

# PATIENTS' EXPECTATIONS AND POST-BARIATRIC SURGERY SATISFACTION



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## INTRODUCTION

Treatment satisfaction is simultaneously a cause and consequence of the success of bariatric surgery – not only it is a reflection of the efficacy of treatment, it also enhances weight loss. A questionnaire that evaluates this variable has recently been created and validated by the authors (Post-Bariatric Surgery Satisfaction Questionnaire).

## AIMS

To identify patients' expectations regarding bariatric surgery; to identify the domains that contribute to the degree of satisfaction after bariatric surgery.

## METHODS

- Patients submitted to bariatric surgery, presenting to our Obesity Outpatient Clinic between June-December/2013
- Patients' Expectations Questionnaire** (improve your self-esteem, improve the way other people see you, improve your health status, improve your sex life, be able to care for personal hygiene independently, be able to move better, be able to wear clothes you like, improve your professional status, improve your love life, lose weight, etc.)
- Post-Bariatric Surgery Satisfaction Questionnaire** (22 items, 5-point scale – 1= very dissatisfied, 5= very satisfied)

## RESULTS

### CHARACTERISTICS OF THE STUDIED POPULATION (n=86)

Gender (male/female), %	14/86
Age, years <sup>a</sup>	50 (19; 23-73)
Type of surgery (laparoscopic gastric bypass/adjustable gastric banding), %	67/33
Initial BMI, kg/m <sup>2</sup> <sup>a</sup>	45.9 (8.4; 32.1-84.4)
Follow up time since surgery, months <sup>a</sup>	37 (56; 1-220)

### EXPECTATIONS REGARDING TREATMENT

<b>Actual BMI (kg/m<sup>2</sup>)<sup>a</sup></b>	<b>31.7</b> (9.6; 23.5-51.2)	<b>VS</b>	<b>Idealized BMI (kg/m<sup>2</sup>)<sup>a</sup></b>	<b>27.7</b> (5.5; 22.9-41.6)
<b>Actual % excess BMI lost<sup>a</sup></b>	<b>68.8</b> (34.6; 8.2-113.3)	<b>VS</b>	<b>Idealized % excess BMI lost<sup>a</sup></b>	<b>85.1</b> (20.7; 33.2-112.6)

<sup>a</sup>Data expressed as median (IQR, min-max)

