

DISCLOSURE



☒	No, nothing to disclose
☐	Yes, please specify:

Company Name	Honoraria/ Expenses	Consulting/ Advisory Board	Funded Research	Royalties/Patent	Stock Options	Ownership/ Equity Position	Employee	Other (Specify)



A PATIENT CO-DESIGNED TOOLKIT FOR POST-BARIATRIC WELL BEING & EATING BEHAVIOURS: EARLY OUTCOMES FROM A QUALITY IMPROVEMENT INITIATIVE

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CURRENT PROBLEM & AIM STATEMENT



To improve patient confidence in managing eating habits after bariatric surgery at the Toronto Western Hospital by 15% by March 12, 2026.

IMPLEMENTATION

PLAN

- Co-Designing a Patient Self-Guided Toolkit to Improve Well-Being & Eating Habits after Bariatric Surgery

DO

- Conducted focus groups with post-op bariatric patients in December 2025 (N=8)
- Analyze themes and co-designed 2 out of 5 topics based on patient feedback

STUDY

- Conducted a follow-up focus group in January 2026 to review the co-designed content, synthesized feedback and finalized 2 chapters.

ACT

- Piloted 2 chapters with post-op patients (N=14)
- Conducted virtual staff training (N=19) and administered staff survey

MAIN THEMES FROM FOCUS GROUP (N=8)

Emotional Eating

Weight Regain

Body Image Issues

Supporting Mental Health

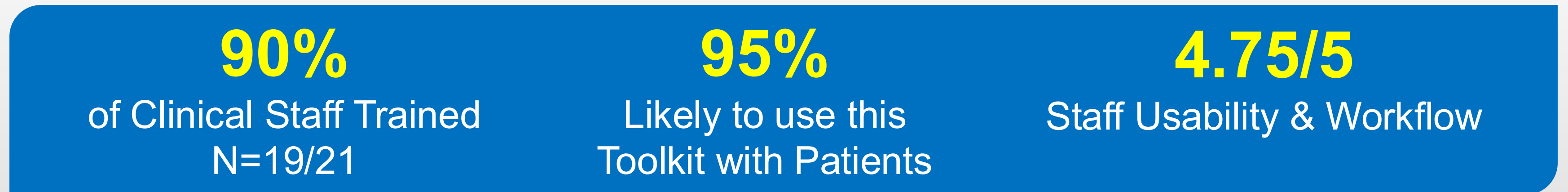
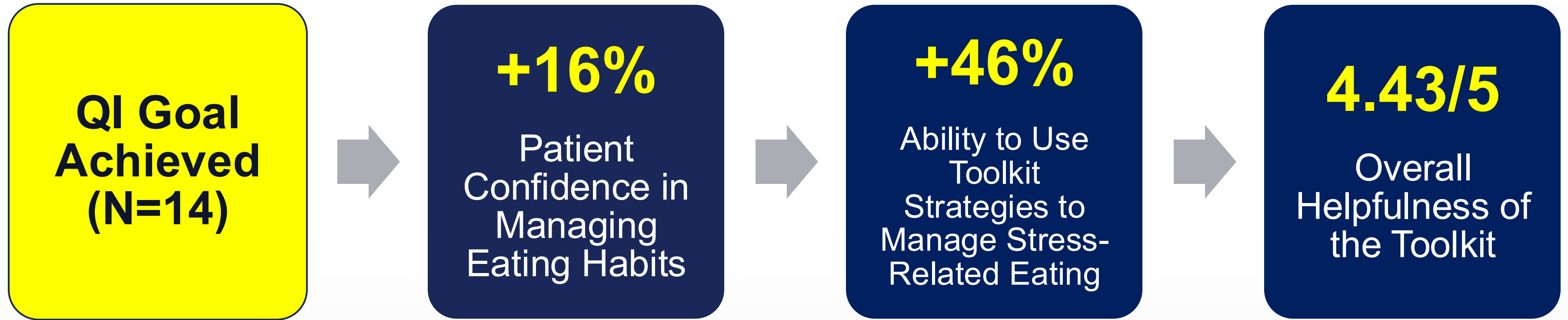
Relationships & Social Situations

UHN **PATIENT CO-DESIGNED TOOLKIT**

Improving Your Well-Being & Eating Habits
After Bariatric Surgery



RESULTS



IMPLICATIONS

**15 QI Patients Want
to Co-Design the Next
3 Chapters**

SYSTEMS

- Scalable support without additional clinic time
- Standardized resource aligned with patient-partnered and patient care
- Potential to reduce reactive crisis management

FOR STAFF

- Provides structured tool to reinforce key concepts
- Reduces repetition of psychoeducation across visits
- Supports consistent messaging across providers
- Easy to distribute via URL link or Epic Smartphrase

FOR PATIENTS

- Increases self-efficacy and confidence
- Bridges gap between visits
- Provides concrete skills and psychoeducation
- Easily accessible and simple to follow content

You've Got This! Prepared
Supported
EMPOWERED
YOU'RE NOT ALONE
You can and you will, one step at a time!

EMPOWERED

My spirit is brighter because my body is lighter and i want to continue with this renewed confidence.

Your journey is uniquely yours

Knowledge is Power

Confidence

Empowered

Committed



UHN Canada's
Hospital

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THANK YOU! *QUESTIONS?*

Scan to learn more about the
UHN BARIATRIC SURGERY PROGRAM



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