by the experts in bariatric surgery, it does not supply many alternatives to the surgery.

### **Health professional website critique**

The next two links to websites are specific to healthcare provider level review. These websites reflect the level of educational speak, fact driven and evidence based practice supported. Both websites cater to the healthcare professional and the information needed from a clinical perspective to assist any patient in their decision-making process.

1.) <https://asmbs.org/resource-categories/additional-resources>

Although ranked third in the layperson internet critique, the ASMBS professional resources page provides the most in depth educational and informational offerings a healthcare professional could want. Insurance information, approved procedures, fact sheets, resources for integrated health professionals, how to treat a bariatric surgery patient pre-operatively and post operatively. The data is credible, current and evidence base practice driven for whichever level of healthcare professional (nurse, behavioral health, ER physician, nutritionist, etc.). Although not glamorized like a WebMD site the information is relevant, current, factual, and intellectually stimulating. This website ranks first for healthcare professionals to provide guidance for any patient in the pipeline from consideration for the procedure to postoperative needs and how to navigate the patient to long term success.

3.) <https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/gastric-bypass-surgery/art-20046318>

Ranked second for healthcare professional resource materials and information is the Mayo Clinic website. This website offers an in-depth review of the criteria to meet specific to gastric bypass surgery. The site gives guidelines for patient qualification, next steps for preparation and a realistic end statement “gastric bypass surgery isn’t a miracle procedure-and it isn’t for everyone” (“Is weight loss surgery right for you?,” 2018, para. 17). This introductory website also offers additional links to expert answers and additional resources which give options besides surgery like the Mayo Clinic Diet, tips for healthy eating for dining out, how to boost self-confidence and fitness. As a healthcare provider, the site is professional, easy to navigate and offers more than just information on the surgery. After all, they Mayo Clinic is a giant in the world of healthcare and often cited in research and educational materials.

### **Research profile website critique**

2.) [http://ovidsp.tx.ovid.com/sp-3.32.0a/ovidweb.cgi?&S=OCJFPDDPMDDFPBMNCDKEGFBHFEC AA00&Link+Set=S.sh.22%7c3%7csl\\_10&Counter5=SS\\_view\\_found\\_article%7c00060867-201801000-00005%7cyrovft%7covftdb&Counter5Data=00060867-201801000-00005%7cyrovft%7covftdb](http://ovidsp.tx.ovid.com/sp-3.32.0a/ovidweb.cgi?&S=OCJFPDDPMDDFPBMNCDKEGFBHFEC AA00&Link+Set=S.sh.22%7c3%7csl_10&Counter5=SS_view_found_article%7c00060867-201801000-00005%7cyrovft%7covftdb&Counter5Data=00060867-201801000-00005%7cyrovft%7covftdb)

For this section of the Key Element Project of internet search criteria/critique specific to research Ovid database website review was utilized. Chosen primarily for the topic as it was not thoroughly addressed by any other database searches, thus landing it as my choice for the second spot in the rankings. Focused on over eating as an addiction the article also addresses the emotional/binge eating as a psychological co-morbidity. Highlighting the potential pitfalls in basing patient selection solely on the physical co-morbidities without seeing the patient as more than their weight. The author also gives clinically relevant data related to failure rates between

years 2 and 5 post gastric bypass with 69.7% of 100 patients reporting significant regain.

Included are screening tools to deploy for patients whose psychological dependence on food has not been properly assessed and thus, equips practitioners with information on how to address these issues in order to position their patients for long term success. The references used were all peer reviewed, included randomized clinical studies and articles for prediction of post-operative failures. By in large this research article more than exemplifies the research profile requirement and gives any researcher interested in bariatric surgery a foundation on the psychological component of the procedure. “Regardless of how we label the various forms of dysregulated eating, a public health crisis continues to demand our attentions. In the United States, obesity remains one of the three leading causes of preventable illness and death”(Anderson & Chacko, 2018, p. 32).

5.) [http://ovidsp.tx.ovid.com/sp-3.32.0a/ovidweb.cgi?&S=OCJFPDDPMDDFPBMNCDKEGFBHFEC AA00&Link+Set=S.sh.22%7c4%7csl\\_10&Counter5=SS\\_view\\_found\\_article%7c00017285-201609000-00005%7cyrovfr%7covftdb&Counter5Data=00017285-201609000-00005%7cyrovfr%7covftdb](http://ovidsp.tx.ovid.com/sp-3.32.0a/ovidweb.cgi?&S=OCJFPDDPMDDFPBMNCDKEGFBHFEC AA00&Link+Set=S.sh.22%7c4%7csl_10&Counter5=SS_view_found_article%7c00017285-201609000-00005%7cyrovfr%7covftdb&Counter5Data=00017285-201609000-00005%7cyrovfr%7covftdb)

