

Review Article

Bariatric Surgery in the Treatment of Obesity: Quality of Life, Self-Care Agency and Body Image

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Abstract

Background: Obesity induces various health problems by exerting negative effects on all systems within the body. The associated health issues can adversely affect individuals' quality of life, restricting daily life activities and diminishing self-care agency. Additionally, the incongruence between individuals' body perception and body image can lead to dissatisfaction with body image. Therefore, obesity should be recognized as a chronic disease that necessitates prompt treatment. One of the most effective treatment methods for obesity is bariatric surgery. It is well-known that this method is highly effective in achieving significant weight loss and addressing health issues associated with obesity.

Aim: This literature review aims to discuss the effects of bariatric surgery on quality of life, self-care agency, and body image.

Results: In the literature, it is seen that weight loss at the desired level after bariatric surgery increases the self-care agent and quality of life by providing physiological, psychological, and social recovery. However, there are conflicting results in the literature regarding the effects of weight loss on body image after bariatric surgery.

Conclusion: After bariatric surgery, nurses should evaluate the self-care agency and self-care needs of the individual, identify inadequacies, and provide guidance. They should also support the process of adaptation to body image and help individuals adopt healthy lifestyle behaviors to improve their quality of life.

Key Words: Bariatric surgery, quality of life, self-care agency, body image

Introduction

Obesity, which is the second leading cause of preventable death in the world, is a chronic, progressive disease with high mortality and morbidity that affects the individual both physiologically and psychologically (Güven & Akyolcu, 2020). According to WHO 2016 data, approximately 1.9 billion adults are overweight and 650 million (13%) are obese in the world (Vaamonde & Alvarez-Mon, 2020).

Obesity is associated with many health problems such as dyslipidemia, insulin resistance, Type 2 DM (Diabetes Mellitus), cardiovascular diseases, hypertension,

gastroesophageal reflux, gallbladder disease, osteoarthritis, sleep apnea, and depression (Ciray Gunduzoglu et al., 2019; Emre & Oner, 2018; Tedik, 2017). In addition, it reduces the self-care agency of the individual by limiting daily life activities, which can affect the quality of life negatively (Ciray Gunduzoglu et al., 2019; Yildiz & Cetinkaya, 2020) and inconsistency between the individual's body perception and view causes dissatisfaction with the body image (Lacerda et al., 2018; Yazdani et al., 2018). There are various methods such as medical nutrition therapy, exercise, behavior change therapy, and drug therapy in the treatment of obesity, which is considered a chronic disease

(Heymsfield & Wadden, 2017). However, in cases where these methods do not yield results, bariatric surgery is preferred as the most effective method (Kurt et al., 2019).

In this review, the effects of bariatric surgery, which is a very effective treatment method in solving weight loss and obesity-related health problems, on quality of life, self-care power and body image, is discussed.

Bariatric Surgery and Quality of Life

Quality of life is one of the most important universal goals of societies today. WHO defines quality of life as how individuals perceive their lives within the culture and value system in which they live in relation to their goals, expectations, concerns and standards (WHO, 1993). Quality of life, which mainly focuses on subjective indicators such as physical, emotional, and social satisfaction of the individual, is also significantly affected by objective indicators such as physical, psychological, and social health (Aydiner Boylu & Pacacioglu, 2016).

Obesity limits individuals' activities of daily living and negatively affects the quality of life with the health problems it brings (Yildiz & Cetinkaya, 2020). Many studies show that the quality of life of obese individuals is lower than those of normal weight (Kolotkin & Andersen, 2017; Payne et al., 2018; Yildiz & Cetinkaya, 2020). According to the meta-analysis results of Kolotkin and Andersen (2017), obesity significantly reduces the quality of life in all societies, and the quality of life increases in parallel with weight loss (Kolotkin & Andersen, 2017).

Studies show that obesity treatment has an important place in improving the quality of life and the best results are seen after bariatric surgery. Many studies have demonstrated that the increase in quality of life after bariatric surgery is associated with weight loss (Kolotkin & Andersen, 2017; Payne et al., 2018; Raaijmakers et al., 2017). The results of the study by Kilic (2019) showed that after bariatric surgery, quality of life changed positively, although the sociodemographic characteristics or environmental structures of individuals were different (Kilic, 2019). Elrefai and associates (2017) stated that there is a strong relationship between weight loss and quality of life of individuals after bariatric

surgery, and this relationship is not affected by different surgical procedures (Elrefai et al., 2017). It is thought that these study results are related to weight loss, regression of obesity-related health problems and increasing limited physical activities in individuals after bariatric surgery.

