



## Service Priorities and Programmes Electronic Presentations

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### **Patient-centered Multi-disciplinary Team (MDT) Approach for Morbid Obesity Patients in New Territories West Cluster (NTWC)**

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#### **Introduction**

Obesity is a major health problem due to its associated co-morbidities and complications. Worldwide, the incidence of morbid obesity has increased dramatically. While in Hong Kong, 39.0% 18-64 aged groups suffered from over-weight.

#### **Objectives**

MDT approach is initiated to provide comprehensive, structural and unified care for morbid obesity patients in NTWC.

#### **Methodology**

A MDT, including surgeons, specialty nurses, anesthesiologists, intensivists, physiotherapists and dietitians, was formed to manage patients with morbid obesity. Morbid obesity patients will be assessed by endocrinologists. Potential candidates (patient aged 30-50, BMI 30-40, ambulatory, no complex co-morbidities) to receive bariatric surgery will be discussed in multi-disciplinary meeting. Dietitians will provide nutritional advice and assessment before and after operations. Physiotherapists will provide exercise programs, post-operative chest physiotherapy and mobility training. Anesthesiologists will offer pre-operative assessment and co-operate with surgeons to position and adjust bougie for gastric tube sizing during operations. Operations will be done by a single upper GI team. After surgery, patients are cared in ICU and transferred back to general ward once they are stable. Bariatric surgery results (1/2012-12/2015) were reviewed.

#### **Result**

From 1/2012 to 12/2015, 17 patients (female: 12, male: 5) received bariatric surgery (laparoscopic sleeve gastrectomy +/- cholecystectomy) in NTWC. Mean age and BMI are 41.5 (23-52) and 41.7 (33.2 – 53.8) respectively. Overall mortality rate is 0%. Only one patient was complicated with small bowel injury during operation, which was repaired intra-operatively and she recovered uneventfully. For patients have

enough follow-up time  $\geq 1$  year, 75% (9/12) of them achieved excessive weight loss (total weight loss  $\times 100$ / initial excess weight)  $> 50\%$ . 82% (9/11) of them showed improvement in controlling their metabolic diseases, in terms of decrease the use of anti-hypertensive/ DM drugs, improvement in HbA1c level, blood pressure/ DM control. Overall results are compatible with international standard. Conclusion: Multi-disciplinary approach is crucial in treating morbid obesity patients. Different specialties participation is important to provide satisfactory results