

Anesthesiologists' Perspectives on GLP-1 Receptor Agonists in Elective Surgeries: A National Qualitative Survey Analysis

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Introduction

- GLP-1 RAs are a novel class of drugs that are becoming more common in the surgical population.
 - In 2023 the American Society of Anesthesiologists published a consensus-based guidance for the preoperative management of these patients.
- ASA update Oct 29th, 2024:
 - Low risk patients can continue GLP-1 RAs through the perioperative period
 - High risk patients: consider a 24-hour liquid diet, gastric POCUS, holding GLP1-RAs per 2023 guidance
- The purpose of this study is to gather and analyze the perspectives of currently practicing anesthesiologists regarding their experiences with patients taking GLP-1 RAs and their thoughts regarding the ASA's 2023 guidance.

Methods

- This study was assigned exempt status by MSU's IRB and developed through an iterative review process with focus group, expert validation, and cognitive pretesting.
 - 12 multiple choice questions, 1 open-ended free response question.
- Hosted on Qualtrics and sent to all members of West Michigan Anesthesiology (WMA) then to 27 private and academic institutions with a forwarding link.
- Survey was held open for June – July 2024.

Figure 1: Question 4: Awareness of the ASA's 2023 Guidance

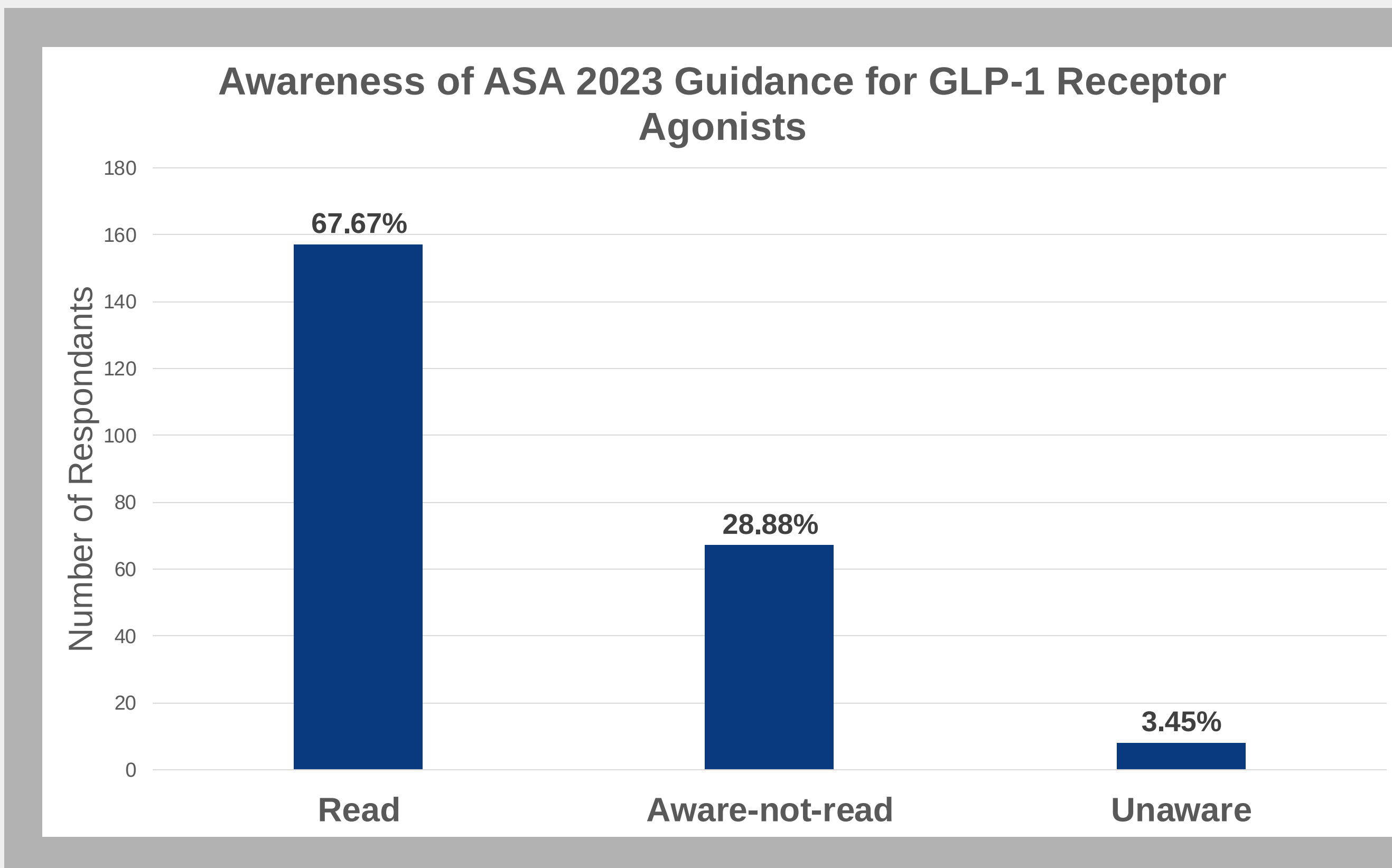
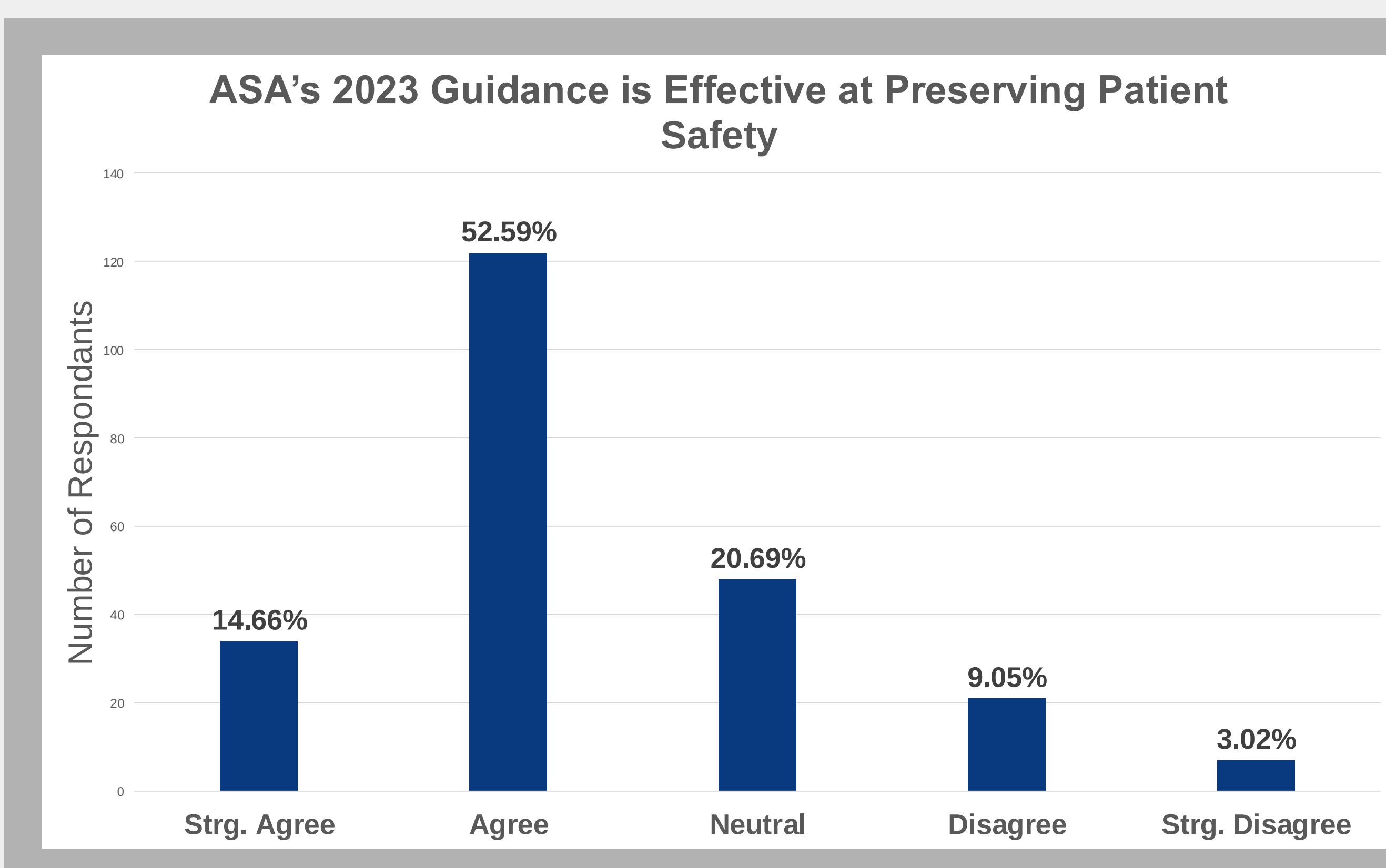


Figure 2: Question 6: Agreement of the ASA's 2023 Guidance



Results

- A total of 232 responses were recorded
- 51.6% response rate within WMA (n=61)
- Most respondents were >10 years of practice (61.2%) and 66.38% saw a GLP-1 RA patient at least once a week.
- Most anesthesiologists see patients being properly instructed (68%) and correctly following (63%) the holding of their GLP-1 RAs “often” or “always”.
- Symptoms most likely to lead to case cancellation:
 - Vomiting, Nausea, Fullness, Bloating, Upset Stomach
- Multivariate Analysis:
 - Years of practice was strongly correlated to rate of reading the ASA's 2023 guidance document.
 - $V = 0.20$, $p = 0.008$
 - Frequency of seeing GLP-1 RA patients was strongly correlated to having patients correctly following preoperative holding instructions.
 - $V = 0.455$, $p < 0.001$

Discussion & Conclusion

- This study showed that while most anesthesiologists agree with the ASA's 2023 guidance, there is still uncertainty regarding proper preoperative holding instructions.
- Free text responses cite the need for more definitive research for applicability to broader patient presentations and case varieties.

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