



XXIX IFSO World Congress

1-4 September 2026 | Toronto, Canada

Safe innovations in MBS -How should we do this?

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TORONTO2026

The Future of Obesity Management:
From Weight Loss to Health Gain



ifso2026.org

Disclosure Slide

Johnson & Johnson Medical – consulting fees



Innovation in the field of MBS

IFSO
XXIX IFSO
World Congress

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Toronto, Canada

THE LANCET

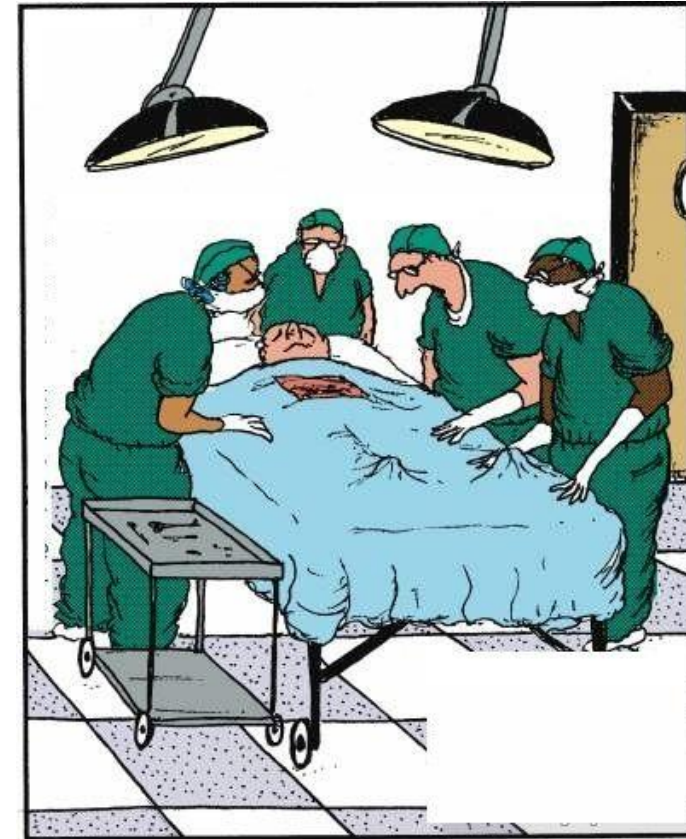


Volume 347, Issue 9007, 13 April 1996, Pages 984-985

COMMENTARY

Surgical research or comic opera: questions, but few answers

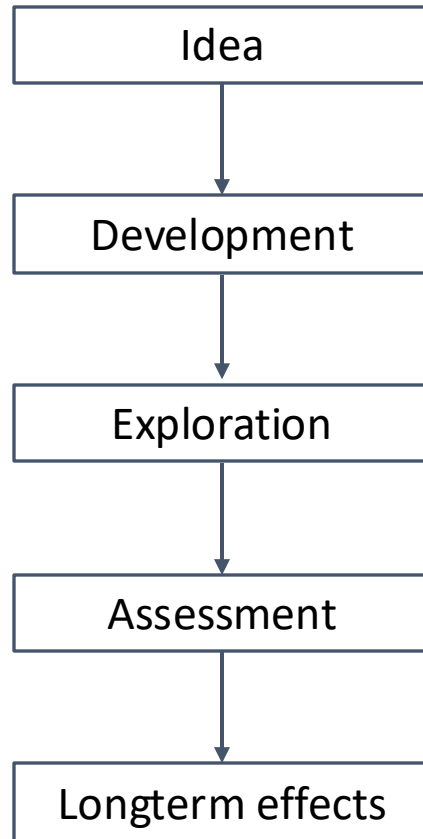
Richard Horton



"I have no idea what that thing is either.
Let's just take it out, stitch him up, and see
if he gets better."



