

Dissemination of the 2022 ASMBS and IFSO Guidelines for Bariatric Surgery: What has reached Primary Care Providers?

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BACKGROUND

- Only 1% of Americans eligible for metabolic and bariatric surgery (MBS) receive MBS.
- Prior studies have shown PCP referral patterns and perceptions of MBS as a potential barrier to increasing MBS uptake.
- Less data exists regarding PCP knowledge of MBS indications and outcomes.
- Following the 2022 update to the indications for MBS by the ASMBS and IFSO, the number of eligible patients is only expected to increase.

METHODS

11 question survey distributed to internal medicine and family medicine departments at quaternary care center

- Study Period: 5/2023 – 10/2023
- Respondents: 151 providers
 - 16 internal medicine faculty
 - 3 internal medicine APPs
 - 103 internal medicine residents
 - 29 family medicine residents

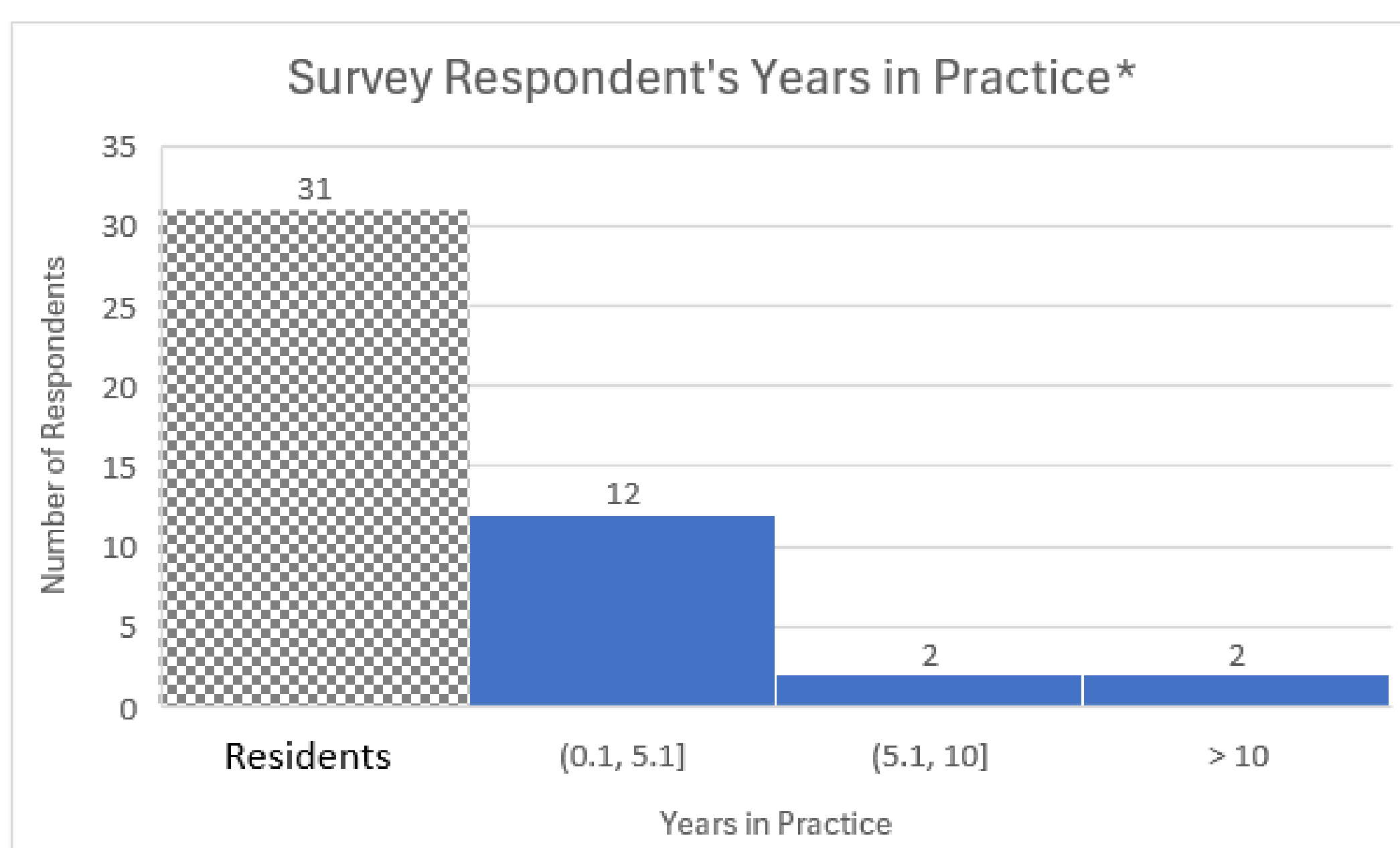
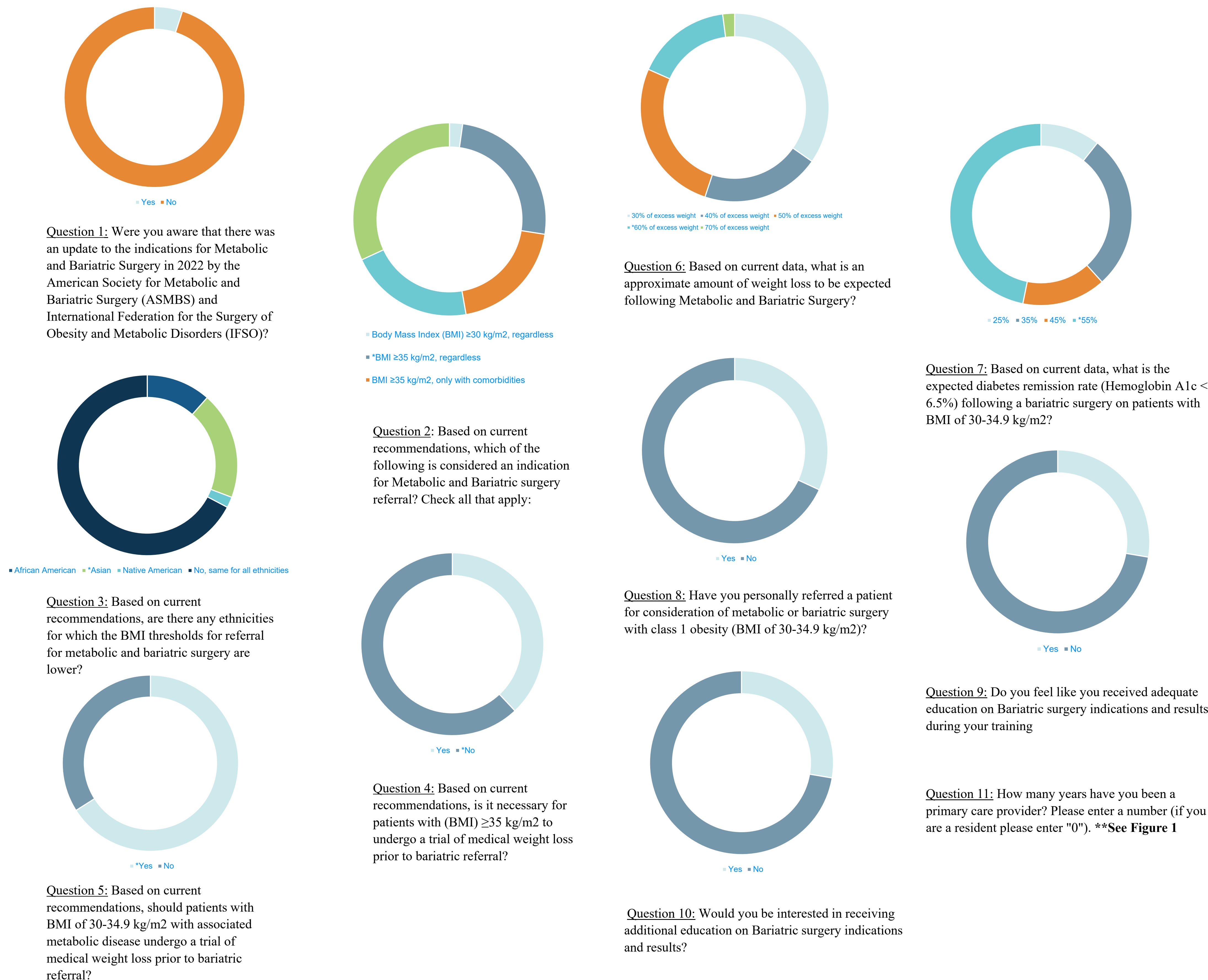


Figure 1: Distribution of years in practice for survey respondents

*13 respondents' level of experience is unknown

SURVEY



RESULTS

- 95% of surveyed PCPs were unaware of the ASMBS and IFSO 2022 updated guidelines
- 16.3% of PCPs correctly identified the average weight loss expected from MBS
- 72.3% of PCPs reported inadequate education on MBS during training