For any healthcare professional dealing with the morbidly obese population much research should be done prior to suggestion of any life altering procedure before offering medical therapy. In particular, type 2 diabetes, when not controlled, manifests destructively in many organs of the human body from the kidney to the eyes. “This article explores the risks and benefits of 2 therapies for adults with severe or morbid obesity and type 2 diabetes: bariatric surgery (with special attention to the Roux-en-Y gastric bypass or conventional medical therapy, which relied on nutrition, physical activity, lifestyle changes, and hypoglycemic medication”(Mayer & Dwyer, 2016, p. 233). From a research perspective there is a fair

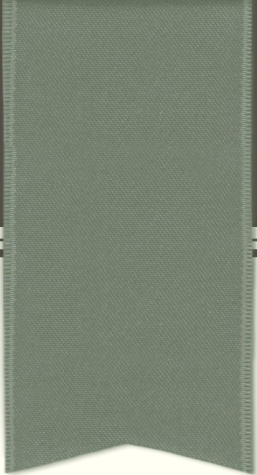
presentation of the data but ultimately the conclusion of the article is that standard therapies are not as successful alone as when paired with the surgery. This is ranked number 5 as the data is recent, credible and supported with peer reviewed articles and clinical trials. The researchers also make a point as to the financial considerations when opting to go with medical therapies alone, which was a point not made in other articles reviewed for the research component of the project.

The rankings clearly indicate the position of priority in my internet search critique. Each website has relevant and useful data and depending on the needs or requirements of the person reviewing the data, each website offers clear and educationally relevant points specific to the area of bariatric surgery.

## References

- Anderson, L. M., & Chacko, T. P. (2018, January/March). Bariatric outcomes: self-management for sustained surgical success: A multicomponent treatment for dysregulated overeating in bariatric surgery patients . *Journal of Addictions Nursing* , 29(1), 32-42.  
<http://dx.doi.org/10.1097/JAN.0000000000000210>
- ASMBS Professional Resource Center. (2018). <https://asmbs.org/resource-categories/additional-resources>
- ASMBS. (n.d.). <https://asmbs.org/patients>
- Definition & facts for bariatric surgery. (2016). Retrieved from <https://www.niddk.nih.gov/health-information/weight-management/bariatric-surgery/definition-facts>
- Gastric bypass surgery: Who is it for? Learn about the criteria you must meet to have this weight loss surgery. (2017). Retrieved from <https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/gastric-bypass-surgery/art-20046318>
- Is weight loss surgery right for you? (2018). Retrieved from <https://www.webmd.com/diet/obesity/surgery-for-you#1>
- Mayer, J. E., & Dwyer, J. T. (2016, September/October). Bariatric surgery or conventional medical therapy?: Which is best for severely obese adults with type 2 diabetes. *Nutrition Today*, 51(5), 233-241. <http://dx.doi.org/10.1097/NT.0000000000000175>





# HEALTH RESOURCES PRESENTATION

Key Element Project  
Mississippi College  
NUR 404  
Michele Nichols, RN, BSOM  
December 7, 2018



# Health Resources: Internet Website Critique Specific to Bariatric Surgery

---

Bariatric Surgery has gained prevalence as an option for treating obesity in the United States. The volume of patients undergoing the various procedures has grown from 158,000 in 2011 to an astonishing 228,000 patients according to the statistics presented by the American Society for Metabolic and Bariatric Surgery ("Estimate of Bariatric Surgery Numbers, 2011-2017", 2018, table). The growing number of patients opting for surgical resolution to their obesity, healthcare professionals need to be informed about types of surgery, the risks benefits and alternatives to the surgery to assist our patients in making informed decisions.

The next slides will cover three categories of websites one for the layperson, one for healthcare professionals and one for research, each with a focus on bariatric surgery.

# Bariatric Surgery Website- Layperson Perspective

---

<https://www.webmd.com/diet/obesity/surgery-for-you#1>

## Credibility & Subject Matter Content

The most popular website address according to search criteria  
Links to referenced materials located on the main page

Reviews of Pros and Cons of the surgical procedure  
Reviews risks associated with obesity and potential post operative complications

Accurate descriptions of the surgical process  
Offers tools and resources in addition to educational information

Non biased- does not lean toward surgery or other weight loss options

## Easy of Navigation

Multiple Link options with information and additional resources

Simple design of formatted content

Message boards for patient Q&A

## Visually Stimulating

Professionally edited videos on the different types of bariatric surgeries available.  
Unfortunately, also cluttered with advertisements

