

Masterclasses

M5.2**Metabolic and Bariatric Surgery in Hong Kong****14:30 Room 423 & 424****Building a Multi-disciplinary Team***Chan CKO**Department of Surgery, Queen Elizabeth Hospital, Hong Kong*

Metabolic surgery is the treatment for type 2 diabetes and obesity using a surgical method. The classical treatment paradigm of type 2 diabetes is education, exercise, diet and medications. However in some patients, disease progression is inevitable despite the best medical treatments used. In such cases, metabolic surgery should be considered as a treatment alternative as studies have shown that established surgical procedures are associated with larger and more sustained weight loss and better obesity-related co-morbidity outcomes (including diabetes remission) as compared to non-surgical interventions. A Multi-disciplinary Metabolic Surgery Service (MMSS) is required in our cluster to deal with the increasing number of patients with type 2 diabetes and obesity.

MMSS was initiated by the Department of Surgery of Queen Elizabeth Hospital in 2015. Current evidence recognises that the outcomes of patients receiving metabolic surgery perform better if the service was provided by inter-disciplinary team of healthcare providers. Therefore experts from various clinical and allied health departments were invited to join MMSS and eventually a multi-disciplinary team was formed. Clinical staffs from our team consist of upper gastrointestinal surgeons, anaesthetists, otorhinolaryngologist, physicians from the intensive care unit, endocrinologists, respiratory physicians and nurse specialists, whereas allied health members consist of clinical psychologists, dietitians and physiotherapists. A case conference with the participation of all MMSS members will be held every six months to study the progress of morbidly obese patients enrolled in this programme. A combined endocrine meeting will be held for patients requiring metabolic surgery for diabetic indications. The choice of metabolic procedure will be based on indications, operative risks, anticipated metabolic benefits and harms on the patient. It is tailored to the patient's condition and will be carried out by the upper gastrointestinal surgeons. Objective assessment after metabolic surgery will provide data on patient satisfaction, achievement on excess weight loss percentage, as well as diabetic control.

The MMSS is a modern example of multi-disciplinary collaboration, providing an international standard of care beyond conventional medical treatment for a special group of patients with morbid obesity and metabolic diseases.