

**UC Surgeons
Center for Surgical Weight Loss
Pre-Operative Psychological Evaluation**

Thank you for choosing to see our patient. Weight loss surgery is a major surgery that can serve as a powerful tool for altering eating behavior. To achieve optimum weight loss and sustain a healthy life, patients must be committed to the program and lifestyle changes. A mortality risk of less than 0.5% and a morbidity risk of 10% are associated with surgical treatment. We are committed to a multidisciplinary program that treats our patients' physical and psychological concerns pre-operatively and post-operatively.

Post evaluation, please discuss findings/recommendations with the patient prior to sending the results back to us. In addition, a one to two page summary of the findings and eligibility recommendation for weight loss surgery is all that is needed. Please do not hesitate to call or e-mail if you have any questions.

Please evaluate and include in your report:

- The reason for the evaluation.
- Patient understanding of risks and benefits.
- Current stressors (family, occupation, etc.)
- Current medications/ Previous medications
- Obesity history (duration, diet attempts)
- Family history (include any abuse)
- Personal history (home situation, family interactions, residence, etc.)
- Schooling
- Test results (validity indicators)
- Behavioral observations
- Tobacco, alcohol, recreational drug use (if ever, how long since, current)

Please rule out the following in your report:

- Suicidal tendencies
- Eating disorders
- Untreated depression
- Ability to make lifestyle changes
- Comprehension (does the patient truly understand the lifestyle after surgery)
- Compliance issues (understanding non-compliance puts them at risk)
- Compliance in diet and exercise
- Reliability
- Surgical follow-up (understanding the need to follow up yearly for the duration of their lifetime)
- Unrealistic Expectation
- Inadequate support system – i.e., children as a support network, uncooperative spouse, etc.

Please fax or mail evaluation to:

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