Standardized Assessment of Metabolic Bariatric Surgery Outcomes: Swiss-Finnish BARlatric Metabolic Outcome Score (SF-BARI Score)

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Why is a new score needed to measure outcome of metabolic bariatric surgery (MBS)?

• No widely used standardized definition of MBS outcome
• Reporting of MBS outcomes is very variable in science
• Comparison of results between studies is difficult
• Weight loss is the driving force of all positive MBS outcomes, but other outcomes should also be included

• Composite endpoint is needed for assessment of MBS outcome in both science and clinical practise!
Merged data of two RCTs*: Finnish SLEEVEPASS and Swiss SM-BOSS

Elements of SF-BARI Score

- Clinically important and measurable comorbidities
  - DM2
  - Hypertension
  - Dyslipidemia
  - OSAS

Complications
(Comprehensive Complication Index, CCI, www.cci-calculator.com)

Weight loss %TWL
Elements of SF-BARI Score QOL

Weight loss %TWL

Comorbidities
- DM2
- Hypertension
- Dyslipidemia
- OSAS

Complications (CCI)

QOL

In merged data QOL available in only 70% of the patients at five years
Results of evaluations of SF-BARI Score

Comparison of SF-BARI Score and Bariatric Analysis and Reporting Outcome System (BAROS)

Categorization:
- SF-BARI Score was categorized based on 5%, 25%, 75% and 95% percentiles of the data

<table>
<thead>
<tr>
<th>Response</th>
<th>SF-BARI Score</th>
<th>SF-BARI Score QOL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excellent</td>
<td>≥ 135</td>
<td>≥ 150</td>
</tr>
<tr>
<td>Very good</td>
<td>110 to &lt;135</td>
<td>125 to &lt;150</td>
</tr>
<tr>
<td>Good</td>
<td>70 to &lt; 110</td>
<td>75 to &lt;125</td>
</tr>
<tr>
<td>Fair</td>
<td>35 to &lt; 70</td>
<td>40 to &lt;75</td>
</tr>
<tr>
<td>Suboptimal</td>
<td>&lt; 35</td>
<td>&lt; 40</td>
</tr>
</tbody>
</table>
Why SF-BARI Score could be the solution for the need of standard reporting of outcome of MBS?

Available online

Clear definitions

Parameters are available

Easy to apply

Uses continuous %TWL

Differentiates operations well

Objective

CCI used to account complications

Next step:
Validation of SF-BARI Score using large register data from the Netherlands, Sweden, and Norway
Science is collaboration!

More information from: https://sites.utu.fi/sfbariscore/

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