Slide show with a realistic depiction of expectations

# WedMD: Focus on the layperson

Visually Stimulating with multiple links and options for the layperson to review surgical versus non-surgical treatment options for obesity

The screenshot displays the WedMD website interface. At the top, a navigation bar includes a search icon, a home icon, and a list of categories: Diet & Weight Management, Weight Loss & Obesity, and Videos. Below the navigation bar, a large video player is the central focus, displaying a video titled "Weight Loss Surgery: Is It Right for You?". The video player includes a progress bar, a play button, and a "TRANSCRIPT" link. To the left of the video player, a sidebar contains a "WEIGHT LOSS & OBESITY HOME" section with links to News, Reference, Slideshows, Quizzes, Videos, Questions & Answers, and Message Boards. Below this sidebar, there is an advertisement for "AeroChamber" with a "Learn More About AeroChamber" button. To the right of the video player, there are two more advertisements for "Intrarosa" and a "TODAY ON WEBMD" section featuring links to "Fat Facts", "FROM OUR ADVERTISER: A Health and Wellness Credit Card", "Prescription Weight Loss Drugs", "Happy Weight vs. Healthy Weight", and "Weight Loss Surgery". The bottom of the page shows a footer with the text "4:50 PM 12/17/2018".

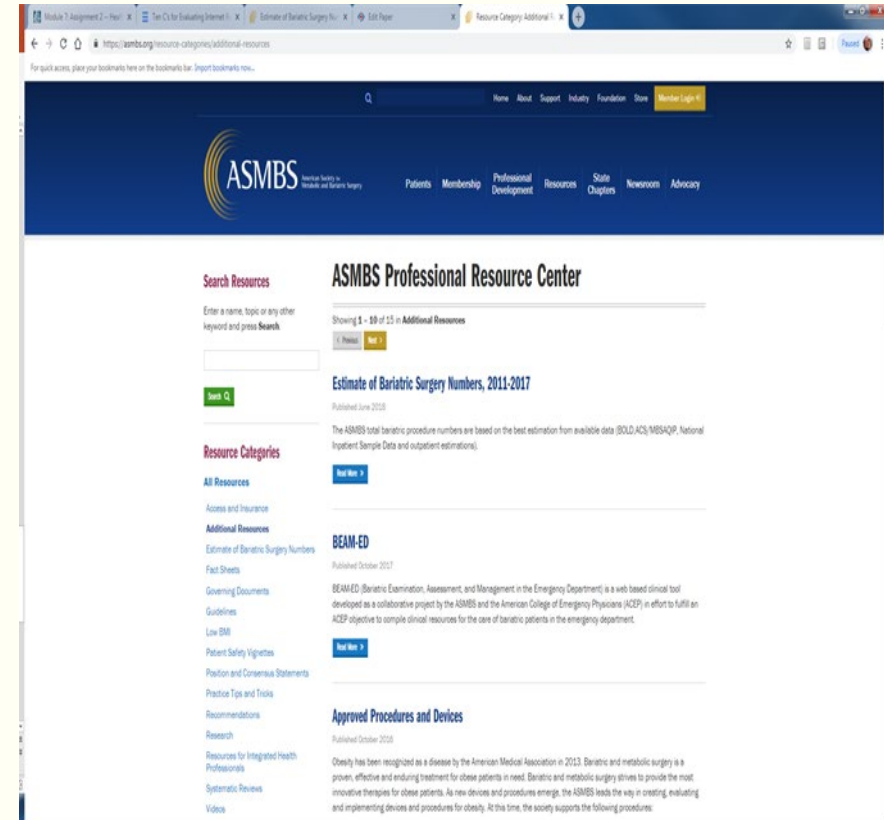
# Health Professional Website Selection ASMBS