Safe innovations – the IDEAL Framework



McCulloch, BMJ 2013



Safe innovations – Stage 1

Idea

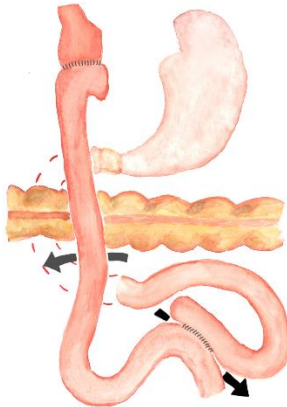
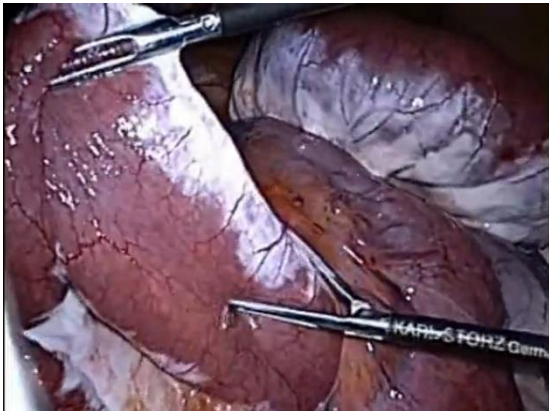
IDEAL framework
Stage 1: Idea
Question
Can the procedure or device achieve a specific physical or physiological goal?
Aim
Proof of concept
Patient base
Single to few
Optimal study design(s)
First-in-man study; structured case report
Example of procedure at this stage
Stem cell based tracheal transplant for tracheal stenosis ²

