



What's happening?

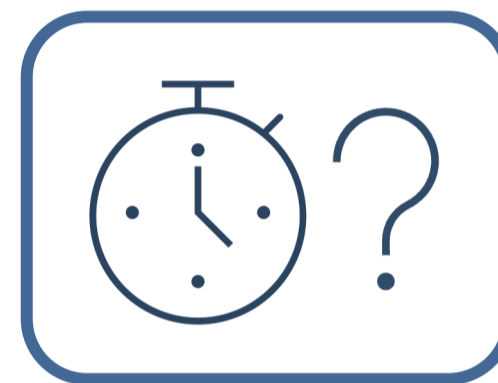
- Australia needs **effective interventions** for obesity & comorbidities.¹
- Bariatric surgery in **adolescents** has produced promising short-term results:²
 - Substantial **loss of weight + improvements** in comorbidities.^{2,3}

As a result...

- Rates of bariatric surgery in young people **are increasing**.^{4,5} (Figure 2) 

! However...

- Knowledge of **long-term outcomes** is relatively **unknown**.^{6,7}
- Additionally, **weight regain** in adult studies has implications for the **durability of bariatric surgery** in younger people.^{8,9}

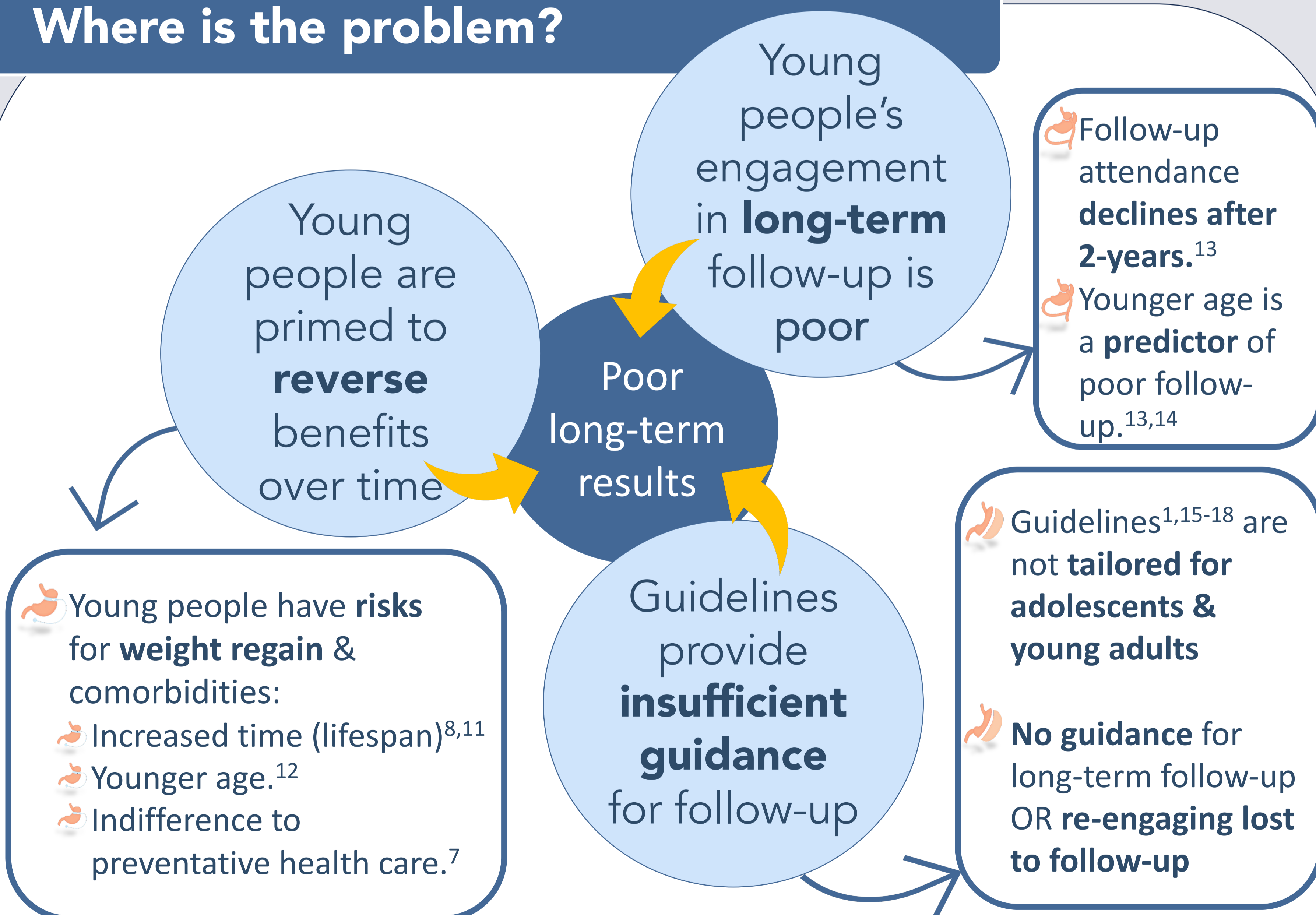


Q: How do we ensure short-term results are transferred into long-term benefits?

A: Successful long-term follow-up care ^{8,10}



Where is the problem?



