

# HOW TO SUCCESSFULLY MAKE RESEARCH A PART OF YOUR CAREER?

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**Turku, Finland**  
**9.9.2025**  
**IFSO 2025 Santiago, Chile**



# HOW TO SUCCESSFULLY MAKE RESEARCH A PART OF YOUR CAREER?

SURGEON SCIENTIST = 100% CLINICAL WORK,  
100% RESEARCH, 50-80% OTHER ACTIVITIES  
=280 % 😊

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# Disclosures



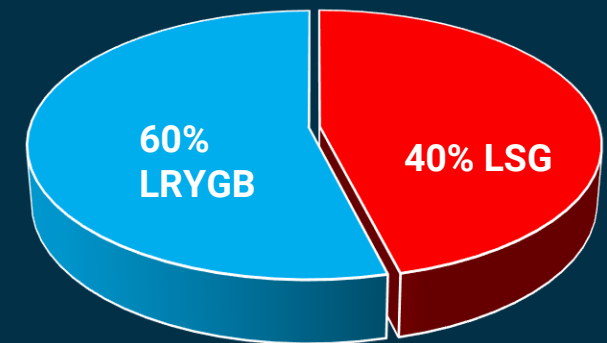
SLEEVEPASS



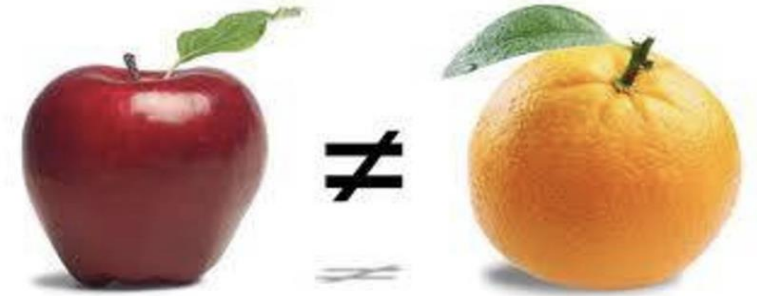
- Lecture fees: Novo Nordisk
- **Employment: University of Turku, Turku University Hospital, private practice Terveystalo**
- **PI: SLEEVEPASS, APPAC**
- IFSO-EC President
- Editor-in-Chief, Scandinavian Journal of Surgery
- Editor, BJS
- Editorial Board Member JAMA Surgery and Surgery
- Data safety monitoring committee: BEST trial, MAGNET-study
- **Research grants:**
  - European Research Council
  - Academy of Finland
  - Sigrid Jusélius Foundation
  - Mary and Georg C. Ehrnrooth foundation
  - Government research grant foundation (EVO)



Primary procedures



# Contents



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Clinical trials need surgeon scientists – the research question and the appropriate study design? Make your time you spend count!

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The story of the SLEEVEPASS trial: sleeve vs. bypass in the treatment of severe obesity

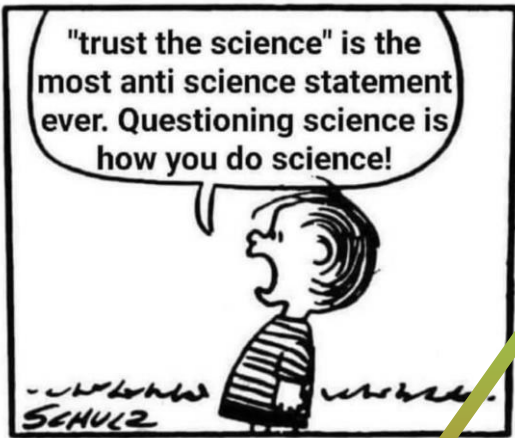
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The APPAC trials – a research continuum

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How to do combine this in your career and life?

