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Laparoscopic sleeve gastrectomy: Perspective from rural Australia

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Aim & objectives: The demand for bariatric procedures has risen dramatically in recent years due to the growing obesity epidemic. Whilst there are many published papers on bariatric surgery, there is limited information within the rural Australian context. Our objective was to assess results of weight loss and complications of laparoscopic sleeve gastrectomy (LSG) performed in rural Australia, describing patient characteristics and assessing significant predictors of outcomes.

Methods: Review of 141 consecutive patients who underwent LSG at a rural Australian hospital was obtained. Data on patient demographics, mean weight loss and complications were collected. Significant predictors for length of stay calculated using multivariate analyses.

Results: 141 patients underwent LSG. Mean (SD) preoperative body mass index was 45 kg per m² (7.8 kg per m²). Mean follow-up and length of hospital stay were 15 months (10 months) and 2.2 days (0.78 days) respectively. Mean excess weight loss (SD, available patient data) was 30% (17%, 141 patients), 41% (20%, 56 patients), 51% (21%, 36 patients), 68% (13%, 11 patients) and 65% (16%, 4 patients) at 3, 6, 9, 18 and 24 months, respectively. 3 (2.1%) patients required return to theatre for management of staple line leak. Post-op blood transfusion rate was 2.1% (3 patients); there were no mortality. All-cause 30-day read mission rate was 7.1% (10 patients). Adjusted for preoperative characteristics, significant predictors of hospital stay duration were female sex (p=0.008), past history of hypercholesterolemia (p=0.012) and operation time (p=0.049).

Conclusions: Laparoscopic sleeve gastrectomy can be performed safely and effectively in rural Australia. Significant pre-operative predictors of length of hospital stay include female sex and past history of hypercholesterolemia.

Biography

Ya-Chu May Tsai is currently a Doctor at St Vincent's Hospital Melbourne after completing her MBBS/BMed Science at the University of Melbourne in 2013. She has been involved in cardiovascular medicine research with Professor Andrew Wilson and has published in the *International Journal of Cardiology*. Her area of interests includes cardiology and perioperative medicine. She is currently pursuing Postgraduate Certificate/Diploma in Clinical Ultrasound.

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