

A Target for Intervention: Poor Adherence to Follow-Up after Bariatric Surgery in Adolescents and Young Adults

Curry Sherard BA, Allison B Frederick MD, Mary Kate Bryant MD
MSCR, Aaron P. Leshner MD MSCR

INTRODUCTION

- Adherence to clinic follow-up is associated with better outcomes after bariatric surgery
- Limited data exist on adolescents and young adults (AYA)
- Aim: Compare follow-up adherence between AYA and assess the impact of follow-up interruption on weight loss

METHODS

- Study design: retrospective cohort study
- Population: All adolescents (age 14-19) and YA (age >19-26) who underwent sleeve gastrectomy between January 2018 and May 2023 at a single institution
- Primary outcome: follow-up adherence (1,3,6,12,18,24 months)
- Secondary outcomes: median total weight loss percentage (%TWL)
- Statistical Analysis: Fisher's exact test, chi-squared test, Kruskal-Wallis test, univariate logistic regression analysis

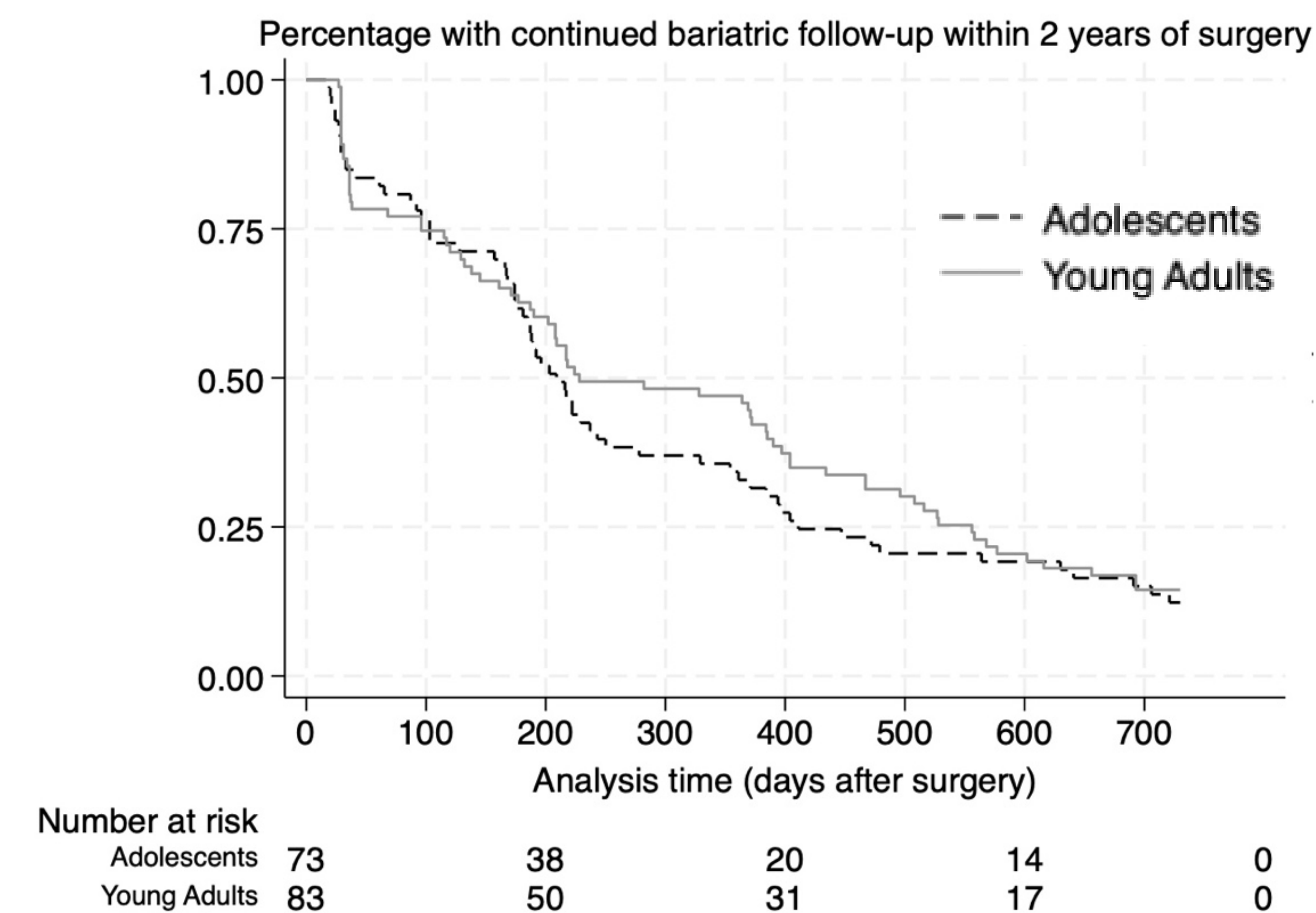
RESULTS

Study Cohort

- 73 adolescents (46.8%) vs 83 young adults (53.2%)
- Adolescents
 - More likely to be male (34.2% vs. 8.4%)
 - Higher preoperative BMI (median 51.0 [44.5,56.8] vs. median 48.5 [43.4,51.7])

RESULTS

Postoperative Follow-Up



	Adolescents N=73 n (%)	Young Adults N=83 n (%)
Lost at 30 days	12 (16.4)	19 (22.9)
Lost at 3 months	20 (27.3)	25 (30.1)
Lost at 6 months	45 (61.6)	42 (50.6)
Lost at 12 months	55 (75.3)	60 (72.3)
Lost at 18 months	61 (83.5)	70 (84.4)
Lost at 2 years	68 (93.1)	73 (87.9)

Figure 1. Incidence of nonadherence and loss to follow-up of adolescents and young adults after bariatric surgery. Table depicts percentage of AYA lost to follow-up at specific time points.