Bariatric Surgery and Self Care Agency

Self-care theory was developed and published by Dorethea Elizabeth Orem, one of the contemporary nursing theorists, in 1959. This theory holds the individual responsible for her own care and focuses on the activities that the individual initiates and performs in order to maintain her life, health and well-being. The ability of an individual to initiate and implement these activities is called self-care agency. In other words, self-care agency can be explained as all the activities that enable the individuals who want to meet their care needs to organize and improve their life. It is very important to provide a balance between the care needs of individuals and their self-care agency. In cases where this balance is disrupted, the individual cannot meet the activities of daily life and self-care deficiency occurs (Current Nursing, 2022; Karadag et al., 2017).

Due to the nature of surgical treatment, the individual's ability to fulfill their self-care needs (nutrition, urinate, defecation, dressing, bathroom hygiene, instrumental care) in the early postoperative period is affected (Kapucu et al., 2018). In addition, complications such as nausea, vomiting, dumping syndrome, anastomotic leakage, vitamin, and mineral deficiency that can be seen after bariatric surgery reduce the individual's self-care agency after discharge (Güven, 2019). However, achieving the desired level of weight loss after bariatric surgery and reducing the physiological, psychological, and social burdens of obesity increase self-care agency. Few studies have been found in the literature evaluating the self-care agency of patients after bariatric surgery. Güven and Akyolcu (2020) reported that the self-care agency of bariatric surgery patients increased significantly in the 3rd month after surgery compared to preoperative period (Güven & Akyolcu, 2020).

Bariatric Surgery and Body Image

Body image is defined as the picture of our body that we form in our minds, how our body looks to ourselves. Body image is a multidimensional concept that includes cognitive, cultural, and physiological aspects (Lacerda et al., 2018). This concept is affected by the experiences of the individual, the value she attaches to own body, the thoughts, attitudes, and reactions of others about her body (Usta & Aygin, 2020).

Each individual has a body image that she compares with own body and sees as ideal (Usta & Aygin, 2020). There is an inconsistency between ideal body perception and body view in individuals with eating disorders such as obesity (Lacerda et al., 2018; Yazdani et al., 2018). This incompatibility causes dissatisfaction with the body image of the individual (Cernelic-Bizjak, 2019; Jang et al., 2018; Sai et al., 2018).

Studies conducted with obese individuals in the literature show that dissatisfaction with body image brings many negative consequences (Akkayaogu & Celik, 2020; Gonenir Erbay et al., 2018; Lacerda et al., 2018; Yazdani et al., 2018). Gonenir Erbay and associates (2018) reported in their study that obese individuals have low life satisfaction in parallel with their body image, and their life satisfaction increases as their satisfaction with body image increases (Gonenir Erbay et al., 2018). In different studies, it is emphasized that dissatisfaction with body image negatively affects quality of life and psychological well-being (Akkayaogu & Celik, 2020; Gonenir Erbay et al., 2018; Yazdani et al., 2018).

Although bariatric surgery, which has an important place in the treatment of obesity, is primarily preferred to eliminate the physical burdens of obesity, dissatisfaction with body image plays a major role in the selection of this treatment method (Usta & Aygin, 2020). Although many studies show that weight loss after bariatric surgery provides significant improvements in body image (Bertoletti et al., 2019; Caltabiano, 2020; Ivezaj & Grilo, 2018; Usta & Aygin, 2020), there are also studies that say the opposite (Matini et al., 2014; Nickel et al., 2017). Dissatisfaction with body image in the early period after bariatric

surgery has been explained by the inability to accompany the rapid change of the body with psychological changes (Bertoletti et al., 2019; Caltabiano, 2020). Perceptual restructuring tends to be slower than rapid weight loss, especially in individuals who have been obese throughout their lives (Lacerda et al., 2018). In the long term, it is thought that high weight loss causes loosening and sagging of the skin and may lead to dissatisfaction with body image.

Conclusion: Nurses, who provide individualized care with a holistic approach after bariatric surgery, should evaluate individual's self-care agency and self-care needs, as well as determine the inadequacies. Nurses should guide individuals about self-care needs at every stage of the treatment. In addition, they should support the process of adapting to the body image of individuals and help individuals adopt healthy lifestyle behaviors in order to increase their quality of life.

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