# Hierarchy of scientific evidence



**Strongest**

Meta-analyses & systematic reviews

Randomized controlled trials

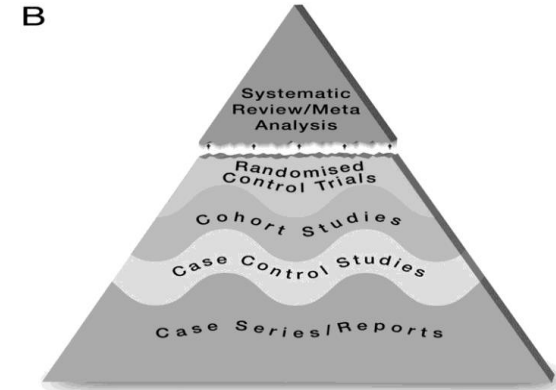
Cohort studies

Case-control studies

Animal trials & *in vitro* studies

Case reports, opinion papers and letters

**Weakest**

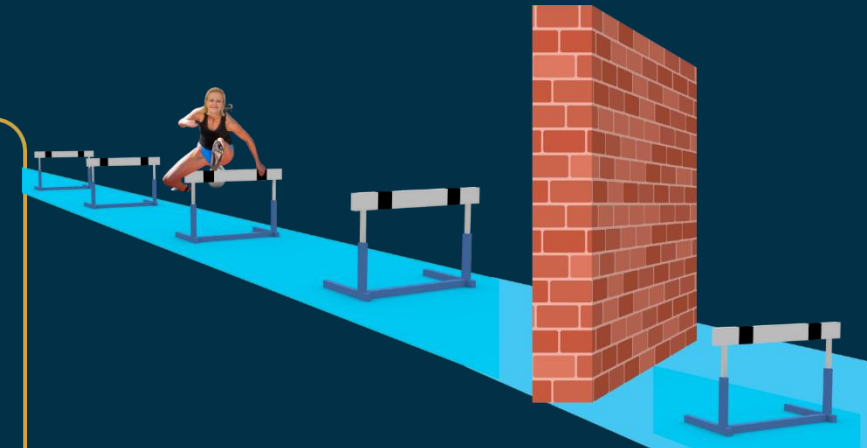
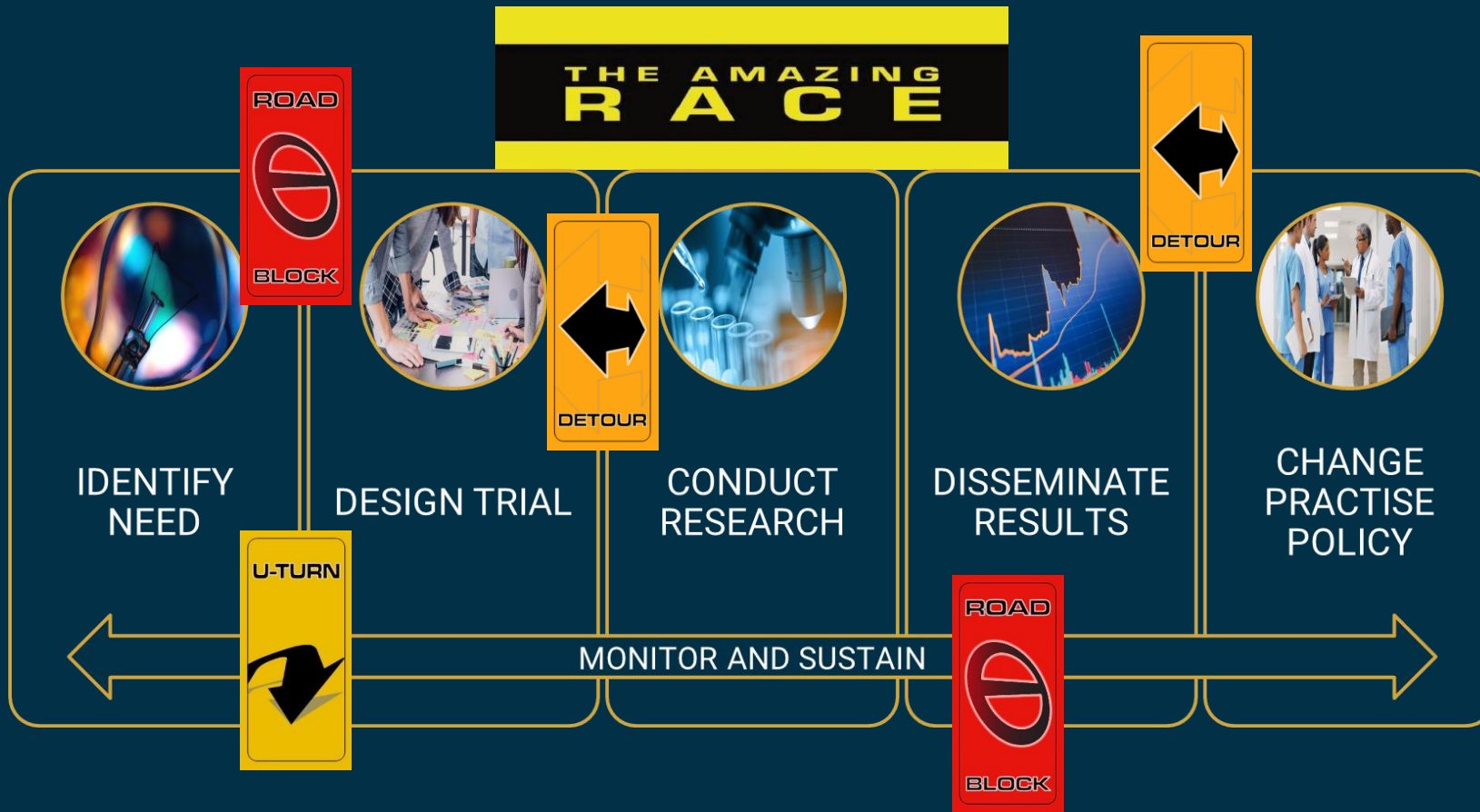