McCulloch, BMJ 2013



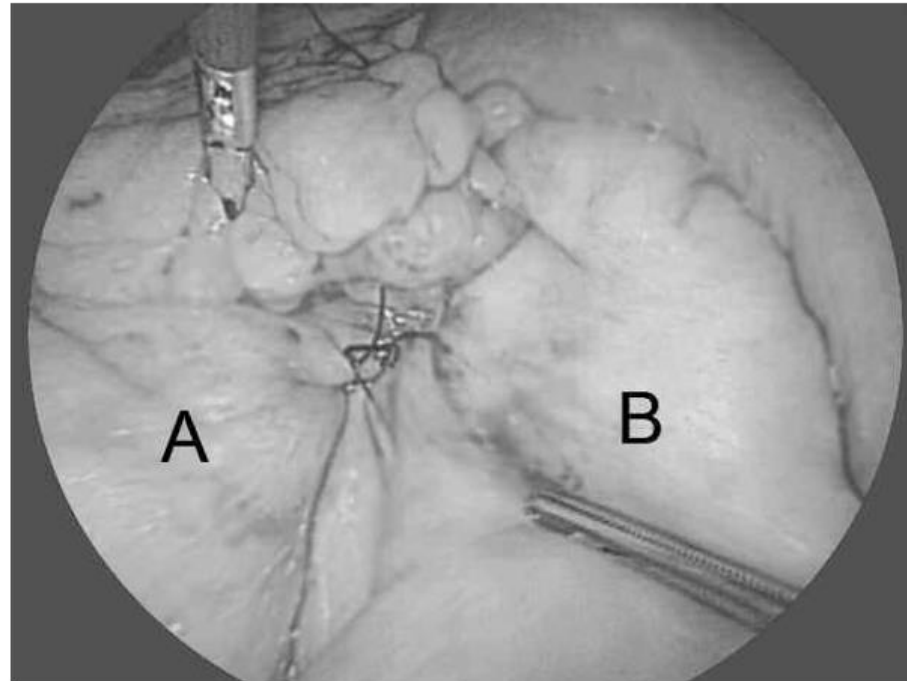
Safe innovations – Stage 1

Idea



Safe innovations – Stage 1

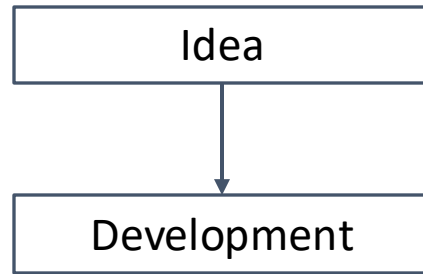
Idea



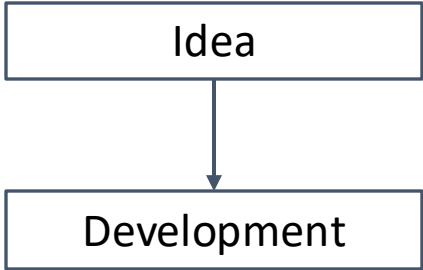
Coleman, Obes Surg 2006



Safe innovations – Stage 2a



Safe innovations – Stage 2a

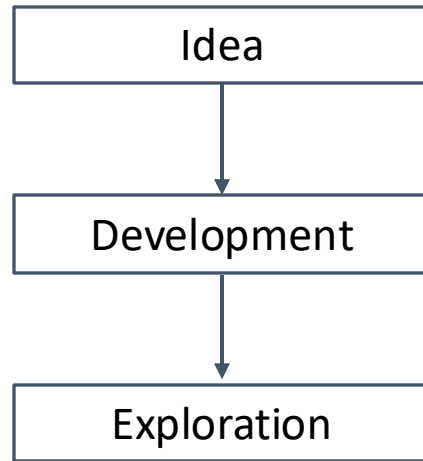


Stage 2a: Development
What is the optimal technique or design, and for which patients does it work best?
Safety, efficacy
10s
Prospective development study
Peroral endoscopic myotomy for oesophageal achalasia

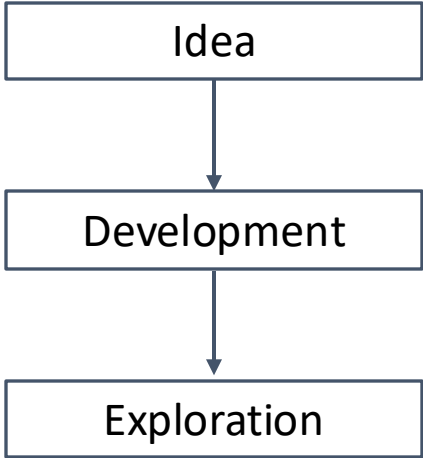
McCulloch, BMJ 2013



Safe innovations – Stage 2b



Safe innovations – Stage 2b

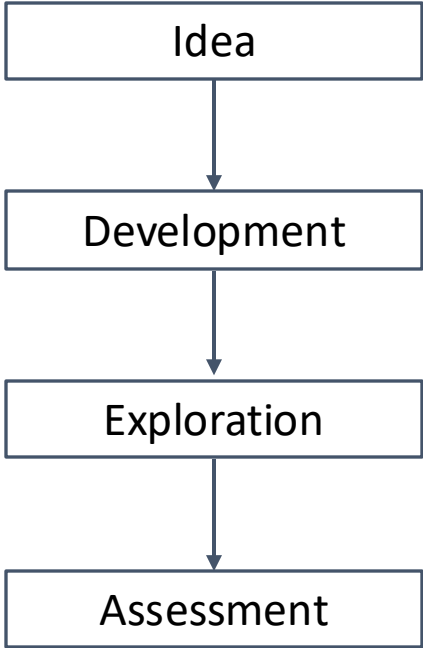


Stage 2b: Exploration
What are the outcomes of more widespread use? Can consensus equipoise be reached on a trial question?
Efficacy
100s
Prospective collaborative observational study (Phase IIS) or feasibility randomised controlled trial (or both)
Single incision laparoscopy for abdominal surgery

