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BARIATRIC SURGERY - one year and two year outcomes in rural and remote patients in Australia: An overview

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Background: Bariatric surgery has emerged as a valuable treatment option for patients who are morbidly obese. Randomized controlled trials have shown that dramatic weight loss can be achieved following surgical interventions compared with standard medical therapy. This paper reviews the outcomes of bariatric surgery in a remote location where follow-up is predominantly in a primary care setting.

Methods: A review of a prospectively collected data base has been performed. All patients were seen in a single GP/primary care practice with information collected related to weight loss and improvement in comorbidities.

Findings: Between 2007 and 2015, 44 patients known to the clinic had Bariatric surgery. 40 patients were available for review and have at least 2 years follow up. The average age of the patients was 45 years. Median age 48 yrs. and range 19-64 years. Male to female ratio was 1:2. Gastric sleeve was performed in 34 (85%), Laparoscopic gastric banding in 5 (13%) and Roux-en-Y gastric bypass in 1 patient. Average excess weight loss was 65% at 1 and 2 years post procedure. Of the patients who had preexisting co-morbidities most have had a documented improvement especially with respect to diabetes and hypertension.

Conclusion: Bariatric surgery is safe and effective at reducing BMI and improving co morbidities in this cohort of patients who live in an isolated area (Central West QLD). Follow up in this cohort is done primarily by General Practitioners with specialist support. Excess weight loss and improvement in comorbidities is comparable to other series.