# Canadian Trends in Bariatric Surgery

Jarrar A, Hardy-Henry A, Walsh C, Mamazza J, Neville A, **Kolozsvari N**

## Background

- This study describes the landscape of bariatric surgery in Canada including procedural and technical variations
- Roux-en-Y gastric bypass (RYGB) is considered the gold-standard bariatric surgical intervention, but sleeve gastrectomy (SG) is rapidly increasing in prevalence.
- Canada's bariatric surgeries are still on the rise.

## Methodology

- An online survey was included in the Canadian Association of General Surgeons (CAGS) newsletter.
- Survey topics included ( types surgical practice, fellowship training, bariatric surgical experience, types of procedures performed, preoperative workup and technical specifics for each procedure)

## Results

### Demographics

- 23 performed bariatric surgery, representing 29.5% of the estimated 78 surgeons with bariatric practices in Canada.
- 16 (69.6%) practiced in an academic setting,
- 6 (26.1%) practiced in the community
- 1 (4.3%) in the private sector
- The majority of bariatric surgeons were fellowship trained.
- Most surgeons performed more than the minimum 100 lifetime stapling procedures (91.3%) and minimum 25 yearly stapling procedures (87%) required for ASMBS bariatric certification.

### Perioperative

- Perioperative work-up was similar across practice types with pre-operative workup, nurse and dietitian

### Surgeries

- The most performed bariatric procedure was the RYGB: for 21 surgeons (91.3%) RYGB.
- SG was the next most common performed procedure.
- Only 3 surgeons (39.1%) performed duodenal switches.
- No one performed adjustable gastric banding

## Results continued

### Technical Aspect of

#### RYGB

- Most surgeons used a bougie to size the gastric pouch (n=18, 78%), with most using a 30-40Fr bougie (n=16, 69.6%)
- A combined stapler and hand-sewn gastrojejunostomy was the most common anastomotic technique (n=16, 69.6%)
- The majority routinely performed a leak test (n=22, 95.7%).
- Most surgeons did not use routine intraoperative gastroscopy (n= 17, 73.9%) or use a drain (n= 21, 91.3%).

#### SG

- Most surgeons used a Bougie to size the sleeve (n=22, 96%), with majority using a 30-40Fr bougie (n=19, 82.6%)
- The majority did not routinely oversew the staple line (n=22, 95.6%) and did not routinely perform intraoperative gastroscopy (n=19, 82.6%).
- Half of the surgeons performed intraoperative leak test

## Conclusion

While SG is now the most common bariatric surgery performed worldwide, RYGB remains the most common bariatric surgery performed in Canada. Surgeons performing bariatric surgery in Canada had similar training, experience and consistent practice patterns.

The Ottawa Hospital | L'Hôpital d'Ottawa
Affiliated with • Affilié à uOttawa