PRESENTATION

BY

DAVID PALMER
Weight Management In Residential Care Services

We make things possible...
We make things possible...
I am David Palmer, I work in Residential services for adults with Prader Willi Syndrome. In addition my nephew had the condition. He lived with my family between the years of 17/18 years old.
One night booty!

We make things possible...
One night booty!

We make things possible…
40-stone man dies after spending six months in an armchair.
Fat police lock up Chris

By JACQUIE THOMAS

COMING! This week's Chris is arrested for stealing from a supermarket.

Chris, 25, has been living on the streets for a month because he cannot stop eating.

The authorities were forced to intervene when Chris started exhibiting aggressive behavior.

They locked him up despite the fact that he is not a threat to society. Just last night, Chris was caught shoplifting.

We make things possible...
We make things possible...
We make things possible...
A padlocked fridge, no supermarket trips and even dog food has to be hidden: The heartbreaking condition that is driving 14-year-old Hannah to 'eat herself to death'

Hannah Wilkinson, 14, suffers from Prader-Willi syndrome
We make things possible...
We make things possible...
How do we manage weight loss in residential services?
We make things possible...
An Excellent Food Environment

18yo PWS, T2DM since 10yo
On insulin, metfomin, TZD

BMI 42.1
HbA1c 8.4%

BMI 49.4
HbA1c 7.7%

BMI 38.6
HbA1c 5.9%

Parental Home
PWS Group Home
Family Holiday
Case Study A

‘A has approx. 1800 per day’

‘He has a 4 week menu plan but often deviates from this’

We aim to give our service users 1300 calories per day

They also have a 4 week menu plan
• Admission weight in July 2013 78.9 kilos

• Current weight January 2014 88.9 kilos

• Increase weight of 10 kilos (22lbs – 1st 8lbs

We make things possible...
Case study B

- Admission August 2013
- Admission weight – 89.3 kilos (14 stone)
- Height 4 feet 11 inches
- Target weight 56 kilos (8 stone 11 pounds)
- End Sept 2013 – 72.8 kilos
- End Nov 2013 69.5 kilos
- Expected increase in weight over Christmas break
- Weight Feb 14 – 66 Kilos (loss of 3 stone 8 pounds)
We make things possible
We make things possible...
We make things possible…
Male admitted to our service early this year weighing 197kgs, now after 9 months weighs 127kgs
Remember

• We can’t change the brain in a individual with Prader-Willi syndrome.

• But, WE CAN change our behaviour which DOES change the behaviour of an individual with PWS.
Any Questions
UK Congress on Obesity 2014

University of Birmingham, Edgbaston Campus
Tuesday 16th September and Wednesday 17th September 2014