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## THE ROLE OF THE SOCIAL WORKER IN CARE FOR OBESE PEOPLE IN A HIGH COMPLEXITY HOSPITAL IN SOUTH REGION OF BRAZIL; A CASE REPORT

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**Abstract:** A social worker is a professional who seeks to guarantee social rights to users. The obese population suffers constant prejudice in situations of embarrassment and lack of understanding about the multiple factors that affect this population. As a social worker who accompanies patients in a Multidisciplinary Program focused on Bariatric Surgery, we identified through reports how socially and psychologically vulnerable this population is. The offer of Bariatric Surgery by the Unified Health System (SUS) in a highly complex hospital in the South of Brazil aims to guarantee improved health for people who have obesity and have previously used it in other ways as a treatment for this disease. We will bring reports with a theoretical basis, from a young patient who mentions the impacts and limitations that obesity has on his daily life.

## INTRODUCTION

The Bariatric Surgery is one of the forms of treatment for obesity, in Brazil, people who are obese, have a Body Mass Index (BMI) above 40, or above 35 with associated diseases (diabetes, cholesterol, hypertension...) have access to public health services for surgical treatment. Attention to multidisciplinary care for patients with obesity becomes essential, since obesity has clinical, psychological and social issues. The team is made up of surgeons, endocrinologists, nutritionists, nutritionists, pharmacists, social workers, physical educators, psychologists, psychiatrists, pulmonologists and nurses. The multidisciplinary team provides individual and group consultations called Lifestyle Change (MEV).

Social assessment is carried out as soon as the patient enters the Program, the aim is to understand the social context and assist in the process in which this person is beginning. During social service consultations, we

identified various expressions of social issues, including difficulty entering the job market, social isolation, difficulty using public transport (bus), depression, conflicting family relationships... Often these expressions of social issues It has an impact on lifestyle habits that contribute to the maintenance of obesity.

## CASE REPORT

The identification information used is fictitious in order to avoid identifying the patient.

João, 48 years old, lives near the capital of Rio Grande do Sul, Operational Manager, income of approximately R\$5000.00.

The patient states that he sought a referral for bariatric surgery at his health center 8 years ago, was hospitalized at the HCPA due to a motorcycle accident and its complications and, as a result, managed to be included in the Program.

The patient, who is 173 cm tall and weighs 233 kilos, states that he expects quality of life with bariatric surgery, knows that he needs to change habits and counts on his wife, Márcia, 46 years old, who works with monitoring, to be his support regarding care. in health.

João mentions that he considers himself a determined and active person, he says that he realizes that he wants to go but his body doesn't follow.

## DISCUSSION

We work with the patient on the importance of Lifestyle Change from now on, aiming for greater health gains and due to the fact that the surgery is on the stomach, it is important to work on other (psychosocial) factors from the beginning, as well as that this decision is mainly for the patient and for the rest of his life, that is, after having the surgery he will lose weight, but if he returns to his old habits he will be able to regain it. According to Felipe (2006) Obesity, while stigmatizing,

produces discrimination, prejudice and social exclusion. Listening to these subjects is opening up a listening to what is being said and felt, to enable the rupture of a given situation, which can be transformed at the moment in which it is discussed, socialized, polemicized and politicized.

## CONCLUSION

In professional practice, engagement, sensitivity and especially respect are important; reports of humiliating situations and extreme vulnerability, prejudice and violence are constant and impactful.

## REFERENCES

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