

IFSO Consensus on Definitions and Clinical Practice Guidelines for Patients Considering Metabolic Bariatric Surgery

Aims and Status

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IFSO Consensus Definitions and Clinical Practice Guidelines

Aims and Status

As previously disclosed, these are the companies with which I have a financial or other relationship (s):

Company Name (s)	Nature of Relationship (s)
Medtronic	Consulting
BARInet	Medical Director
Obesity Surgery Journal	Editor-in-Chief



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Aims and Status

- Obesity is a challenging, incurable disease made more complicated by the universal discrimination and ridicule of patients with severe obesity suffer at the hands of society at large
- Successful treatment requires a compassionate multidisciplinary strategy that includes clinical interventions and redefining the descriptive terminology to reduce bias and humiliation



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Project Aims

- This project had two aims
- 1. To empower a diverse group of experts and utilize the Delphi Methods to develop through consensus, the best evidence-based care algorithm
- 2. To create a new dictionary of unbiased, non-defenses terminology to define the disease and the patients who suffer from it



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Hamburg, Germany
March 9-10, 2023



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Participants

- 26 bariatric surgeons
- 9 endocrinologists
- 4 endoscopists
- 2 nutritionists
- 2 counsellors
- 1 pediatricians



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Description of the Delphi Process

- 44 international, intradisciplinary participants gave oral evidence-based presentations covering the major issues
- A modified Delphi study was performed (138 questions/statements)
- 70% agreement was considered consensus
- The results were combined with published scientific literature to create the practice guidelines
- A significant amount of time was devoted to the new vocabulary



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Sample Delphi Questions

1. Preoperative weight loss is necessary for safely operating on patients with severe obesity BMI ≥ 50 kg/m²

YES OR NO?

2. All patients with severe obesity BMI ≥ 50 kg/m² should have a preoperative cardiac consultation

YES OR NO?



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Project Aims

- The collected materials were segregated into 6 modules
 1. Standardized reporting of definitions
 2. Diet exercise and, and lifestyle
 3. Medical treatment
 4. Endoscopic procedures
 5. Surgical treatments
 6. Metabolically-challenged and other high-risk patients



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New Terminology

- Avoid judgmental terminology (i.e. blaming the patient)
- Examples
 - Inadequate weight loss or an unusually modest improvement in obesity complications
 - SUBOPTIMAL INITIAL RESPONSE
 - Omit demeaning terms such as SUPER-OBESITY



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Book Status

- The project resulted in a book
- All chapters were written by the participant experts
- Treatment modalities:
 - Lifestyle modifications
 - Medications
 - Endoscopic procedures
 - Metabolic//bariatric surgery

The book is available
today !!!