McCulloch, BMJ 2013



Safe innovations – Stage 3

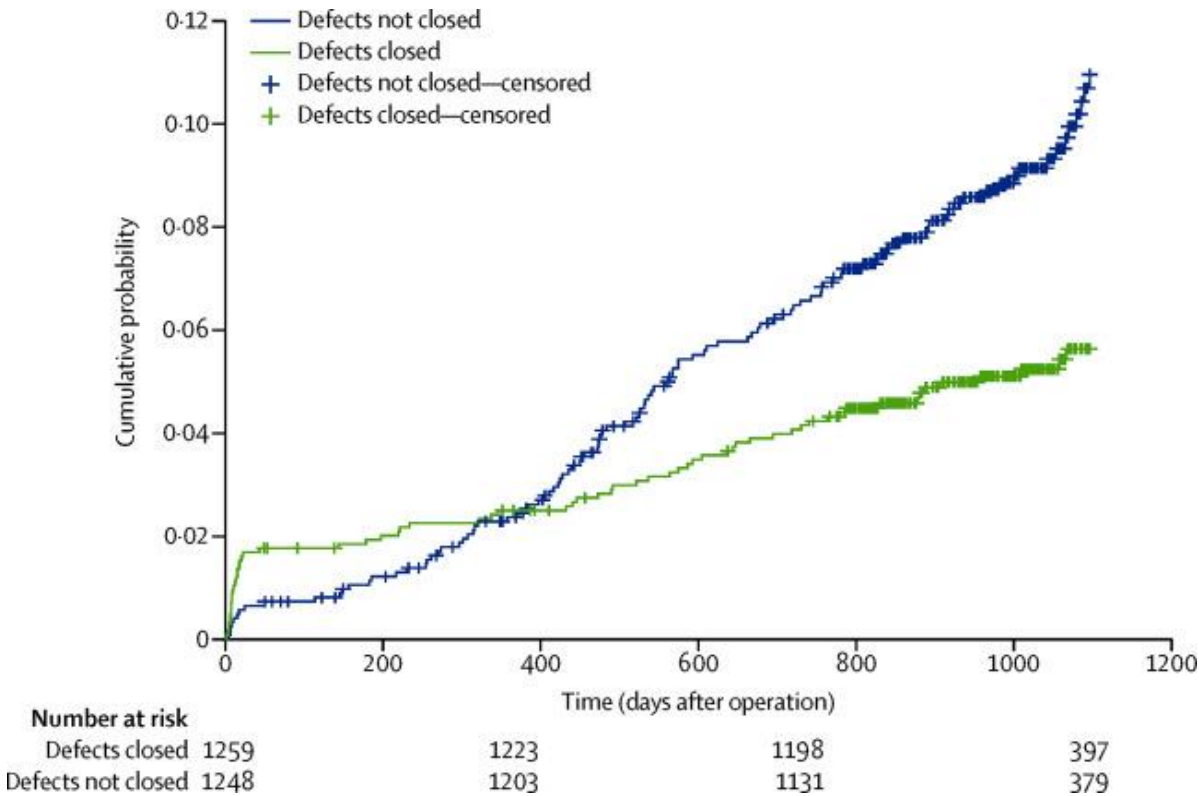
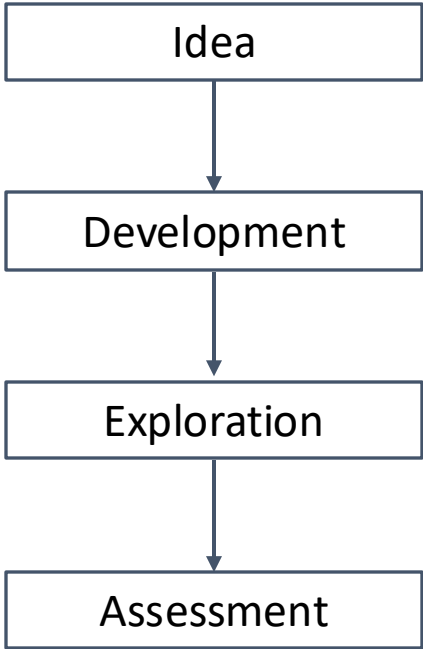


Stage 3: Assessment
How well does the procedure work compared with current standards of care?
Comparative effectiveness
100s+
Randomised controlled trial
Minimally invasive oesophagectomy