# Conducting a randomized clinical trial is challenging: Overarching model on improving research relevance and change practice\*



\*adopted from ANZMUSC

# Conducting a randomized clinical trial is challenging



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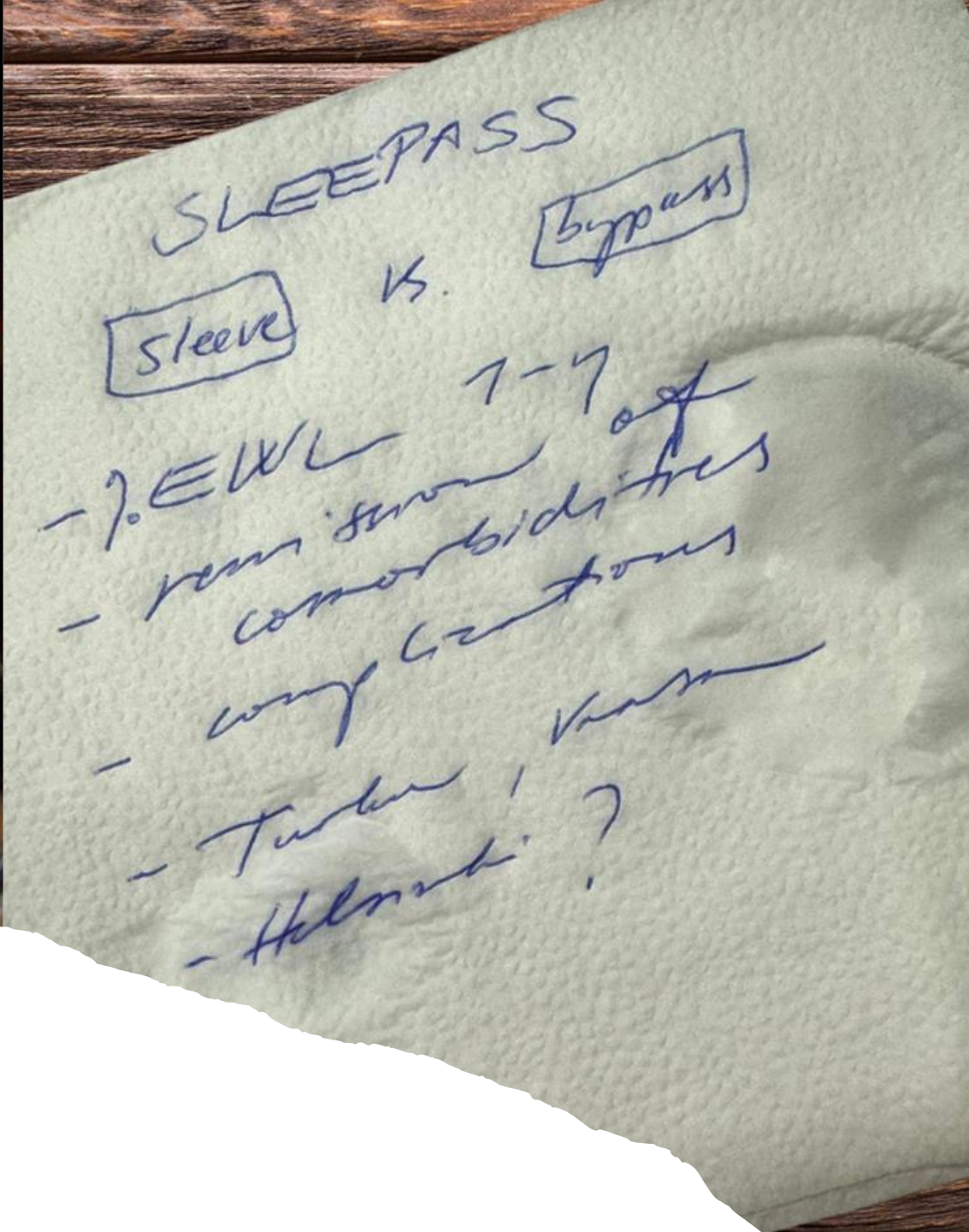