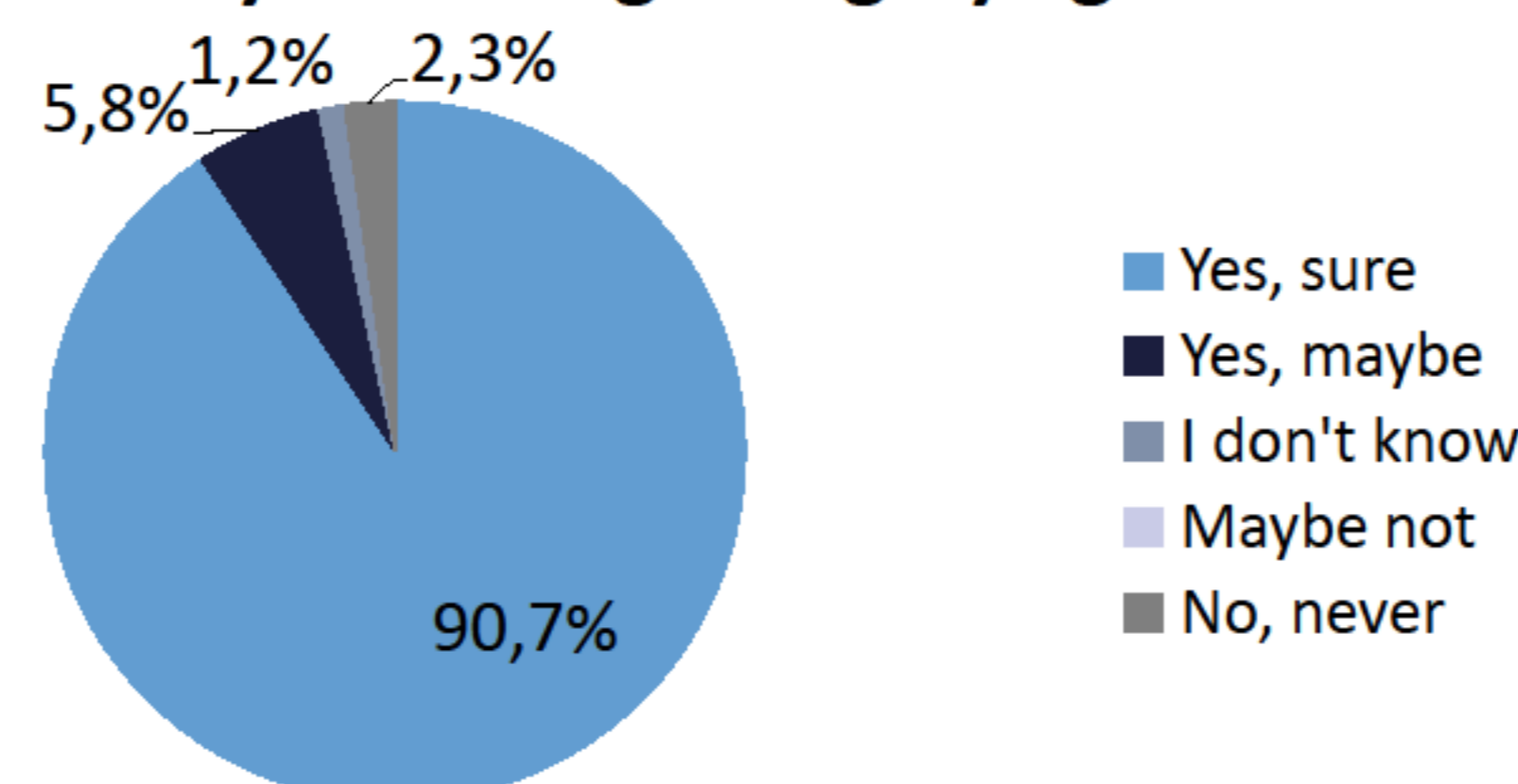
Referred goals of surgery	Total (%)	Referred goals of surgery	Total (%)
Improve your self-esteem	91.9 (n=79)	Be able to move better	88.4 (n=76)
Improve the way other people see you	67.4 (n=58)	Be able to wear clothes you like	91.9 (n=79)
Improve your health status	98.8 (n=85)	Improve your professional status	60.5 (n=52)
Improve your sex life	43.0 (n=37)	Improve your love life	44.2 (n=38)
Be able to care for personal hygiene independently	57.0 (n=49)	Lose weight	98.8 (n=85)

	Mean		Mean
Goals achieved after surgery	Very satisfied	Physical appearance when naked	Satisfied
Weight achieved	Satisfied	Improvement of physical wellbeing	Satisfied
Improvement of self-esteem	Satisfied	Need of chronic medication	Satisfied
Way you are seen by others	Satisfied	Eating habits	Satisfied
Improvement of health status	Satisfied	Ability to wear clothes you like	Satisfied
Improvement of sexual life	Satisfied	Improvement of freedom of movements	Satisfied
Improvement of professional life	Satisfied	Improvement of the ability to care for personal hygiene	Very satisfied
Improvement of love life	Satisfied	Pleasure of eating	Satisfied
Improvement of social life	Satisfied	Hunger sensation	Satisfied
Improvement of emotional wellbeing	Satisfied	Type of food you can eat	Satisfied
Physical appearance when dressed	Satisfied	Amount of food you eat	Satisfied