McCulloch, BMJ 2013



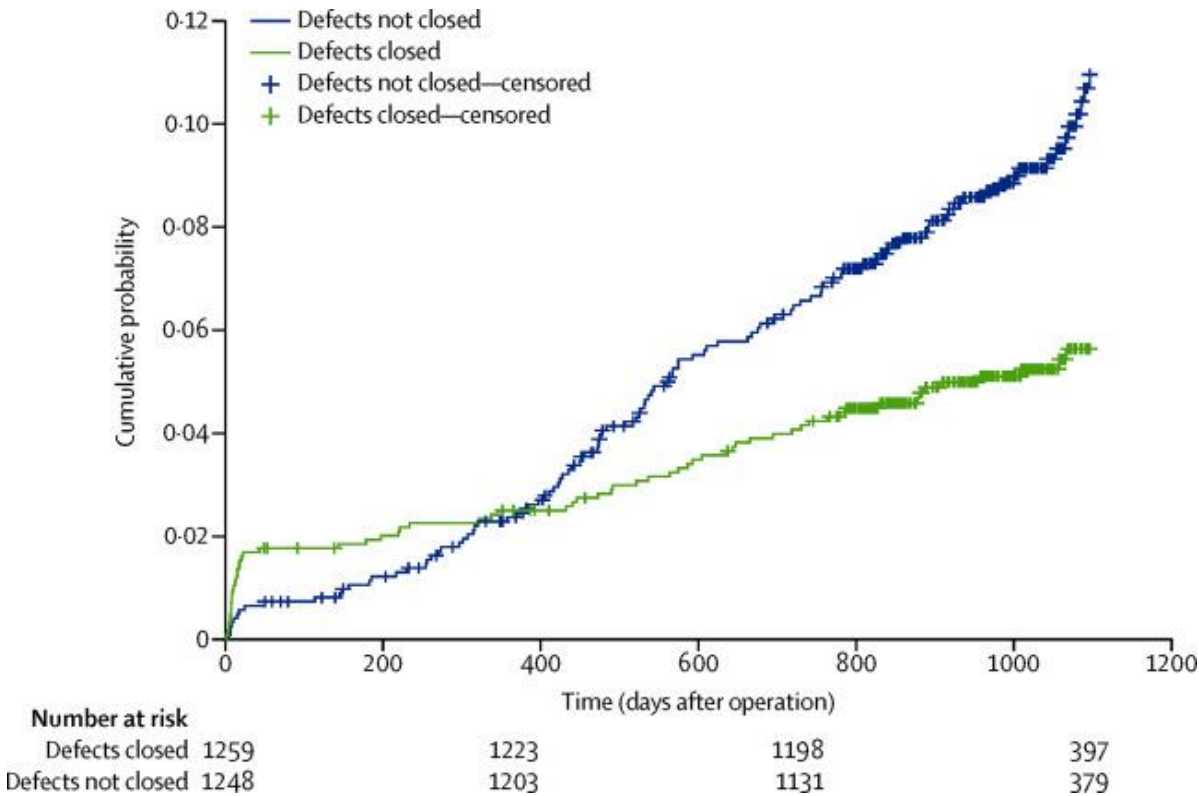
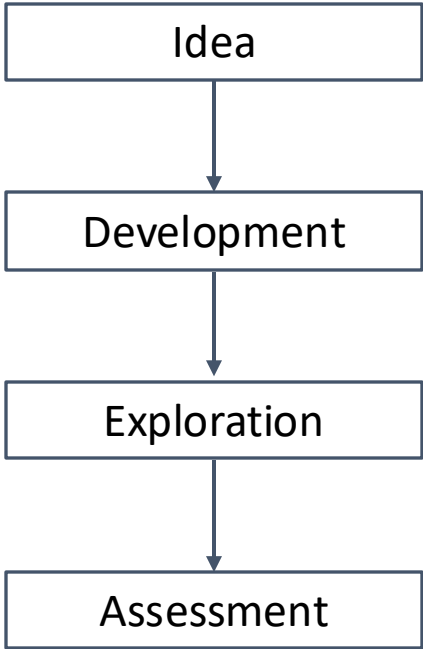
Safe innovations – Stage 3



