

Bond University
Research Repository



Weight-related quality of life changes 6-months following Laparoscopic Sleeve Gastrectomy or Endoscopic Sleeve Gastroplasty

Marshall, Skye; Isenring, Elisabeth; Cohen, Felicity ; Jordaan, Jacobus; Soni, Asha; Rich, Graeme

Licence:
CC BY-NC-ND

[Link to output in Bond University research repository.](#)

Recommended citation(APA):

Marshall, S., Isenring, E., Cohen, F., Jordaan, J., Soni, A., & Rich, G. (2019). *Weight-related quality of life changes 6-months following Laparoscopic Sleeve Gastrectomy or Endoscopic Sleeve Gastroplasty*. Poster session presented at ANZGOSA ANZMOSS 2019, Brisbane, Queensland, Australia.

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

For more information, or if you believe that this document breaches copyright, please contact the Bond University research repository coordinator.

Submission ID

47

Title

Weight-related quality of life changes 6-months following Laparoscopic Sleeve Gastrectomy or Endoscopic Sleeve Gastroplasty

Abstract

Background: Improvement in quality of life is an important patient-centred outcome of bariatric procedures.

Objectives: To report the change in weight-related quality of life 6-months after a laparoscopic sleeve gastrectomy (LSG) or endoscopic sleeve gastroplasty (ESG).

Methods: Adult patients were recruited prospectively over 12-months from Weight Loss Solutions Australia and followed from baseline to 6-months post-procedure. Quality of life was measured by the Impact of Weight on Quality of Life Assessment Tool (IWQOL-Lite) which assess overall quality of life and five sub-categories of: physical function, self-esteem, sexual life, public distress, work (or daily activities). All IWQOL scores were normalised to a scale of 0 (worst) to 100 (best) quality of life. Paired and independent t-tests were used to compare scores from baseline to follow-up and change over time between groups respectively.

Results: At baseline, LSG (mean score 42.6(11.6)) and ESG (mean score 60.0(75.5)) had “severe” impacts on QoL; where LSG participants (n=12, age 37.5(6.7) years, BMI 41.9(6.2)kg/m², 92% female) had a lower QoL compared to ESG participants (n=6, age 35.0(8.4) years, BMI 37.1 (5.7)kg/m², 83% female) (p=0.027). At follow-up, LSG had a greater improvement in QoL compared to ESG (mean change 38.8(19.8) p<0.0001 vs 15.6(21.9) p=0.142); however, this resulted in similar QoL in both groups 6-months post-procedure (p=0.131). The greater improvement in LSG compared to ESG was driven by self-esteem (mean difference 36.6 [95%CI:10.8,62.4] p=0.008) and sexual life (mean difference 45.7 [95%CI:17.8,73.5] p=0.003) domains.

Conclusion: Participants who seek the LSG and ESG in Queensland have severe weight-related impacts on their quality of life; however, LSG patients have higher BMIs and worse QoL. Both LSG and ESG participants experience improvements in QoL; however, the LSG participants experienced a greater improvement compared to ESG to achieve similar levels of weight-related QoL 6-months post-procedure.

Authors and affiliations

Dr Skye Marshall

1. Bond University Nutrition & Dietetics Research Group, Faculty of Health Sciences and Medicine, Bond University, Robina, Australia

Ms Felicity Cohen

2. Weight Loss Solutions Australia, Varsity Lakes, Australia

Dr Graeme Rich

Bariatrics Australia, Sydney, Australia

2. Weight Loss Solutions Australia, Varsity Lakes, Australia

Ms Asha Soni (Presenting)

Author biography: Asha Soni completed her Bachelor Of Nursing at UTS and Master's in Health Management at University Of Technology Sydney. She has been practising as a Registered Nurse for 20 years in clinical and management roles, mostly in the Intensive Care Unit for adults and pediatrics. Asha has also worked as a lecturer in nursing at University Technology Sydney for 4 years and at the Australian Institute of Health as a research assistant. Asha currently works at Weight Loss Solutions Australia as a Research Nurse and Bariatric Nurse.

2. Weight Loss Solutions Australia, Varsity Lakes, Australia

Dr Jacobus Jordaan

2. Weight Loss Solutions Australia, Varsity Lakes, Australia

Jordaan Surgical, Gold Coast, Australia

Prof Elizabeth Isenring

1. Bond University Nutrition & Dietetics Research Group, Faculty of Health Sciences and Medicine, Bond University, Robina, Australia

Presentation type

Oral

Categories

2 Outcomes from Bariatric Surgery

Conflict of interest

Yes

Conflict details

FC, GR, AS, and JJ are involved in the provision of services to the recruited participants. FC is a co-funder of the ENvISaGE Study through an Innovation Connections Grant.

Previously presented

None.

Table 1: Baseline characteristics of ESG and matched LSG patients in Queensland, Australia

Variable	ESG (n=6)			LSG (n=12)			Between groups		
	Baseline ^a	Followup ^a	Change ^a	Baseline ^a	Followup ^a	Change ^a	Baseline ^b	Followup ^b	Change ^b
BMI ^a									
Weight-related physical function ^{ac}	54.2 (24.1)	84.5 (14.0)	-30.3 (29) p=0.051	47.8 (18.5)	86.2 (10.6)	-38.5 (20.7) p<0.0001	6.4 (-15.4, 28.2) p=0.540	-1.7 (-14.2, 10.8) p=0.776	-8.1 (-33.2, 16.9) p=0.501
Weight-related self-esteem ^c	41.7 (28.8)	58.9 (24.5)	-17.3 (25.1) p=0.153	17.6 (13.5)	71.4 (16.5)	-53.9 (24.0) p<0.0001	24.1 (3.5, 44.7) p=0.024	-12.5 (-33.1, 8.1) p=0.216	-36.6 (-62.4, -10.8) p=0.008
Weight-related sexual life ^c	74.0 (27.5)	63.5 (25.7)	10.4 (12.3) p=0.093	49.9 (23.7)	79.2 (14.7)	-35.2 (30.6) p=0.002	30.0 (3.5, 56.5) p=0.029	-15.6 (-35.6, 4.3) p=0.117	-45.7 (-73.5, -17.8) p=0.003
Weight-related public distress ^c	74.2 (17.4)	82.5 (16.0)	-8.3 (25.8) p=0.465	47.9 (27.3)	82.1 (22.4)	-34.2 (28.0) p=0.001	26.2 (0.2, 52.3) p=0.049	0.4 (-21.5, 22.2) p=0.968	-25.8 (-54.8, 3.1) p=0.077
Weight-related work ^c	76.0 (9.2)	83.3 (19.2)	-7.3 (24.2) p=0.493	64.6 (20.2)	87.0 (18.0)	-22.4 (22.5) p=0.005	11.5 (-7.0, 30.0) p=0.209	-3.6 (-23.1, 15.8) p=0.697	-15.1 (-39.5, 9.3) p=0.209
Total weight-related quality of life ^c	60.0 (18.8)	75.5 (15.1)	-15.6 p=0.142	42.6 (11.6)	81.4 (12.1)	-38.8 (19.8) p<0.0001	17.4 (2.2, 32.5) p=0.027	-5.8 (-19.8, 8.1) p=0.386	-17.3 (-40.3, 5.7) p=0.131

- a. Data presented mean (standard deviation)
- b. Data presented mean difference (95%CI)
- c. Values normalized to a scale of 0 (worst quality of life) to 100 (best quality of life).