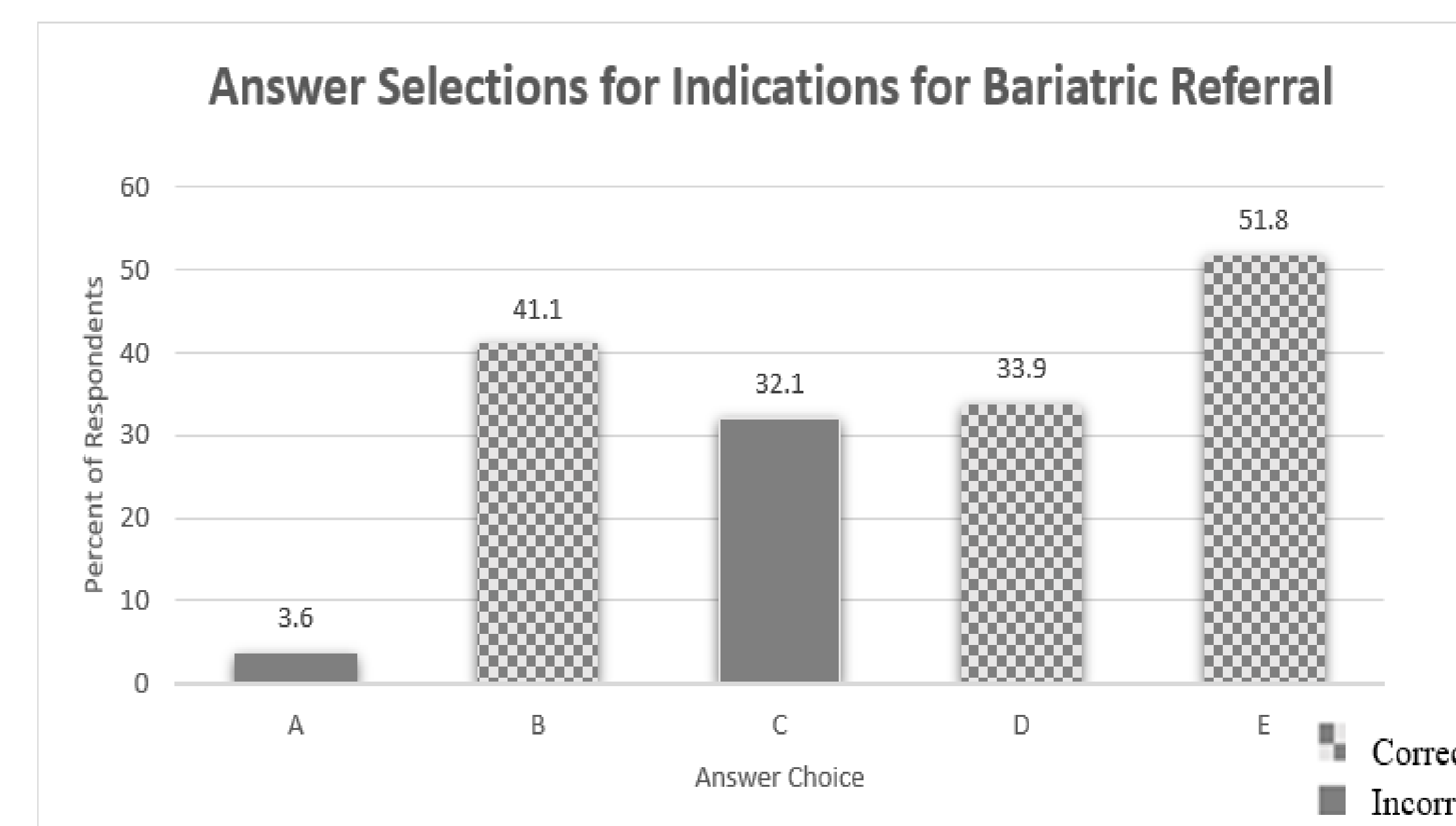


Figure 2: Percent of respondents selecting each answer choice for the multiple response question 2

ASMBS/IFSO Guidelines for Surgery: THEN & NOW

1991 Guidelines	
BMI ≥ 35 kg/m ² with at least one obesity related condition	BMI $40 \geq 40$ kg/m ² regardless of comorbidities
2022 Guidelines	
BMI 30-34.9 kg/m ² with metabolic disease	BMI ≥ 35 kg/m ² regardless of comorbidities
For Asian population, BMI ≥ 27.5 kg/m ² should be offered MBS	Appropriately selected children and adolescents should be considered for MBS

KEY POINTS

- We present the first assessment of PCP MBS knowledge since the release of the 2022 updated ASMBS and IFSO guidelines.
- Next Steps:
 - Improved distribution and dissemination of updated guidelines to our PCP colleagues
 - Provide educational opportunities for primary care residents regarding MBS indications, as well as perioperative/postoperative care, in the form of lectures and shared grand rounds
 - Overall improving referral patterns and access to patients who are candidates for MBS