<https://asmbs.org/resource-categories/additional-resources>

## Reasons for Selection

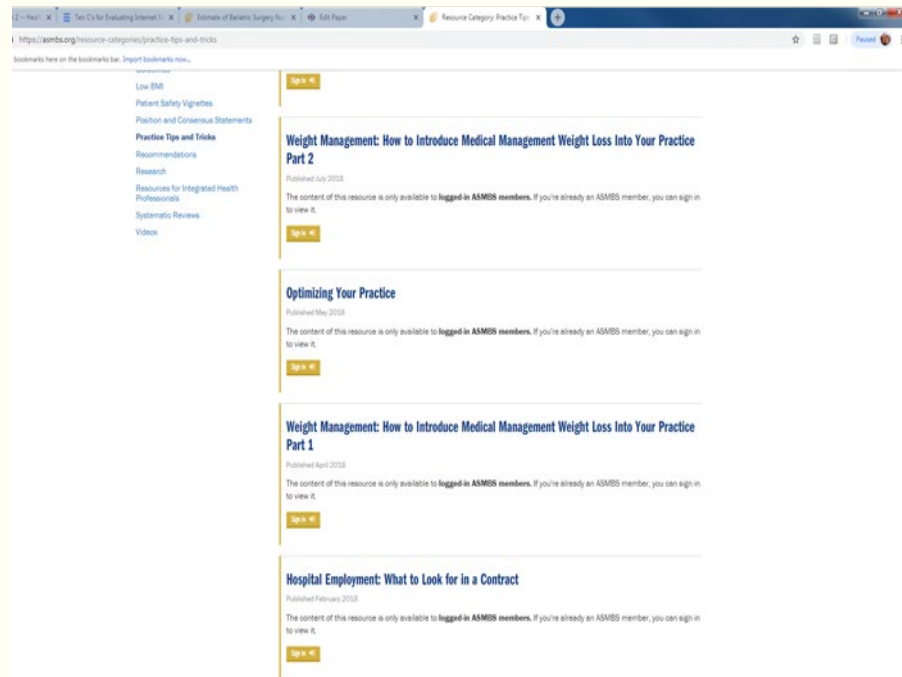
- Current Data
- Multiple Options for any healthcare professional to review relevant information
- Professionally designed and highly reputable professional society
- Scholarly content and published research
- Options for in-depth review of published studies, peer reviewed and clinical trials

## Multiple Resource Link Options

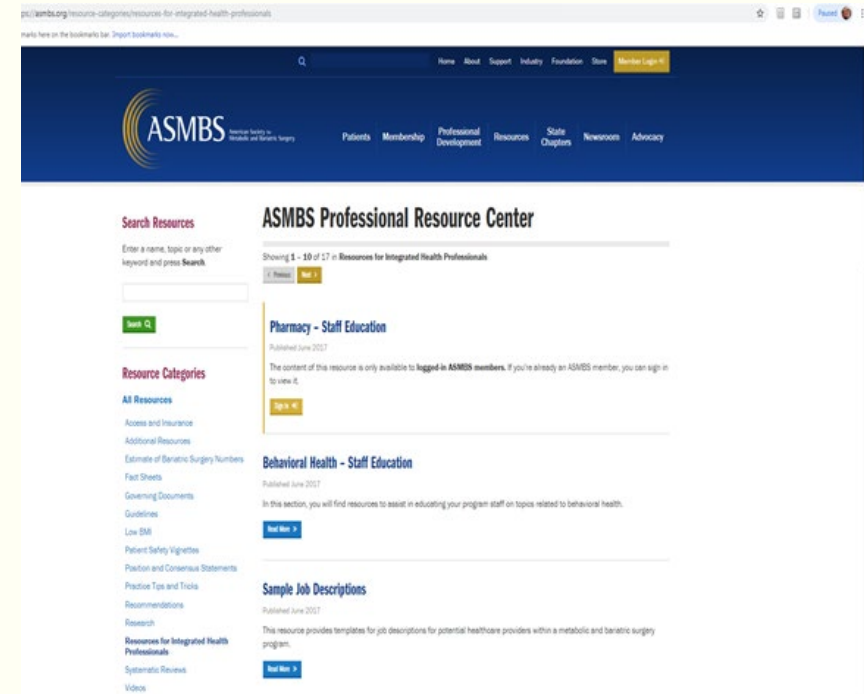


# ASMBS for Healthcare Professionals

## Options for Medical Management in Lieu of Surgery



## Educational Offerings for Multidisciplinary Healthcare Professionals





# Research Driven Focused Ovid Journal Search

## Journal of Addictions Nursing

Issue: Volume 29(1), January/March 2018, p 32–42

Copyright: © 2018 International Nurses Society on Addictions

Publication Type: [Original Articles]

DOI: 10.1097/JAN.0000000000000210

## Ovid Database Journal Search Bariatric Surgery Results

This screenshot shows the Ovid database search results for the query 'Bariatric Surgery'. The interface includes a search bar at the top, a sidebar with filters, and a main results area. The search results are displayed in a list format, showing the title, authors, journal, and publication date for each article. The first result is 'Caring for the Orthopaedic Patient With a History of Bariatric Surgery' by Chockai, Alison S., published in Orthopaedic Nursing, 35(2):108-112, March/April 2018. The second result is 'Bariatric Outcomes: Self-Management for Sustained Surgical Success: A Multicomponent Treatment for Dysregulated Overeating in Bariatric Surgery Patients' by Anderson, Laura M. PhD, Chacko, Thomas P. MSc, published in Journal of Addictions Nursing, 29(1):32-42, January/March 2018. The third result is 'Bariatric Surgery or Conventional Medical Therapy? Which is Best for Severely Obese Adults With Type 2 Diabetes?' by Meyer, Jennifer E. MS, RD, Decker, Johanna T. DSc, RD, published in Nutrition Today, 51(2):225-241, December/October 2016.