Stenberg, Lancet 2016



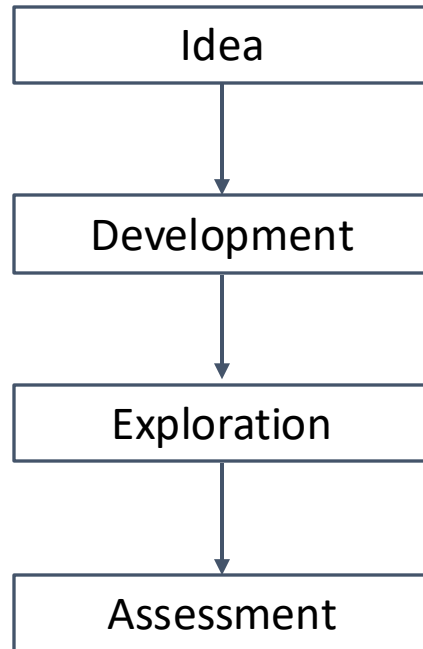
Safe innovations – Stage 3



Stenberg, Lancet 2016



Presentation Slide - Template



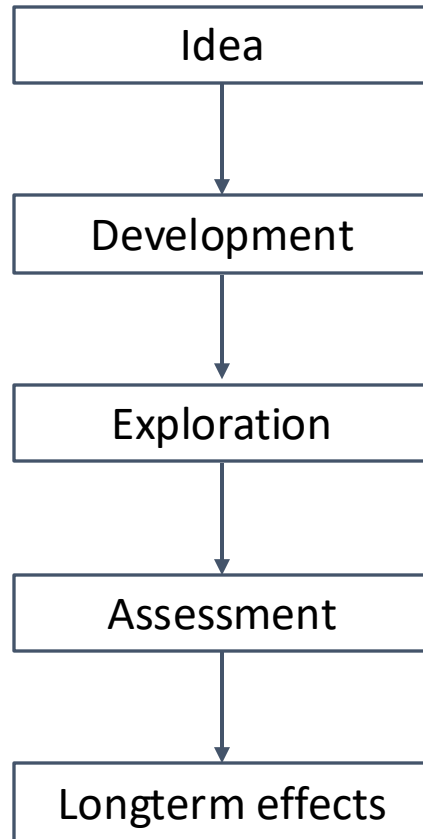
Randomised clinical trial

Matched, controlled non-randomised trial

McCulloch, BMJ 2013



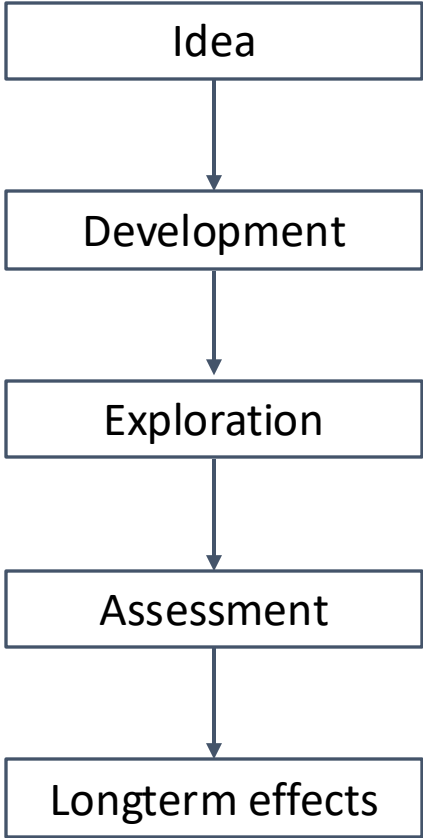
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McCulloch, BMJ 2013



