

Preoperative evaluation and preparation

based on evidence?

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NIH: Obesity Surgery Pre-Op Assessment And Preparation

A thorough pre-operative evaluation of patients undergoing weight loss surgery is indispensable to ensure the adequate selection of eligible candidates and to achieve good outcomes after surgery.

Why? What are the goals?

- **Physical**- what is required vs. should be done vs. could be done?
- **Mental**- what is required vs. should be done vs. could be done?
- What do patients need to understand about their treatment?

Are patients doing better after extensive vs. limited preoperative preparation?

- Better weight loss?
- Better "compliance"?
- Better mental health?
- Less hassle for us in health care?

Should we shift focus from trying to "optimize" and "guessing" outcome before surgery, to support patients in handling other issues that need attention during follow up after surgery?