



ABSTRACT

Multi disciplinary approach in weight management: Experience in the Philippines

Eliza Mei Perez Francisco^{1,2}

^{1.} Mary Mediatrix Medical Center, Lipa Bartangas, Philippines

^{2.} Asian Hospital and Medical Center, Philippines

Received: 20 October 2022

Accepted: 24 October 2022

Published: 31 October 2022

Link to DOI:

[10.25220/WNJ.V06.S1.0012](https://doi.org/10.25220/WNJ.V06.S1.0012)

Citation: Francisco E M P. Multi disciplinary approach in weight management: Experience in the Philippines. World Nutrition Journal. 2022 October 31, 6(S1): 19.



Copyright: © 2022 by the authors. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution (CC BY) license (<https://creativecommons.org/licenses/by/4.0/>).

Website :

<http://www.worldnutrijournal.org/>

Abstract : Nutri Virtual Symposium 2022 – Speaker

Our weight management centers are composed of a multidisciplinary team of medical specialists (medical nutrition, endocrinology, surgery, rehab medicine, sleep medicine, bariatric surgery) and allied professionals such as clinical dietitians, physical therapists, psychologists, and nurses. The multi-disciplinary and inter-disciplinary approach helps patients embark on lifestyle changes and succeed in overcoming obesity. Each member of the team is important in ensuring long term commitment with consistent results through close coordination and follow up. Preliminary screening includes an initial consult with a physician and a body composition analysis. Laboratory work up is also ordered. The physician makes recommendations on the program based on the needs of the patient and duration to lose the target weight. Both clinical and weight loss goals are discussed with the patient and realistic targets are set. Our programs include a diet regimen for weight loss and a medically-supervised Exercise program, both lasting for at least 2 months to 6 months. Tools used include food diaries, energy density and portion education, dietary counselling, meal plans, meal replacements, and food delivery. A pilot study comparing the effectiveness of meal replacements (MR) versus conventional weight loss program in Mary Mediatrix Weight Management Center showed significant weight loss in both groups after eight weeks, with significantly better outcomes in the MR group for weight change, percentage weight loss and percentage body fat. Our Bariatric team is likewise multi- and inter-disciplinary. Patients are required to secure clearances from the various medical specialties and undergo a pre-operative diet consisting of meal replacements for 1 to 2 meals a day. A comparative study on 55 bariatric patients seen by our team in Asian Hospital showed significant weight loss for both sleeve gastrectomy (SG) and laparoscopic adjustable gastric band patients, with better outcomes (lower HBA1c, BMI, blood pressure and higher percentage weight loss) in the SG group. Patients are followed up in the maintenance package to ensure that they continue their diet and exercise to prevent rebound weight gain.

Keywords: nutrition, weight management, multidisciplinary, interdisciplinary, meal replacement, bariatric surgery

Corresponding author:

Eliza Mei P. Francisco, MD

Mary Mediatrix Medical Center, Lipa Bartangas,
Philippines

Asian Hospital and Medical Center, Philippines

Email: nutritiondoctors@yahoo.com