

Policy for Bariatric Surgery in Adults

Category: Restricted

What is Bariatric Surgery?

Bariatric surgery is a group of surgical procedures: **restrictive**; **malabsorptive** and **combined** procedures. The procedures may be used to promote weight loss for people who are considered obese. Obesity is defined as a Body Mass Index (BMI) of 30kg/m² or more. These surgical procedures are usually performed by keyhole surgery (laparoscopically), which means patients spend a shorter time in hospital and the recovery time is quicker.

Restrictive procedures help to limit the amount of food the stomach can hold.

Malabsorptive procedures shorten or bypass a section of the intestine to reduce the amount of food intake.

Combined procedures use elements of restriction and malabsorption to aid weight loss.

Eligibility criteria

Bariatric surgery is a restricted funded procedure. The patient's local NHS commissioning organisation (CCG), who is responsible for buying healthcare services on behalf of the population, will only fund the treatment if a patient meets one of the following eligibility criteria:

- A BMI of more than 35kg/m² and has Type 2 diabetes mellitus which has been diagnosed within the last 10 years
OR
- A BMI of more than 50kg/m²

This means the patient's NHS commissioning organisation (CCG), who is responsible for buying healthcare services on behalf of patients, will **only** fund the treatment if an Individual Funding Request (IFR) application has shown exceptional clinical need and the CCG supports this.

Advice and further guidance

NHS England. Clinical Commissioning Policy: Complex and Specialised Obesity Surgery. 2013:
<https://www.england.nhs.uk/wp-content/uploads/2016/05/appndx-6-policy-sev-comp-obesity-pdf.pdf>

NICE: Obesity identification, assessment and management:
<https://www.nice.org.uk/guidance/cg189>

NHS Choices: <https://www.nhs.uk/conditions/weight-loss-surgery/>

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