The Problem
The BID-Milton Weight Loss Surgery team acknowledges the importance of and has implemented evidence based practices recommended by the American Society for Metabolic and Bariatric Surgery (ASMBS). From these guidelines, it is known that optimal patient outcomes can be achieved when a Bariatric Surgery Program is clear, comprehensive and patient-centered. Structured, patient-centered follow-up meetings with members of the multidisciplinary team support the post-operative weight loss surgery patient to take ownership for their personal weight loss goals. In CY 2015, 50 patients underwent Gastric Sleeve procedures at Beth Israel Deaconess Hospital-Milton.

Aim/Goal
- Patients will achieve an 80% follow-up rate for post-operative appointment intervals at 30 days and 6 months
- Patients will achieve the following weight loss goals:
  - 8.5% loss of pre-operative weight by the 2-week post-op appointment
  - 10% loss of pre-operative weight by the 30-day post-op appointment
  - 30% loss of pre-operative weight by the 6-month post-op appointment
  - Progressive weight loss at subsequent follow-up appointment

The Team
- Benjamin Schneider, MD, FACS, Medical Director/Bariatric Surgeon
- Morgan Bresnick, MD, Bariatric Surgeon
- Angela Fenton, MA, LMHC, Program Director
- Melissa Packin, MS, RD, LDN, Bariatric Dietitian
- Edward Hatchigian, MD, Bariatrician
- Deizy Mendes, BSN, RN, Bariatric Nurse
- Mary Beauregard, BSN, MS, RN, Bariatric Surgery Clinical Reviewer

The Interventions
- Ensure all pre-operative patients receive a copy of the Patient Workbook (includes post procedure follow up schedule) – reviewed 1:1 with patients pre/post-operatively
- Bariatric staff emphasize to patients the importance of attending follow-up appointments
- Flexible follow-up schedule to accommodate patients’ personal needs
- Appointment reminders by phone/email/letter
- Patients encouraged to attend patient-centered events (i.e. Support Group Sessions).

The Results/Progress to Date
- Overall mean follow up rates for 30 days (96%) and 6 months (96%) exceeded the hospital’s 80% goal
- In May 2015, one patient did not attend their six month follow-up appointment, despite full implementation of MBSAQIP (Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program), recommended follow up practices
- In June 2015, two patients that did not attend their 30 day follow-up appointments; however, one of these two patients has resumed follow-up

Lessons Learned
- Personalizing and providing patient-centered weight loss support programs promotes patient compliance relative to post-procedure follow up and weight loss

Next Steps
- Assess patients’ weight loss performance 12 months post-gastric sleeve surgery
- Evaluate multidisciplinary patient-centered support program to identify additional opportunities for improvement to further optimize favorable patient outcomes and sustain Bariatric Surgery Program goals