SOARD Category 1 CME Credit Featured Articles, Volume 16, January 2020

Systematic review of perioperative use of immunosuppressive agents in patients undergoing bariatric surgery

Lynn Kassel, Anastasia Hutton, Gregory Zumach, Joel Rand

_Surg Obes Relat Dis 2020;16;144-157_

Low overall mortality during 10 years of bariatric surgery: nationwide study on 63,469 procedures from the Scandinavian Obesity Registry

Magnus Sundbom, Erik Näslund, Bjarni Vidarsson, Anders Thorell, Johan Ottoson

_Surg Obes Relat Dis 2020;16;65-70_

**Objectives:** After reading the featured articles published in this issue of Surgery for Obesity and Related Diseases (SOARD) participants in the SOARD CME program should be able to demonstrate increased understanding of the material specific to the article featured and be able to apply relevant information to clinical practice. Objectives are stated at the beginning of each featured article; the questions follow with three to five response choices, and a critique discussing the objective.

**Disclosure Statement:** It is the policy of the American Society for Metabolic and Bariatric Surgery that speakers and/or anyone in control of content of a CME Category 1 event must disclose any financial or other relationship with (1) any manufacturer(s) of commercial products that may be discussed in the speaker’s presentation and/or (2) commercial supporters of the event. All disclosures are included under the list of author names. There was no commercial support received for this activity.

**Accreditation Statement:** The American Society for Metabolic and Bariatric Surgery (ASMBS) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The American Society for Metabolic and Bariatric Surgery (ASMBS) designates this educational activity for a maximum of 2 AMA PRA Category 1 Credits. Physicians should only claim credit commensurate with the extent of their participation in the activity. SOARD CME Online provides two articles from each issue for 2 credits per month; 1 credit per article. The articles this month on SOARD CME Online are:

- **Systematic review of perioperative use of immunosuppressive agents in patients undergoing bariatric surgery**
  
  Lynn Kassel, Anastasia Hutton, Gregory Zumach, Joel Rand
  
  _Surg Obes Relat Dis 2020;16;144-157_

- **Low overall mortality during 10 years of bariatric surgery: nationwide study on 63,469 procedures from the Scandinavian Obesity Registry**
  
  Magnus Sundbom, Erik Näslund, Bjarni Vidarsson, Anders Thorell, Johan Ottoson
  
  _Surg Obes Relat Dis 2020;16;65-70_

1550-7289/© 2019 Published by Elsevier Inc. on behalf of American Society for Bariatric Surgery.
ARTICLE 1

Systematic review of perioperative use of immunosuppressive agents in patients undergoing bariatric surgery

Lynn Kassel, Anastasia Hutton, Gregory Zumach, Joel Rand

Surg Obes Relat Dis 2020;16:144-157

Learning objectives:
- Identify the appropriate use of immunosuppressive agents in the perioperative period
- Identify patients in whom therapy should be continued
- Compare and contrast patients who may benefit from or are at risk of flares when immunosuppressive agents are held

Question 1:
1. A 52-year-old female takes oral prednisone chronically to manage her Chronic Obstructive Pulmonary Disease (COPD). Prior to performing a primary Laparoscopic Vertical Sleeve Gastrectomy (LVSG), which of the following is most appropriate regarding her perioperative use of prednisone?
   a. It should be discontinued at least 3 weeks prior to surgery
   b. It should be discontinued at least 1 week prior to surgery
   c. It may be continued as steroid use is not an independent predictor of perioperative complications in primary bariatric surgery
   d. It should be continued perioperatively as steroid use is critical to maintaining her respiratory status
2. In a patient with appropriate wound healing and no infection, at what time can TNF-alpha inhibitors be restarted following surgery?
   a. TNF-alpha inhibitors should not be restarted following bariatric surgery
   b. TNF-alpha inhibitors can be restarted on postoperative day 0
   c. TNF-alpha inhibitors can be restarted after postoperative day 14
   d. TNF-alpha inhibitors should be held for 3 months following bariatric surgery

ARTICLE 2

Low overall mortality during 10 years of bariatric surgery: nationwide study on 63,469 procedures from the Scandinavian Obesity Registry

Magnus Sundbom, Erik Näslund, Bjarni Vidarsson, Anders Thorell, Johan Ottoson

Surg Obes Relat Dis 2020;16:65-70

Learning objectives:
- Understand that modern bariatric surgery is associated with a low mortality risk
• Recognize important predictors of increased early and one-year mortality
• Acquire knowledge on causes of death after bariatric surgery

Questions:

1. The early (90-day) mortality in this national cohort was approximately?
   a. Nil
   b. 0.1%
   c. 1%
   d. 5%

2. Which underlying cause of death was most common within 90 days?
   a. Anastomotic leakage
   b. Perioperative bleeding
   c. Heart-related conditions
   d. Pulmonary embolus

3. Which obesity-related comorbidity increased the mortality risks significantly at both 90-days and one-year according to the multivariate analysis?
   a. Diabetes
   b. Dyspepsia
   c. Depression
   d. Dyslipidemia

4. Which additional factors predicted mortality at one year?
   a. Male gender and BMI
   b. Abdominal circumference and age
   c. Diabetes and open revisional surgery
   d. Sleep apnea and hypertension