

Monitoring the success of a Provincial Bariatric Program

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The number of bariatric patients seeking treatment is increasing due to escalating rates of obesity and awareness of treatment. In response to this trend, the Ontario Bariatric Program was established in 2009 and in 2010, the Bariatric Registry was initiated to manage patient flow and monitor patient care and outcomes.

Referrals for bariatric surgery in Ontario are managed through a referral portal and anonymous data is collected via an online data management program. Since January 2010, there have been 14,443 referrals and 2,680 patients have consented to participate in the Registry. Data for 1,819 patients (mean age 45 years, 81.7% female) have been collected across 9 sites. The mean pre-operative BMI was 49.7 kg/m². At 6 months and 1 year follow-ups, the mean BMI was 36.2 (%EWL of 56.8%) and 32.1 (%EWL of 72.6%) respectively. Improvement or resolution of most comorbidities was observed, including diabetes which improved from a baseline rate of 33.9% of patients to 9.1% at 1 year. The HbA1c of these patients dropped from 7.03% pre-operatively to 6.03% at 6 months and 6.36% at 1 year. The intra-operative complication rate was 2.2% with 16 (2.5%) revision/repairs. The post-operative surgical complication rate was 10.3% at 3 months. Only 1 (0.16%) death was reported, occurring > 30 days post-surgery.

The Ontario Bariatric Program has reported successful outcomes with minimal morbidity and mortality. Continued enrollment and data collection in the Bariatric Registry will provide a comprehensive analysis of current practice and outcomes to aid in the optimization of bariatric treatment in this province.