

PROMINENCE Reflection Activity for Learners - Bariatric Surgery and Physiotherapy

Reflective Questions for Learners

Understanding the Clinical Pathway

How does bariatric surgery fit within the broader obesity-management pathway, and why is it important for physiotherapists to understand the progression from lifestyle intervention to pharmacotherapy to surgery?

In what ways might a patient's previous attempts at weight management influence your approach to rapport-building and goal setting?

Role of Physiotherapy Pre- and Post-Surgery

What are the key contributions physiotherapists make at each stage of the bariatric surgery pathway (pre-operative, early post-operative, long-term rehabilitation)?

How might your physiotherapy goals differ for a person preparing for surgery versus someone several months into their postoperative recovery?

Clinical Reasoning and Safety

Which surgical complications (gastrointestinal, metabolic, nutritional, or pain-related) would most influence your physiotherapy assessment and monitoring and why?

How would you adapt your intervention if a patient reports new symptoms such as increased abdominal pain, dizziness, or reduced tolerance to activity during rehabilitation?

What vital signs or physical function markers would you prioritise to ensure safe and appropriate progression of exercise?

Holistic and Person-Centred Care

How can physiotherapists support behaviour change and promote long-term physical activity in individuals undergoing bariatric surgery?

What strategies can you use to ensure your communication is sensitive, non-stigmatising, and aligned with person-first language?

Interprofessional Practice

Which members of the multidisciplinary team are most crucial to collaborate with during bariatric surgery management, and what specific information do you need to exchange with them?