

Metabolic and Bariatric Surgery

Referral Pathway for Adolescents



A patient does **not** have to fail lifestyle or medication management to be referred for a surgery consult. All patients who meet the criteria should be offered all options for evidence-based obesity treatment.

Recommendation for Metabolic and Bariatric Surgery (MBS) Referral

- ☐ Age 13 or older (12 or younger in severe cases)
- ☐ Body Mass Index (BMI)
 - BMI $\geq$ 35 (Class II Obesity) or 120% of the 95th percentile for age and sex WITH presence of co-morbid condition (e.g. OSA, T2DM, HTN, etc.) **OR**
 - BMI $\geq$ 40 (Class III Obesity) or 140% of the 95th percentile for age and sex
- ☐ Must **not have any** of the following contraindications to surgery:
 - Medically uncorrected cause of obesity (i.e. hypothalamic tumor, hypothyroidism)
 - Medical, psychosocial, or cognitive conditions preventing adherence to care plan (*Note: developmental disabilities are NOT a contraindication to surgery*)
 - Pregnancy or planned pregnancy in the next 12-18 months

Referral Pathway

REFERRING PROVIDER

1 Locate a qualified surgeon and program

- Visit <https://www.facs.org/quality-programs/accreditation-and-verification/metabolic-and-bariatric-surgery-accreditation-and-quality-improvement-program>

2 Submit referral

- Receiving permission from patient and guardian prior to submission
- Include the following in the referral:
 - Patient demographics and contact information
 - Current medical assessment of obesity and co-morbidities
 - Growth history
 - Substance use disorder within the past year

SURGEON

3 Schedule appointment

- The surgeon's office will contact the patient to schedule a consult and collect insurance information.

4 Collaborate on care

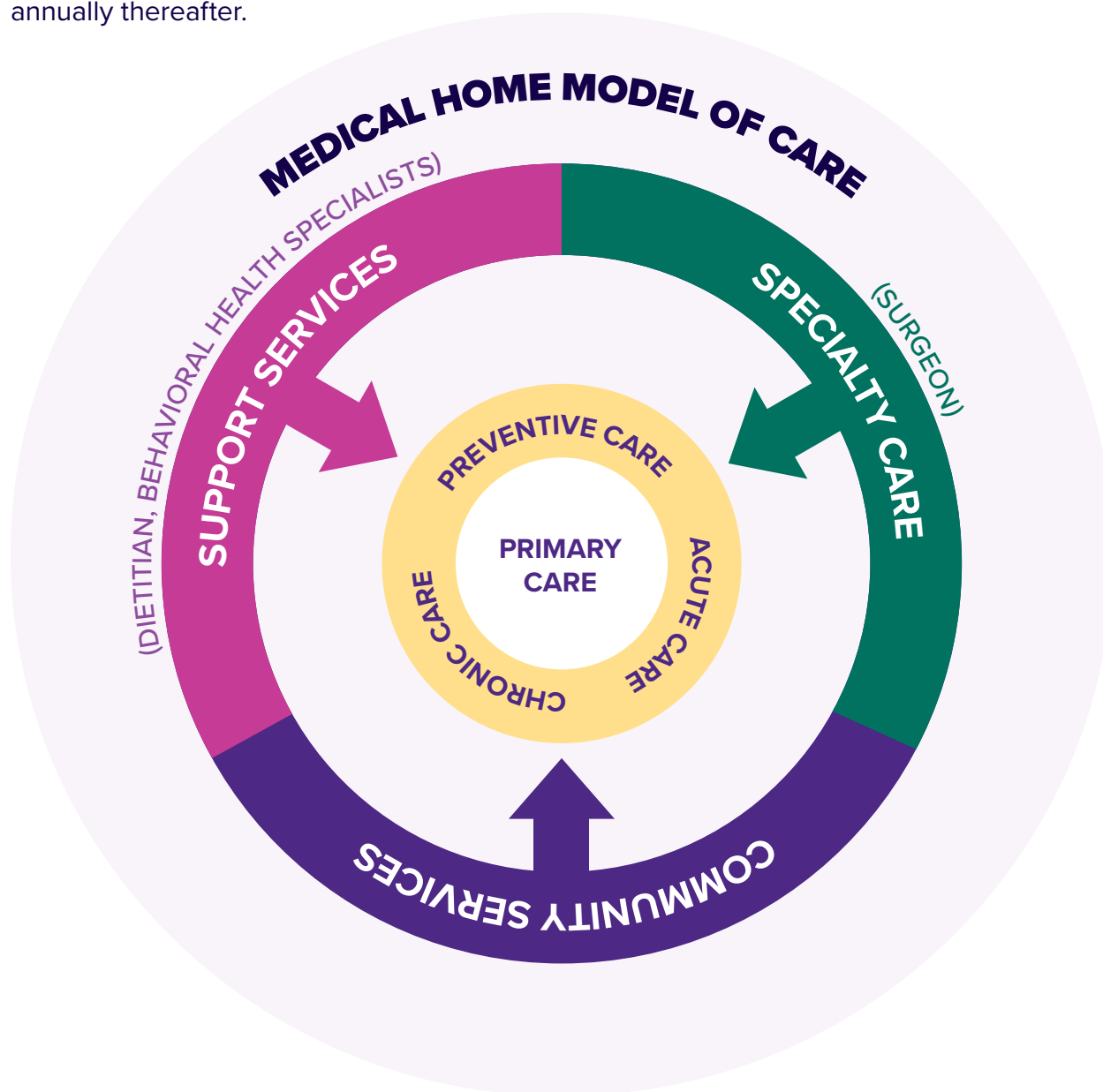
- The surgeon will:
 - Order appropriate evaluations and diagnostic testing (and review what was submitted with the referral)
 - Provide appropriate feedback and results
 - Communicate with referring provider regarding pre- and post-operative care

Metabolic and Bariatric Surgery

Referral Pathway



Referring your patient for MBS makes the surgeon part of the child's medical home. If your patient chooses to have surgery, your patient will see the surgeon and the surgical care team several times within the first year post-operatively and then at least once annually thereafter.



For more information, visit www.greauxhealthy.org/provider-hub or scan the QR code with the camera on your smartphone.