\*adopted from ANZMUSC

Mikael Victorzon  
1959-2018



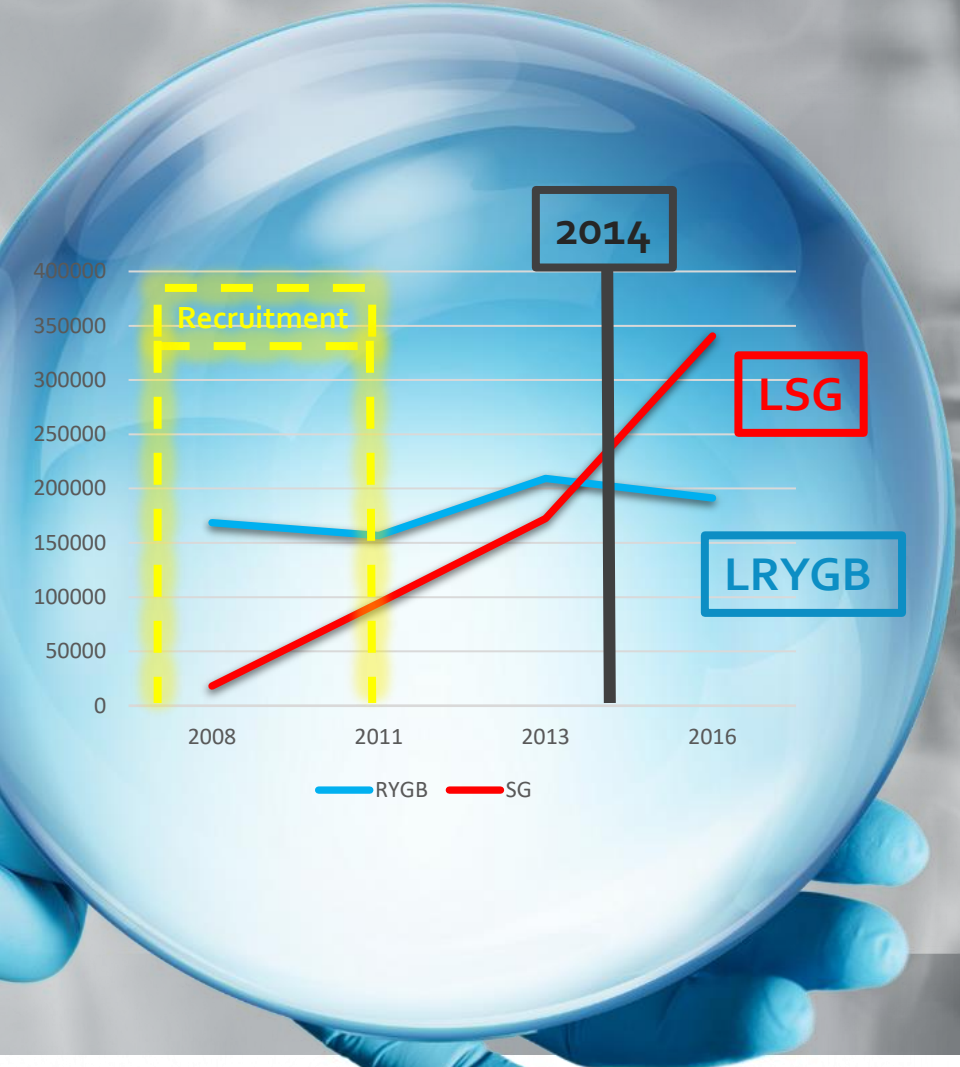
The story of the SLEEVEPASS trial:  
It all began....



