

ReeVue

Indirect Calorimeter

CASE STUDY

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Dr. Kathleen Baskett

FOUND SUCCESS IN...

- MEDICAL WEIGHT LOSS
- BARIATRIC SURGERY
- PEDIATRIC WEIGHT MANAGEMENT

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COMPANY NAME

ST VINCENT HEALTHCARE WEIGHT MANAGEMENT PROGRAM

INDUSTRY

MEDICAL WEIGHT LOSS

LOCATION

BILLINGS, MONTANA

DETAILS

St Vincent's Healthcare in Billings Montana has one of the country's most comprehensive weight loss programs. Patients are offered a full range of services, including medically supervised weight management, bariatric surgery, non-invasive procedures, pediatric weight management, and healthy living follow-up for maintenance.

In 2008, St Vincent's integrated the ReeVue Indirect Calorimeter to their programs under the direction of medical director, Dr. Kathleen Baskett. The RMR measurement was implemented in the following ways:

Medical Weight Loss Program. Test performed at initial evaluation. Results were utilized to set caloric needs for weight loss. If/when patients experienced a weight loss plateau, test was repeated to again assess their caloric needs and make the appropriate adjustments. Once weight loss goals were met, an RMR measurement was used to determine caloric needs for weight maintenance.

Bariatric Surgery. RMR measurements were utilized post-surgically when a patient ceased to lose weight as expected. It was also used during weight loss maintenance if the patient began to regain weight. The test pinpointed the caloric intake required for negative energy balance and the results were used to effectively demonstrate this to the patient.

Pediatric Weight Management Program. Clinician measured each young person's RMR with the ReeVue to determine his/her caloric needs that would result in a gentle and healthy weight loss. Patient was then given play money equivalent to their caloric budget. They then "spent" their calories each day, learning how to adjust their intake to their caloric needs.

The St Vincent Weight Management Clinic is one of the most successful programs in the country. Patients together have a net weight loss of approximately 600 pounds each month. Over her career, Dr. Baskett has helped people lose approximately 115,000 pounds. The ReeVue Indirect Calorimeter is an integral part of their program. Dr. Baskett says, "I have found [the ReeVue] to be an invaluable piece of diagnostic equipment for my bariatric practice. It is user friendly and provides accurate results within 10-20 minutes. Patients appreciate being able to have this scientific and objective measurement of their metabolism."