

Post Doctoral Fellowship in Bariatric Surgery

Duration of the Course : One Year

Introduction :

With Obesity and its associated comorbidities has risen tremendously in India in the recent years with India being the capital for type 2 diabetes in the world. Bariatric surgery also called the Obesity surgery has gained popularity in the treatment of Morbid Obesity and also treatment of its associated comorbidities. But its limited by lack of enough number of surgeons trained in performing this kind of procedures. Also, there's at present no recognized training program in our country for this kind of surgeries. This necessitates interested surgeons to travel out of the country for such fellowships. Also, for such training to happen, a multidisciplinary team approach including surgeons, life style therapists, nutritionists, psychologists etc for a holistic care.

TRAINING OF BARIATRIC SURGERY

DEFINITION :

Fellows in Bariatric Surgery will be fully qualified surgeons recognized by the Medical Council of India and/or National Board of Examinations with adequate experience in Minimal access surgery. The development of such educational programs will adequately prepare surgeons in the management of Obesity patients and provide scientific care.

OBJECTIVES OF THE TRAINING :

To train a specialist to be capable of

- A. Understanding and performing Bariatric surgery
- B. Making Bariatric an essential part of Minimal Access & General Surgery
- C. Teaching, research and auditing in Bariatric Surgery
- D. Co-ordinating and promoting collaboration in organizing the services
- E. Providing leadership in developing research within the specialty

COURSE OBJECTIVES :-

- A. To learn about specialized endoscopic equipments and instrumentation.
- B. To understand and learn the principles of Bariatric Surgery
- C. Gain expertise in surgical management of Bariatric Surgery

- D. Diagnosing and management of intraoperative and postoperative complications
- E. Understand the principles of preoperative evaluation and selection of patients
- F. Postoperative care pathways
- G. Sterilization and maintenance of instruments and video equipments.
- H. Documentation, storage data and presentation.
- I. Anesthesia in laparoscopic surgery.
- J. Trouble shooting in MAS.
- K. Electro surgery and other newer energy sources.
- L. Basic and advanced skills in Endo-knotting and tracorporeal suturing techniques.

Part I Basic Considerations

1. Epidemiology and Discrimination in Obesity
2. The Pathophysiology of Obesity and Obesity-Related Diseases
3. History of the Development of Metabolic/Bariatric Surgery
4. Mechanisms of Action of the Bariatric Procedures
5. Indications and Contraindication for Bariatric Surgery
6. Preoperative Care of the Bariatric Patient
7. Anesthetic Considerations
8. Components of a Metabolic and Bariatric Surgery Center
9. Evaluation of Preoperative Weight Loss
10. Patient Safety
11. Understanding Bariatric Research
12. Quality in Bariatric Surgery

Part II Primary Bariatric Surgery and Management of Complications

1. Laparoscopic Gastric Bypass : Technique and Outcomes
2. Laparoscopic Adjustable Gastric Banding : Technique and Outcomes

3. Laparoscopic Sleeve Gastrectomy : Technique and Outcomes
4. Duodenal Switch : Technique and Outcomes
5. Management of Gastrointestinal Leaks and Fistula
6. Gastrointestinal Obstruction After Bariatric Surgery
7. Postoperative Bleeding in the Bariatric Surgery Patient
8. Gastric Banding Complications : Management
9. Management of Nutritional Complications

Part III Revisional Bariatric Surgery for Failure of Weight Loss

1. Reoperative Bariatric Surgery
2. Reoperative Options After Gastric Banding
3. Reoperative Options After Sleeve Gastrectomy
4. Revisional Procedures After Roux-en-Y Gastric Bypass

Part IV Metabolic Surgery

1. The Rationale for Metabolic Surgery
2. Operation of Choice for Metabolic Surgery
3. Operative Outcomes of Bariatric Surgery in Patients with a Low Body Mass Index (30-35 kg/m²)
4. Outcomes of Metabolic Surgery

Part V Specific Considerations

1. Management of the Gall bladder Before and After Bariatric Surgery
2. Effects of Bariatric Surgery on Non-metabolic Disease
3. Cardiac Risk Factor Improvement Following Bariatric Surgery
4. The Role of Endoscopy in Bariatric Surgery
5. LABS Project
6. Adolescent Bariatric Surgery
7. Impact of Bariatric Surgery on Infertility

8. Body Contouring After Massive Weight Loss
9. Experimental Alternatives in Bariatric Surgery
10. Coding and Reimbursement for Bariatric Surgery
 - Liability Reduction, Patient Safety and Economic Success in Bariatric Surgery
 - Robotics in Bariatric Surgery
 - Genetic basis of consideration / Counseling

Part VI Pulmonology

1. Basic Pathophysiology of lungs in obese patients
2. Sleep Disorders
 3. OSA Obstructive Sleep Apnoea
 4. OHS Obesity Hypoventilation Syndrome
5. Sleep study / CPAP
6. COPD & Obesity

Part VII Cardiology

1. Hemodynamic Changes in Obese patients
2. Basic Cardiac Preop Evaluation
3. Metabolic Syndrome
4. HTN / Hyper Lipidemia / DM / Pre OP optimization / Post OP follow up

Part VIII Nutrition

1. Perioperative Nutrition Assessment of the Bariatric Surgery Patient
2. Nutrition Education and Counseling of the Bariatric Surgery Patient
 1. Macronutrient Recommendations: Protein, Carbohydrate and Fat Identification, Assessment and Treatment of Vitamin and Mineral Deficiencies After Bariatric Surgery
2. Managing Common Nutrition Problems After Bariatric Surgery

3. Nutrition Care Across the Weight Loss Surgery Process

Part IX Psychosocial

1. Psychosocial Characteristics of Bariatric Surgery Candidates
Psychopathology and Bariatric Surgery
2. Quality of Life
3. Eating Disorders and Eating Behavior Pre and Post-Bariatric Surgery Introduction to
Psychological Consultations for Bariatric Surgery Patients Psychosocial Issues After
Bariatric Surgery
4. Technology to Assess and Intervene on Weight-Related Behaviors with Bariatric
Surgery Patients Psychosocial Issues in Adolescent Bariatric Surgery

Part X Obesity Medicine

1. Lifestyle Modification for the Treatment of Obesity
2. Pharmacotherapy Management of Obesity
3. Medical Preparation for Bariatric Surgery
4. The Perioperative and Postoperative Medical Management of the Bariatric Surgery
Patient
 5. The Importance of a Multidisciplinary Team Approach Genomic and
Clinical Predictors Associated with Long-Term Success After Bariatric Surgery
 1. Medical Approach to a Patient with Postoperative Weight Regain
 2. The Role of Physical Activity in Optimizing Bariatric Surgery
Outcomes
