

ABSTRACT

Short Term Outcome of Bariatric Surgery in A Single Centre Institution

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Keywords: bariatric surgery, short term outcomes, Kota Kinabalu

NMRR ID: NMRR-19-3949-50666

Introduction: Bariatric surgery is an effective method of weight loss for the treatment of morbid obesity. It is indicated for patients with morbid obesity, in which efforts at other therapy have failed, with the presences of obesity-related comorbidities. To report the short-term outcomes at 6 months of bariatric surgery for the first 51 patients in our centre. **Methods:** We retrospectively studied the medical records of 51 patients who have undergone bariatric surgery in our institution from 2014 – 2019. **Results:** A total of 51 patients have undergone bariatric surgery in our centre. The mean body mass index was 47.2kg/m². (Range: 33.8 – 63.6kg/m²). The commonest metabolic syndromes include hypertension (62.7%), diabetes mellitus (41.2%), hyperlipidaemia (58.8%) and obstructive sleep apnoea (56.9%). The bariatric procedures performed are laparoscopic sleeve gastrectomy (LSG) (58.8%), followed by laparoscopic Roux-En-Y gastric bypass (LRYG) (19.6%), laparoscopic sleeve gastrectomy and proximal jejunal bypass (LSG + PJB) (16.6%), and lastly laparoscopic mini-gastric bypass (MGB) (3.9%). The mean estimated weight loss (EWL) after 6 months for all 4 procedures were about the same at 45%. All patients with hypertension and diabetes mellitus reported improvement in their condition after 6 months postoperatively. Three patients required revision surgery postoperatively due to complications (worsen gastroesophageal reflux symptoms, intestinal obstruction, anastomosis microleak), and one

patient had a conversion to open surgery for bleeding. **Conclusion:** Our study shows good

short-term outcomes of bariatric surgery with acceptable and manageable complications.