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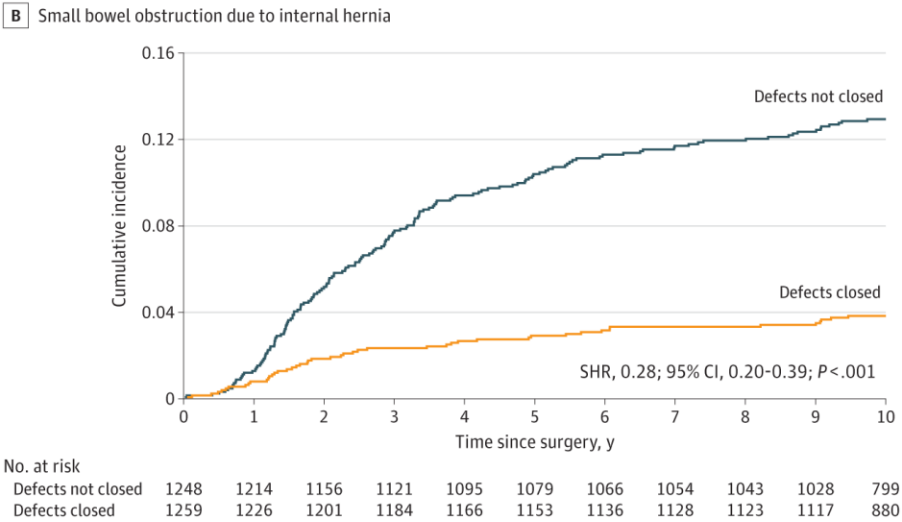
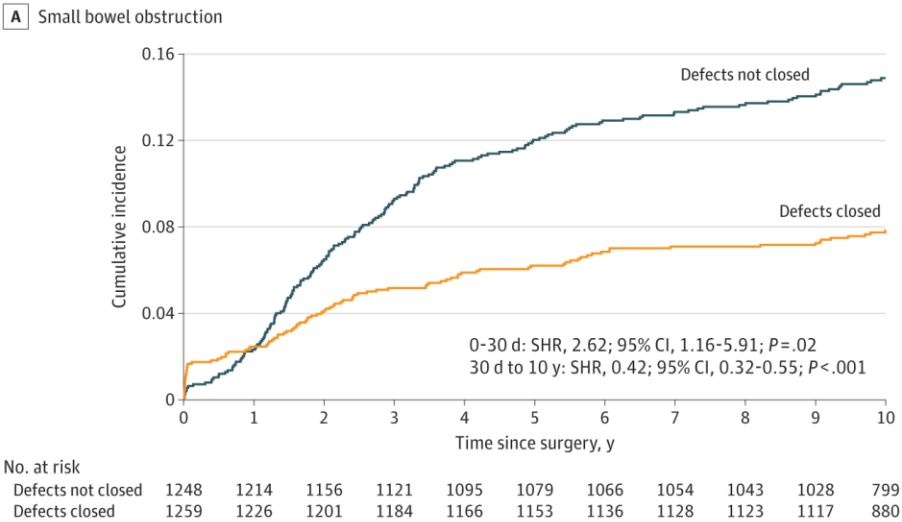
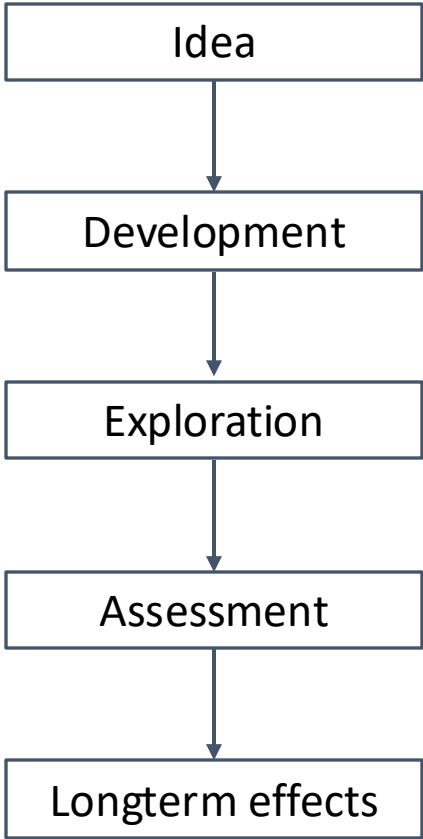


Stage 4: Long term study
What are the long term effects and outcomes of the procedure?
Quality assurance
100s+
Observational study or randomised trial nested within a comprehensive disease based registry
Banding and bypass surgery for morbid obesity

McCulloch, BMJ 2013



Presentation Slide - Template



Safe introduction of new innovations should include

1. Unbiased report of first procedures
2. Prospective, consecutive report on development
3. RCT to evaluate efficacy
4. Long-term follow-up of high quality



XXX IFSO WORLD CONGRESS

"Advancing Multimodal Obesity Care"

24-27 August 2027

ifso2027.org



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PARIS 2027

See you in

PARIS

