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

Published: 01/10/2019

Document Version:
Peer reviewed version

Link to publication in Bond University research repository.

Recommended citation (APA):

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.
Background

Improvement in quality of life is an important patient-centred outcome of bariatric procedures. The Endoscopic sleeve gastroplasty (ESG), new to Australia is an endobariatric procedure which reduces the gastric lumen to a size comparable with the laprascopic sleeve gastroplasty (LSG).

Methods & Demographic Results:

- Prospectively recruited over 12 months from a private bariatric surgery practice (Weightloss Solutions Australia) on the Gold Coast

- 12 LSG participants were aged 37.5 (6.7) years, baseline BMI 41.9 (6.2) kg/m², 92% female

- 6 ESG participants were aged 35.0 (8.4) years, baseline BMI 37.1 (5.7) kg/m², 83% female

- Quality of Life was measured by the Impact Weight on Quality of Life Assessment Tool (IWQOL-Lite). This tool assesses overall and 5 sub-categories of quality of life: physical function, self-esteem, sexual life, public distress, work (or daily activities).

- All IWQOL scores were normalised to a scale of 0-100 quality of life. 0 being worst and 100 being best quality of life.

Learnings

- ESG and LSG patients report severe weight-related impacts on their quality of life.

- LSG patients with BMI’s had worse QoL

- Both LSG and ESG patients experienced improvements in QoL 6 months post-procedure

- LSG participants experienced a greater improvement compared to ESG to achieve similar levels of weight related QoL 6 months post procedure.

Quality of life of ESG and LSG patients in Queensland

At baseline, LSG (µ42.6 (11.6) and ESG (µ75.5)) patients reported severe weight-related impacts on QoL.

At baseline, LSG patients had a worse QoL compared to ESG patients (p=0.027).

At 6-months post-procedure, LSG had a greater improvement in QoL compared to the ESG (mean change 38.8 (19.8) p<0.001 vs 15.6 (21.0) p=0.142).

Quality of life scores of recruited participants

<table>
<thead>
<tr>
<th>Variable</th>
<th>ESG (n=6)</th>
<th>LSG (n=12)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical function</td>
<td>Baseline</td>
<td>6-months</td>
</tr>
<tr>
<td></td>
<td>54.2 (24.1)</td>
<td>84.5 (14.0)</td>
</tr>
<tr>
<td>Self-esteem</td>
<td>41.7 (28.8)</td>
<td>58.9 (24.5)</td>
</tr>
<tr>
<td>Sexual life</td>
<td>74.0 (27.5)</td>
<td>63.5 (25.7)</td>
</tr>
<tr>
<td>Public distress</td>
<td>74.2 (17.4)</td>
<td>82.5 (16.0)</td>
</tr>
<tr>
<td>Work</td>
<td>76.0 (9.2)</td>
<td>83.3 (19.2)</td>
</tr>
<tr>
<td>Total weight-related quality of life</td>
<td>60.0 (18.8)</td>
<td>75.5 (15.1)</td>
</tr>
</tbody>
</table>

The greater improvement in LSG compared to ESG was driven by self esteem (mean difference 36.6 [95% CI: 10.8, 62.5] p=0.008) and sexual life (mean difference 45.7 [95% CI: 17.8, 73.5] p=0.003) domains.