# Metabolic bariatric surgery worldwide 2008 - 2016



# SLEEVEPASS trial recruitment



# APPAC

## APPAC IV – Oral antibiotic outpatient therapy vs. placebo

Double-blind randomized clinical multicenter noninferiority trial

- Can antibiotics be omitted for uncomplicated acute appendicitis?
- Can hospitalization be avoided - could patients be treated at home?



## APPAC III – Double-blind pilot RCT antibiotics vs. placebo

→ Antibiotics not needed?

Publication: *British Journal of Surgery* 2022; 109(6):503-509

## APPAC II – Oral vs. intravenous followed by oral antibiotics

→ Oral antibiotics are sufficient

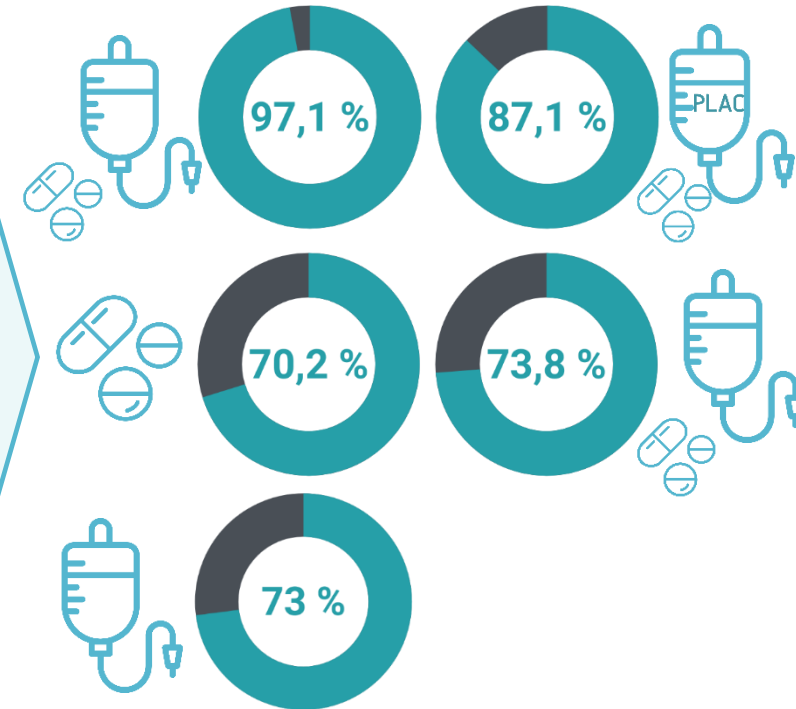
Publication: *JAMA* 2021; 325(4):353-362

## APPAC – Appendectomy vs. antibiotics

→ Surgery not needed for the majority of patients

Publications: *JAMA* 2015; 313(23):2340-2348

5-year results: *JAMA* 2018; 320(12):1259-1265, 7-year quality of life: *JAMA Surgery* 2020; 155(4):283-289





SLEEPASS  
Sleeve vs. Bypass  
- 1. EWL 1-7  
- veni sironi off  
- comorbidity  
- long duration  
- Turku! Vamm  
- Helsinki?

SLEEPASS > SLEEVEPASS  
1-year > 5-year follow-up



Turku University Central Hospital

## Costly damages from Turku hospital fire

The damages from the fire at the Turku University Hospital are expected to run to hundreds of thousands of euros. The blaze broke out early Friday morning in the A-building of the Turku University Hospital, prompting the evacuation of about 180 patients.

# Clinical Surgical Science



# Clinical Surgical Science: National and international collaboration



# Clinical Surgical Science: National and international collaboration



- Surgeon scientist.
- Clinical work & science.
- Keep your curiosity.
- Dare to ask new questions.
- Find a good mentor and study group.
- Work hard.
- Scientific collaboration - national and international.
- Research group with a wide range of experience.
- Study group statistician.
- = 1+1 > 2.
- Planning and perseverance needed for success.



surround  
yourself with  
people who are  
smarter than  
you...  
then learn from  
them

