



American Society for Metabolic & Bariatric Surgery

FOR IMMEDIATE RELEASE

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**ASMBS INTRODUCES FIRST CERTIFICATION PROGRAM
FOR BARIATRIC NURSES**

GAINESVILLE, FL – NOVEMBER 1, 2007 – The American Society for Metabolic & Bariatric Surgery (ASMBS) announced it has established the first certification program for bariatric nurses to facilitate the delivery of quality patient care and to recognize the knowledge and skills required for this specialty area of nursing.

Registered nurses with a valid license and at least two years of experience in caring for morbidly obese and bariatric surgery patients are eligible to take the Certified Bariatric Nurse (CBN) examination. Those who pass the exam become certified and may carry the CBN designation after their name. Certification exams are offered twice a year through a week-long computer-based testing program.

“We are grateful to the over one thousand nurses and committee members who worked tirelessly through a rigorous process to bring the CBN program to fruition,” said William Gourash, RN, CRNP, MSN, and RN Certification Committee Chair for the ASMBS. “These efforts helped us execute the strategic planning, practice analysis, examination development and administration of a certification program that we believe outlines the best nursing practices to achieve optimal patient outcomes in the bariatric community.”

The CBN program focuses on four key areas including clinical management, multidisciplinary team collaboration, communication and outreach, and leadership in program administration.

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The first CBN exam was administered to over 300 registered nurses during the ASMBS annual meeting last June in San Diego. Once awarded, the CBN designation is valid for four years before renewal is required.

In 2007, the ASMBS projects that approximately 205,000 people in the U.S. will have bariatric surgery. The most common procedures include gastric bypass, adjustable gastric band and biliopancreatic diversion with duodenal switch. Most of these procedures are performed laparoscopically using minimally invasive techniques.

About 15 million or 1 in 50, adults in the U.S. have morbid obesity, which is associated with more than 30 other diseases and conditions including type 2 diabetes, heart disease, sleep apnea, hypertension, asthma, cancer, joint problems and infertility. Morbid obesity is defined as a life-threatening disease that results in an extremely high level of body fat equivalent to being at least 100 pounds overweight. A patient having a body mass index (BMI) of 40 or more, or a BMI of 35 or more with an obesity-related disease, such as type 2 diabetes is also classified as having morbid obesity. The direct and indirect costs to the health care system associated with obesity are about \$117 billion annually.

AMERICAN SOCIETY FOR METABOLIC & BARIATRIC SURGERY (ASMBS)

The ASMBS is a non-profit organization working to advance the quality of care and ethical treatment of people with obesity and obesity-related and metabolic diseases and conditions. The ASMBS educates health professionals and consumers about the dangers of obesity and metabolic diseases and the risks and benefits of bariatric and metabolic surgery. The Society develops and promotes high quality standards and practices that lead to improved patient outcomes and supports research into emerging treatments for obesity and metabolic diseases. For more information about the ASMBS visit www.asmb.org.