Follow-up frameworks are needed to ensure long-term benefits for healthcare systems, economy and individuals

Without successful **long-term follow-up**, young people are primed to **reverse** the individual & societal **benefits** gained from bariatric surgery: **Frameworks are urgently needed.**

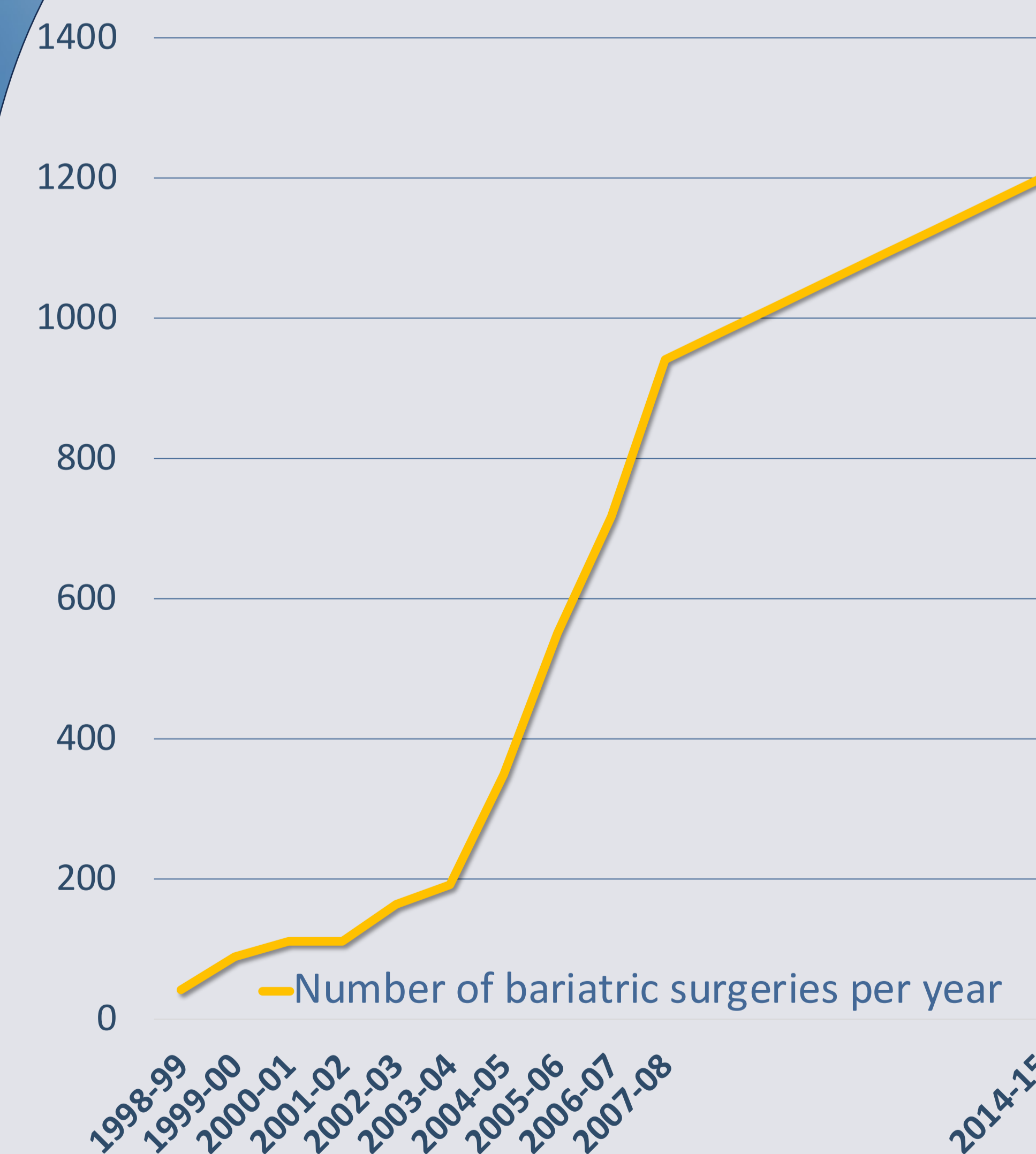


Figure 1: Rates of bariatric surgery in those aged 24 years or younger in Australia.^{4,5}



REFERENCES

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Is lifelong follow-up really that important?

YES!

Follow-up is a **critical strategy** to prevent weight regain & relapse of comorbidities,^{8,10} and is essential for:

- 1) Managing **long-term** postoperative **complications**^{2,6}
- 2) Support **dramatic lifestyle changes**⁷
- 3) Support unique **psychosocial needs**¹³
- 4) Refer or re-connect to specialists¹



Dietitians, psychologists, exercise physiologists etc...

In fact...

Literature and guidelines already recommend **follow-up to be lifelong**.^{1,19-23}

Who can assist long-term follow-up?

As well as their surgeons, **General Practitioners** are well-placed to **screen, assess, monitor and manage** follow-up needs.²⁴ Additionally, they can **screen & re-engage** those lost to follow-up.



What do we need?

Frameworks & guidelines adapted for young people, ensuring:

- a) successful (>10-year) long-term follow-up, and
- b) those lost to follow-up are re-engaged in care.

Recommendations:

1. National Frameworks

for long-term follow-up, including:

- Responsibilities of providers
- Processes to re-engage those lost to follow-up
- Tools for continuity of care & patient engagement
- Surveillance guidelines

2. Shared-Care Plans.^{1,25}

Templates between either:

- Patient + clinician and/or
- GP + surgeon

3. GP Guidelines

- Surveillance guidelines
- Referral pathways
- Resources