

Occupational Profile of level III obese individuals before and after bariatric surgery

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Obesity is a world epidemic. A level III obese individual, also known as morbid obese, has a Body Mass Index (BMI) equal to or greater than 40 kg/m^2 . In the last two decades, prevalence of obesity has been increasing in western societies, and in Brazil, it reached index equal to 28%. This health condition is often associated with several disorders and limitations to perform daily activities. Recently, surgery for the treatment of obesity is recommended for morbid obese individuals who tried other treatments, without success. Several authors documented positive results from surgery on patients' symptoms and quality of life, however, the impact of obesity on an individual occupational performance and satisfaction constitute evidence to date not yet available in the literature. The objectives of this study were to describe the major areas of functioning affected by morbid obesity and to document changes in individuals' performance and satisfaction regarding daily activities, post bariatric surgery. Participants were 30 individuals from both sexes, with BMI $\geq 40 \text{ kg/m}^2$, mean age of 36 years (± 8). The sample was evaluated three times: a day before bariatric surgery, six and 24 months post surgery. Information collected from each time included body weight, height, and administration of the Canadian Occupational Performance Measure (COPM). Results revealed limited occupational profile of obese individuals, especially in the areas of personal hygiene, participation and functional mobility in the community. After the surgery, there was significant reduction ($p \leq 0,05$) in participants' body weight and BMI, contributing to significant improvement ($p \leq 0,05$) in their occupational profile. Positive correlation ($r = 0,395$ e $r = 0,456$; $p \leq 0,05$) was observed between percent of weight loss with functional performance and satisfaction. This study documented the impact of morbid obesity on occupational profile of obese individuals and the subsequent effect of weight loss on their satisfaction and performance of daily activities. Such information may help guide clinical actions of professionals who work with this population, suggesting performance areas that may be the focus of occupational therapy intervention.