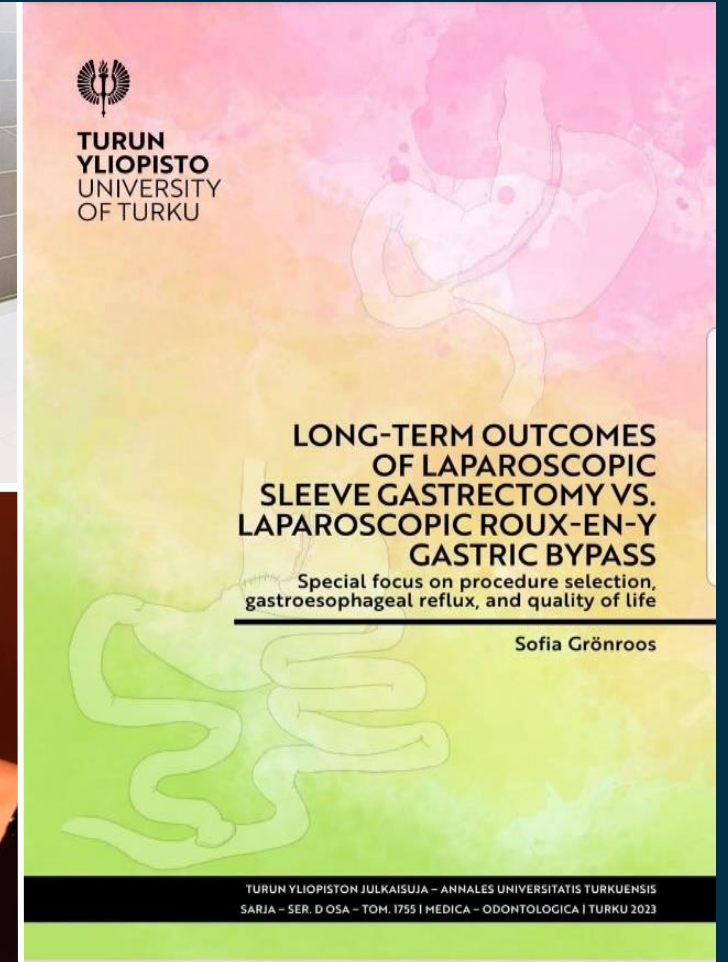
**1+1>2**

Trial design!  
Translational research

Before anything else,  
*preparation is the key* to  
success.

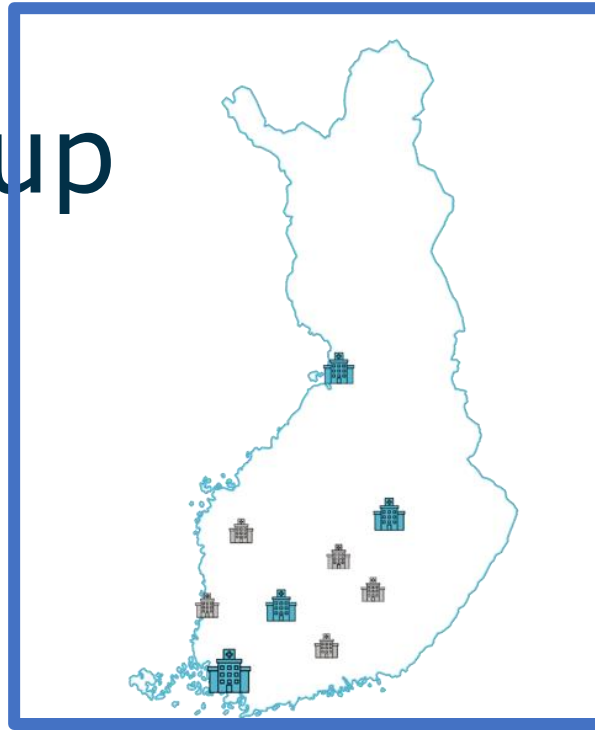
– Alexander Graham Bell

# SLEEVEPASS Study Group



*Thank you!*

# APPAC Study group



University hospitals:

Turku

Oulu

Tampere

Kuopio

Helsinki

Central hospitals:

Mikkeli

Seinäjoki

Pori

Rovaniemi

Jyväskylä

Lahti





# 14<sup>th</sup> Congress of the International Federation for the Surgery of Obesity & Metabolic Disorders European Chapter (IFSO-EC)

6 - 8 May 2026 | Málaga, Spain



Welcome to  
IFSO-EC 2026  
Malaga

*Thank you!*

[ifso-ec2026.com](http://ifso-ec2026.com)