Do intensive preoperative and postoperative behavioural interventions impact on health-related bariatric surgery outcomes? A systematic review

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Do intensive preoperative and postoperative behavioural interventions impact health-related bariatric surgery outcomes?

A systematic review and meta-analysis

Although pre- and postoperative support by a multidisciplinary team (MDT) is recommended as best practice, it is unknown if intensive behavioural interventions improve outcomes beyond standard MDT support.

Purpose

To evaluate the effect that intensive pre- and/or postoperative behavioural interventions have on health-related outcomes post-bariatric surgery.

Methods

Six databases were searched and 6,871 records screened for eligibility. Risk was assessed by Cochrane Risk of Bias tool, meta-analysis performed using RevMan, and confidence in the body of evidence for pooled outcomes appraised using GRADE.

Findings

There were a total of n=953 participants (mean age 33-46 years; 63-85% female). Risk of bias was unclear to high in all studies.

MDT characteristics

Intensive nutrition, lifestyle, and psychology focused interventions which continued past or commenced at 6-months post-op had greater weight loss (7.8% [95%CI: 2.9, 12.6]) compared to those that in usual care. Interventions which concluded prior to 6-months post-op had no effect on weight loss compared to usual care (GRADE: very low confidence in estimated effect).

Intensive nutrition focused interventions decreased depressive symptoms compared to usual care (GRADE: very low confidence in estimated effect).

Intensive lifestyle & nutrition interventions (GRADE: very low confidence in estimated effect).

Intensive psychology interventions had no effect on weight loss, with no difference between subgroups (lifestyle & nutrition interventions versus psychology interventions).

Implications for practice

Pre- and postoperative MDT support of bariatric surgery is essential to ensure patient safety; however, intensive behavioural interventions of any type appear to be effective only if they continue past or commence at 6-months post-op.

Confidence in the estimated effects are very low due to lack of blinding in studies and a poor of precision of the pooled estimates; further research will strengthen confidence in the body of evidence.