



## **CAHP Technical Seminar Bariatric Surgery Guidelines Consensus Statement Executive Summary**

The bariatric surgery workgroup was established by the California Association of Health Plans (CAHP) to gather information and develop recommendations around three important aspects of bariatric surgery policy: 1) patient selection criteria, and 2) best practices and 3) criteria for “Centers Of Expertise (COE)”.

In recognition of the rising number of bariatric surgeries being performed in California and the benefits of best practice guidelines in facilitating the best possible outcomes, CAHP convened a working group comprised of health plan medical and operational staff as well as consultant and industry experts in the field of bariatric surgery. Building on the work done by other groups including the American Society for Bariatric Surgery, New York Health Plan Association, Massachusetts Betsy Lehman Center and the Centers for Medicare and Medicaid Services (CMS), the following document provides recommendations to promote consistent high quality bariatric surgery care while ensuring patient safety.

Best practices continue to evolve as new clinical evidence, technologies and clinical practices develop. The guidelines are based on current evidence and experience within the bariatric community.

### **Key Sections of the Consensus Guidelines**

#### **Background**

Obesity is a serious medical condition when combined with co-morbid complications that can impair an individual’s quality of life. Highlighted are best practice methods of assessing a patient’s degree of clinical obesity and bariatric surgery as a treatment option when less invasive methods have failed. Surgical options are characterized based on the mechanism of weight loss, benefits, drawbacks, risks including possible complications and long term weight loss expectations.

#### **Surgical Procedure Types**

Included are detailed descriptions of common restrictive and combined restrictive/malabsorption procedures including Roux-en-Y Gastric Bypass (RYGBP) the benchmark standard surgical procedure used in the United States, Adjustable Gastric Banding (AGB), Vertical Banded Gastroplasty (VBG), Bilipancreatic Bypass/Diversion (BPD) and Duodenal Switch (DS). This section outlines a review of current evidence based research and studies assessing the efficacy of various surgical treatments, patient outcomes, considerations for special populations.

### **Patient Selection Criteria**

Careful selection of patients undergoing bariatric surgery is critical for both short and long-term successful outcomes. A consensus of evidence based selection criteria has been identified supporting the evaluation of patients considering weight intervention options and post operative lifestyle implications. Special attention has been focused on case-by-case consideration of unique populations including individuals over 65 years of age, under 18 years of age (adolescent obesity), women of child bearing age, and repeat procedures to correct complications from a prior surgery.

### **Recommended Minimum Criteria for a Bariatric Program**

With the growing use of bariatric surgical treatment, the document outlines recommended criteria for startup or existing bariatric programs that serve as a foundation for the development of Centers of Expertise (COE) elements and pursuing accreditation. Bariatric program criteria can be adapted for use in single and multi surgeon programs.

### **Key Elements of a Bariatric Center of Expertise**

Criteria for a bariatric COE dedicated to delivering patient care in an exemplary, collaborative, and multiple disciplinary bariatric program environment is outlined in detail. Collaborative program and facility elements of a bariatric COE addressed in the guidelines include surgical volume, offering a full complement of consultative services, medical direction, technical/structural considerations, patient education components, standardize of clinical pathways/protocols, support staff composition, post operative support and long term outcome reporting.

### **Reimbursement and Coding for Bariatric Surgery**

A guide of common procedure and diagnosis codes used in the bariatric surgical treatment of bariatric surgery patients including published 2006 revisions of CPT-4 procedure and ICD-9 diagnosis codes.

Additional sections include a glossary of key bariatric surgery terms, a BMI table, BMI calculation methods, and an advantages/disadvantages table of bariatric surgical procedures.