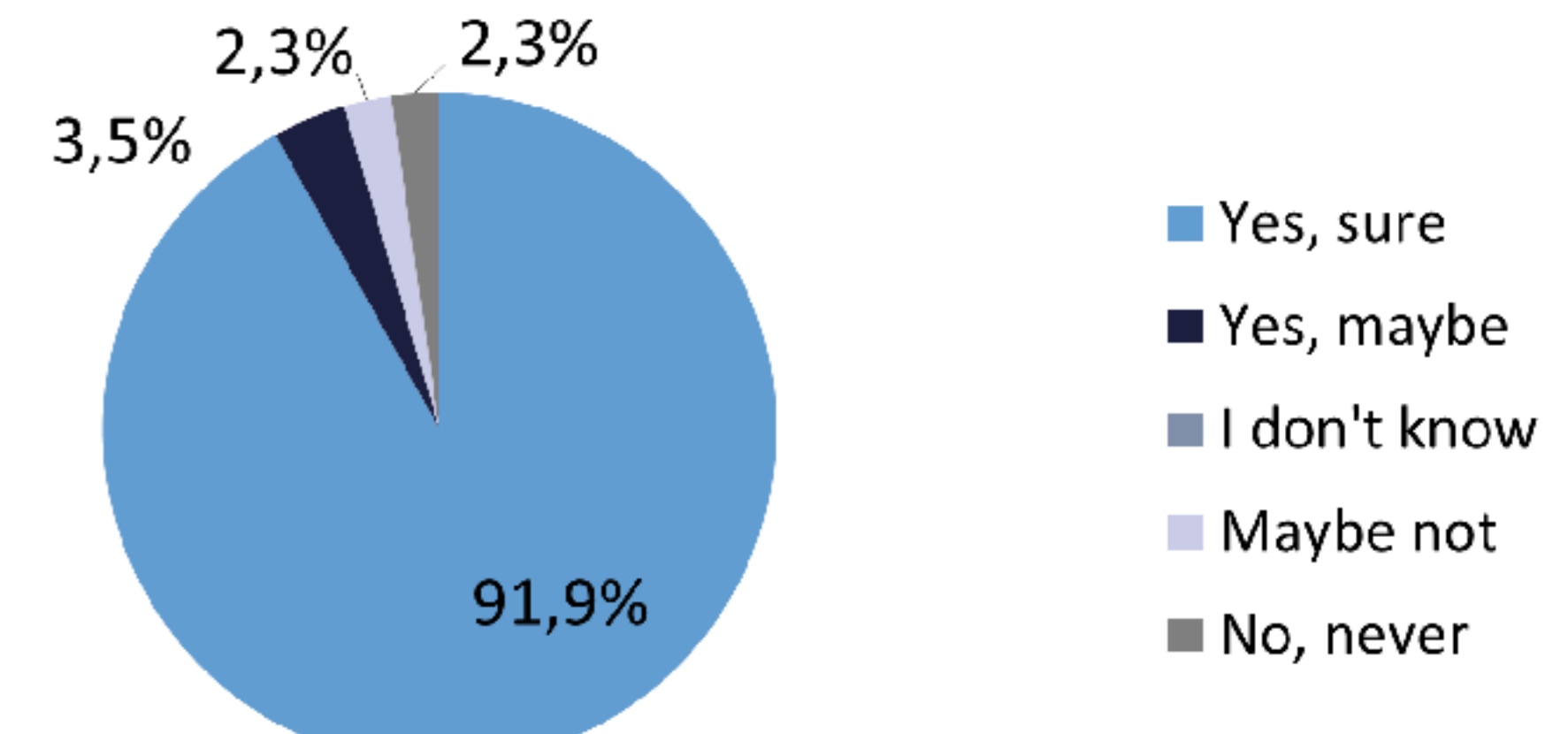
34.9% of patients feel dissatisfied to very dissatisfied with their "physical appearance when naked"

12.8% of patients feel dissatisfied to very dissatisfied with the "need of chronic medication"

### Would you undergo surgery again?



### Would you recommend surgery to other patients?



## CONCLUSION

Patients were satisfied to very satisfied in all items tested, despite having unrealistic expectations. It is essential to assess what affects patients' satisfaction in order to understand their behavior and optimize our intervention.

