

GASTRIC BYPASS SURGERY CONSULTATION

The following surgical treatments of obesity are covered when criteria are met:

1. Gastric segmentation along its vertical axis with a Roux -en-Y bypass with distal Anastomosis placed in the jejunum
2. Open or Laparoscopic bypass surgery

The following criteria apply to the review of requests for CONSULTATIONS with a contracted surgeon who specializes in obesity surgery. The PA Nurse may approve requests if ALL of the following guidelines are met:

- Presence of morbid obesity that has persisted for at least 3 years, defined as a body mass index (BMI) exceeding 40, or greater than 35, in conjunction with documentation of any one of the following severe co-morbidities that are likely to reduce life expectancy:
 - Coronary Heart disease
 - Type II Diabetes mellitus
 - Clinically significant obstructive sleep apnea uncontrolled by therapy
 - Medially refractory hypertension (BP > 140 systolic and /or 90 diastolic despite optimal medical management)

AND

- Documentation showing recent completion of a 3 month trial of a documented medically supervised nutrition and exercise program with monthly or bi-weekly follow-up and weigh-in:
 - Documentation showing the progress being monitored by physician in conjunction with dietician / nutritionist.
Note: A physician's summary letter is not sufficient documentation
 - Program should include dietician consultation, low calorie diet, increased physical activity and behavioral modification
 - Program must be for a cumulative total of 6 months or longer, with participation in one program for at least 3 consecutive months and documentation of patient compliance

AND

- Preoperative psychological evaluation for members with a history of severe psychiatric disturbance (schizophrenia, borderline personality disorder, suicidal ideation, severe depression) or who are currently under the care of a psychologist / psychiatrist or who are on psychotropic medications. **Note: The presence of exogenous depression due to obesity is not normally considered a contraindication to obesity surgery.**

AND

- The member is at least 18 years of age or older

AND

- The member has failed a 3 month trial of at least one obesity drug (MD Review-optional)

If the request does not meet criteria, a Medical Director must review the request. The medical information submitted must present a thorough assessment of the patient's medical clearance and satisfactory lab results prior to consideration for this procedure.

References:

1. National Institutes of Health Consensus Development Conference Statement. *Gastrointestinal Surgery for Severe Obesity*. Ann Intern Med. 1991;115:956-961
2. Sugarman HJ. *Surgery for Morbid Obesity*. Surgery. 1993; 114:865-867
3. McLean LD, Rhode BM, Sampalis J, et al. *Results of the Surgical Treatment of Obesity*. Am J Surg. 1993; 165: 155-159
4. Fisher BL, Barber AE. *Gastric Bypass Procedures*. Eur J Gastroenterol Hepatol. 1999; 11 (2): 93-97
5. Deitel M. *Surgery for Morbid Obesity*. Overview. Eur J Gastroenterol Hepatol. 1999; 11 (2): 57-61
6. Nguyen NT, Ho HS, Palmer LS, et al. *Laparoscopic Roux-en-Y Gastric Bypass for Super/Super Obesity*. Obes Surg. 1999; 9 (4): 403-406
7. Carmichael AR.. *Treatment for Morbid Obesity*. Postgrad Med J. 1999; 75 (879): 7-12
8. Sugarman HJ. *The Epidemic of Severe Obesity: The Value of Surgical Treatment*. Mayo Clin Proc. 2000; 75(7): 669-672
9. Mun EC, Blackburn GL, Matthews JB. *Current Status of Medical and Surgical Therapy for Obesity*. Gastroenterology. 2001; 120(3):669-681
10. Up-to-Date Guidelines

Approved by:

Clinical and Service Quality Improvement Committee (CSQIC) Date: 12/6/06

Approved by: ___Rene Bartos, Medical Director_____ Date: 12/6/06