## Research Article Selection

This screenshot shows the full article page for the article 'Bariatric Outcomes: Self-Management for Sustained Surgical Success: A Multicomponent Treatment for Dysregulated Overeating in Bariatric Surgery Patients' by Anderson, Laura M. PhD, Chacko, Thomas P. MSc. The page includes the article title, authors, journal information, and a detailed abstract. The abstract states: 'Abstract: Binge eating disorder, food addiction, and dysregulated overeating are common among people with severe obesity and prevalent among bariatric surgery populations. These problematic eating habits share commonalities with other addictions. Effective, holistic self-management is needed to promote long-term weight loss and psychosocial adjustment among patients who are severely obese who undergo surgery, especially those with clinically remarkable levels of binge eating, food addiction, or dysregulated overeating. This article aims to briefly review binge eating disorder, food addiction, and obesity—as well as issues surrounding surgery for individuals who are severely obese—and introduce the Bariatric Outcomes: Self-management for Sustained Surgical Success (BOSSSS) program. The BOSSSS program is holistic, skill-based, and designed to promote weight loss, prevent weight regain, and improve well-being in patients with severe obesity with a history of bariatric surgery. Preliminary survey data suggest that bariatric surgery patients report a lack of skill-based emotional and behavioral support designed to help them over the long term. The BOSSSS program is rooted in self-determination theory, integrating mobile health technology across program components. Self-determination theory-based interventions are personalized and encourage autonomy, competence, and social support among participating patients and providers. The behavioral self-regulation training within BOSSSS is energy balance self-monitoring and strategy. Emotional self-regulation is addressed via a specialized version of dialectical behavior skills therapy, emphasizing promotion of coping skills and use of adaptive, healthy substances in immediate environments. The BOSSSS program has been well received by patients and could be implemented by nurses and other health professionals with minimal support.'

# Research Internet Search Critique

---

- For this section of the Key Element Project of internet search criteria/critique specific to research Ovid database website review was utilized.
- Addresses research regarding emotional binge eating not adequately addressed by healthcare professional as a psychological co-morbidity.
- Highlights potential pitfalls in basing patient selection solely on the physical co-morbidities without seeing the patient as more than their weight.
- Clinically relevant data related to failure rates between years 2 and 5 post gastric bypass with 69.7% of 100 patients reporting significant regain due to over eating.
- Includes screening tools to deploy for patients whose psychological dependence on food has not been properly assessed and equips practitioners with information on how to address these issues in order to position their patients for long term success.
- The references used were all peer reviewed, included randomized clinical studies and articles for prediction of post-operative failures. By in large this research article more than exemplifies the research profile website requirement and gives any researcher interested in bariatric surgery a foundation on the psychological component of the procedure itself.



# In Conclusion

---

The three internet search and critiques each had a specific population in mind during the evaluation. Each site/article and link was exhaustively reviewed and has met or exceeded the criteria of the 10 C's for evaluation of internet sources.

- The choice for the layperson was driven by position in the search engine (Google) and then chosen based on the information and its presentation to the general populous in addition to the content and its credibility
- The selection for the Health Professional was driven on the volume of material compiled as well as the credibility. Several references/links were all educational, pertinent to provide options and information to patients to make an informed treatment decision whether in favor of bariatric surgery or a traditional approach
- The Research Article was chosen from the Ovid online database search of bariatric surgery because the data presented had not been significantly reviewed in any other format and is clearly important to consider in view of a success of a life altering procedure.

# References

---

- Estimate of Bariatric Surgery Numbers, 2011-2017 [Digital image]. (2018). Retrieved December 7, 2018, from <https://asmbs.org/resources/estimate-of-bariatric-surgery-numbers>
- ASMBS Professional Resource Center. (2018). <https://asmbs.org/resource-categories/additional-resources>
- Is weight loss surgery right for you? (2018). Retrieved from <https://www.webmd.com/diet/obesity/surgery-for-you#1>
- Anderson, L. M., & Chacko, T. P. (2018, January/March). Bariatric outcomes: self-management for sustained surgical success: A multicomponent treatment for dysregulated overeating in bariatric surgery patients . *Journal of Addictions Nursing* , 29(1), 32-42. <http://dx.doi.org/10.1097/JAN.0000000000000210>