IFSO
XXIX IFSO World Congress
1-4 September 2026
Toronto, Canada

ESTABLISHING A NEW WEIGHT MANAGEMENT SERVICE IN THE GLP- ERA: EARLY EXPERIENCE FROM A UK CENTRE

Osamah Niaz , Hywel Room , Abdelrahman Alsharif , Rebecca Drane , Thakshyanee Bhuvanakrishna , Laura Falvey , Claudia Ashton , Vithian Karunakaran , Zeenat Banu , Daniela Alves , Cleverly Fong , Gabriella Miller , Felicity Burden , Morgan Serres , Caroline Mcarthur , Vigyan Jain

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Nothing to disclose

GLP-1 therapies changed the service model

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THE PREVIOUS MODEL

- Fragmented medical and surgical pathways
- Long-distance travel for specialist care
- Variable regional access

ONE REFERRAL
↓
UNIFIED ASSESSMENT + MDT

Medical pathway	Surgical pathway	Hybrid pathway	Medium-readiness
GLP-1 based therapy	MBS	OMM then MBS	Time-limited optimisation

Shared decision-making • Community outreach clinics • Digital delivery

Service launched August 2024 | Surgery commenced March 2025

Demand was immediate
Treatment preference almost evenly split

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516 REFERRALS

INITIAL COHORT

- 27% MEDICAL PATHWAY 141
- 24% SURGICAL PATHWAY 125
- 6% HYBRID PATHWAY 31
- 23% MEDIUM READINESS 116
- 20% DISCHARGED 103

53.1% MEDICATION

PATIENT TREATMENT PREFERENCE

46.9% SURGERY

GLP-1 therapies expanded treatment choice rather than replacing metabolic surgery

The service has subsequently received more than 1,000 referrals

Service innovations

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- Tierless pathway
- Medium readiness pathway
- Medical Pathway – digital delivery
- Community outreach clinics
- Hybrid pathway
- Two-Stage and revisional surgeries
- Additional Post-operative psychological support

The integrated model was feasible, safe and more equitable

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SURGICAL PATHWAY

n=125

4.0%

30-day readmission

3.2%

90-day complications

MEDICAL PATHWAY

n=141

8.5%

recorded adverse events

Generally mild to moderate

EQUITY OF ACCESS

Greater access for patients from more deprived neighbourhoods

Income • Employment Education • Health

GLP-1 therapies changed service design; they did not make metabolic surgery obsolete.

INTEGRATION — NOT REPLACEMENT — IS THE FUTURE!

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THANK YOU!

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