Weight Loss Outcomes

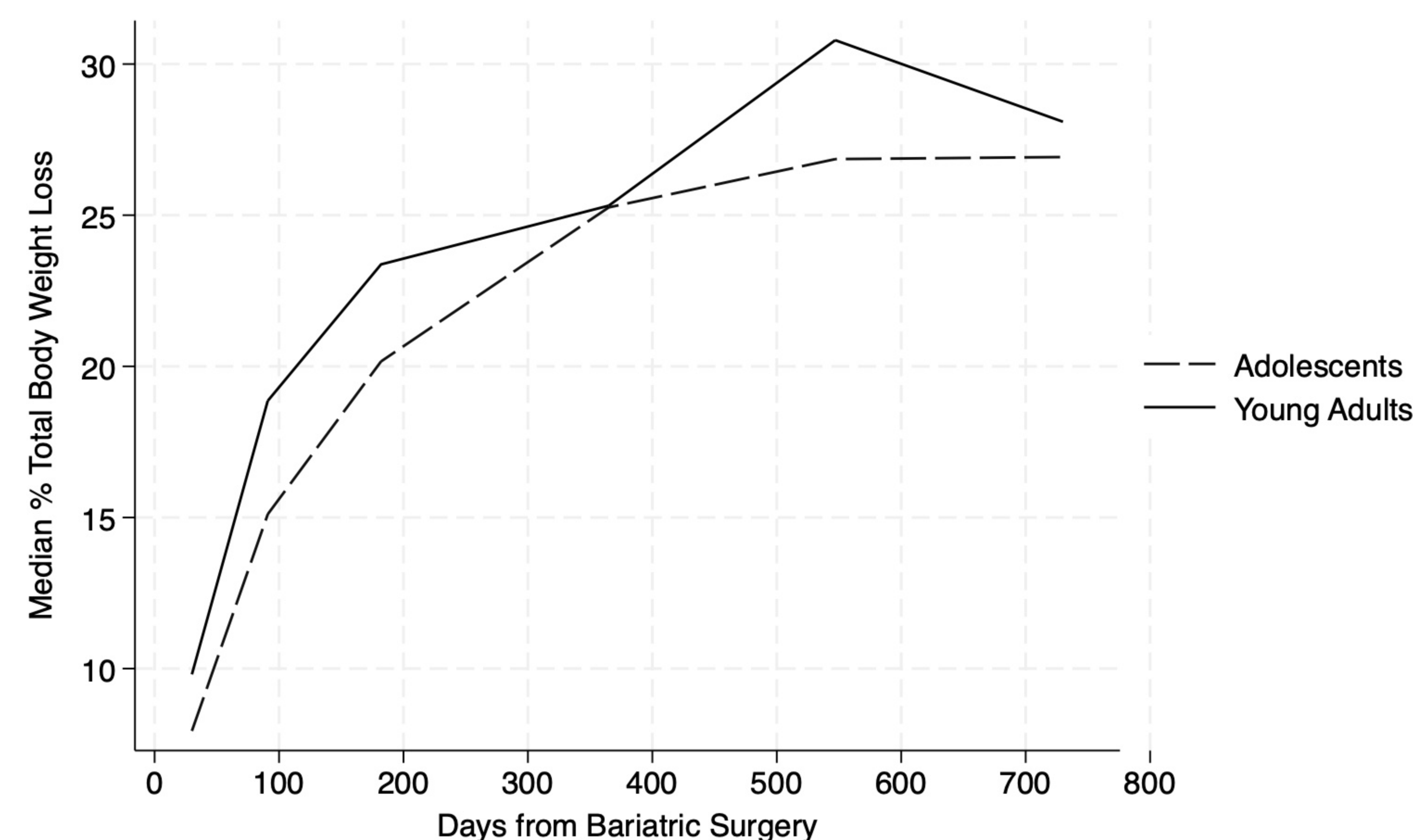


Figure 2: Median %TWL at each postoperative checkpoint by age category.

RESULTS

- Black patients had lower %TWL than White patients at 6 months (20.1% vs 24.0%, p=0.004) and 12 months (23.7% vs 27.5%, p=0.05)
- Patients in both age groups were more likely to be lost to follow-up if %TWL was in the lowest tertile at 6-month visit (OR 4.78, 95% CI [2.04,11.18], p<0.001) or at 1-year visit (OR 18.45, 95% CI [5.75,59.2], p<0.001).
- Black patients are more likely to be lost to follow-up after 6-months if their %TWL was in the lowest tertile (OR 10.12, 95% CI [3.11,32.94], p<0.001) while this effect was not significant for White patients (OR 2.22, 95% CI [0.49,9.89], p=0.295)

CONCLUSIONS

- Postoperative follow-up among adolescents and young adults is poor
- Early identification of patients in the lower tertile of %TWL may identify candidates who could benefit from added services
- Black patients in the lowest tertile of %TWL at 6 months are more likely to be lost to follow up than White patients
- Telehealth may be an effective tool in improving weight loss outcomes in AYA

DISCLOSURE

The presenting author has no financial relationships to disclose.