Bariatric Online Seminar Post Test

Instructions: Please complete this test and bring to your first visit at Albany Medical Center Bariatrics and Nutrition

1. What is a nutritionist?
   a. A dietitian
   b. A medical doctor
   c. A medical doctor who specializes in nutrition

2. What is BMI?
   a. Bring Meals Instead
   b. Body Mass Index
   c. Body & Mind Intuition

3. What BMI qualifies as “morbid obesity?”
   a. 25
   b. 30
   c. 40
   d. 50

4. At what BMI is a teen a potential candidate for bariatric surgery?
   a. 25
   b. 30
   c. 40

5. What are the primary bariatric procedures performed on adolescent patients at Albany Medical Center?
   a. Vertical banded gastroplasty, adjustable gastric banding, and biliopancreatic diversion with duodenal switch.
   b. Sleeve gastrectomy and Roux-en-Y gastric bypass

6. Name one risk/possible complication from surgery?
   ____________________________________________________________
   ____________________________________________________________

7. What are the common causes of dumping?
   a. Sugar & fats
   b. Eating too fast
   c. Eating too much

8. Name one thing that may improve after surgery?
   ____________________________________________________________
   ____________________________________________________________
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9. What are three clearances that must be completed before surgery?
   a. _______________________________________________________________________________________________________
   b. _______________________________________________________________________________________________________
   c. _______________________________________________________________________________________________________

10. How many months of education and medical evaluation MINIMUM must be completed before a teenager is a candidate for surgery?
   a. 2
   b. 4
   c. 6 or more

11. A 5% weight loss is required prior to surgery.
   a. True
   b. False

12. After surgery, can a patient take Advil, Motrin, or Ibuprofen?
   a. Yes
   b. No

13. How much exercise is recommended daily?
   a. 15 Minutes
   b. 30 minutes
   c. One hour

14. Which diet will help with weight loss?
   a. Eating carbohydrates and drinking soda
   b. Eating vegetables and starch
   c. Eating vegetables and protein

15. How much water is recommended daily?
   a. 64 ounces or more
   b. 2 drinks per day
   c. 2 bottles per day

16. One serving of pasta equals how many cups?
   a. 2 cups
   b. 1 cup
   c. ½ cup

17. What happens to fat cells when you don't drink enough fluids?
   a. It melts off your body
   b. Your body can’t break it down
   c. Your body builds more fat cells
18. Patients who do not keep appointments and follow the other program requirements will not be considered for surgery.
   a. True
   b. False

19. How much protein should be eaten daily after surgery?
   a. 20 grams
   b. 40 grams
   c. 60 grams or more

20. The way a bariatric patient handles stress will impact weight loss and maintenance.
   a. True
   b. False

21. Weight loss surgery is a tool. In order to be successful this tool must be used right along with healthy choices for a lifetime.
   a. True
   b. False

22. Surgery may impact or change a patient’s personal life.
   a. True
   b. False

23. Patients more than 30 minutes later for an appointment will not be seen and the appointment will count as a “no show.”
   a. True
   b. False

24. The program requires a family member to be present for all visits with doctors and dieticians, and for support group visits.
   a. Yes
   b. No