

Good Practices Initiatives

Consultation Sessions with Bariatric Surgery Patients: A Pharmacist Intervention at Zuyderland Hospital

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What was done?

- Pharmacist consultations for bariatric surgery patients on risk medication
- Developed a scoring list to identify patients eligible for consultation
- Survey to assess patient perceptions of the consultation

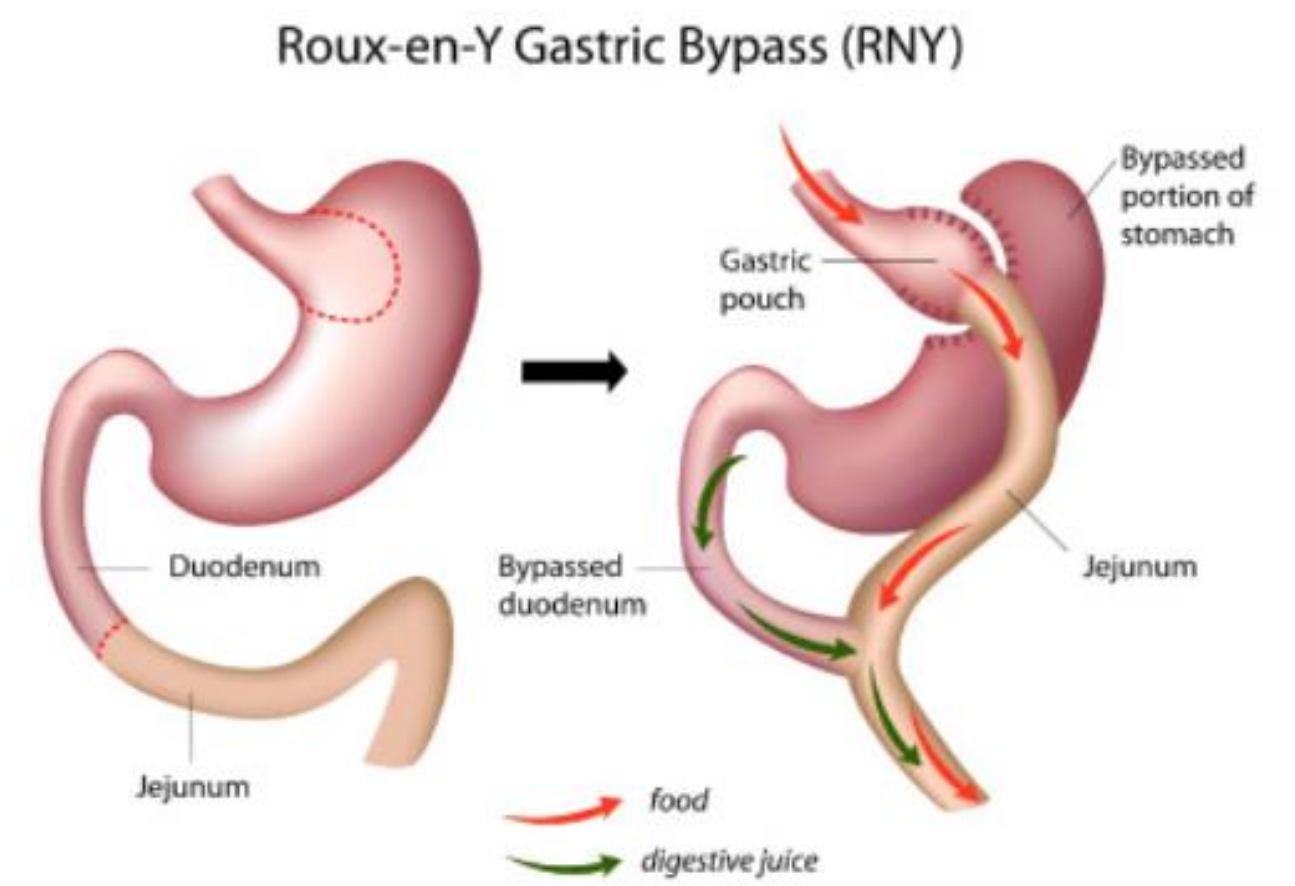
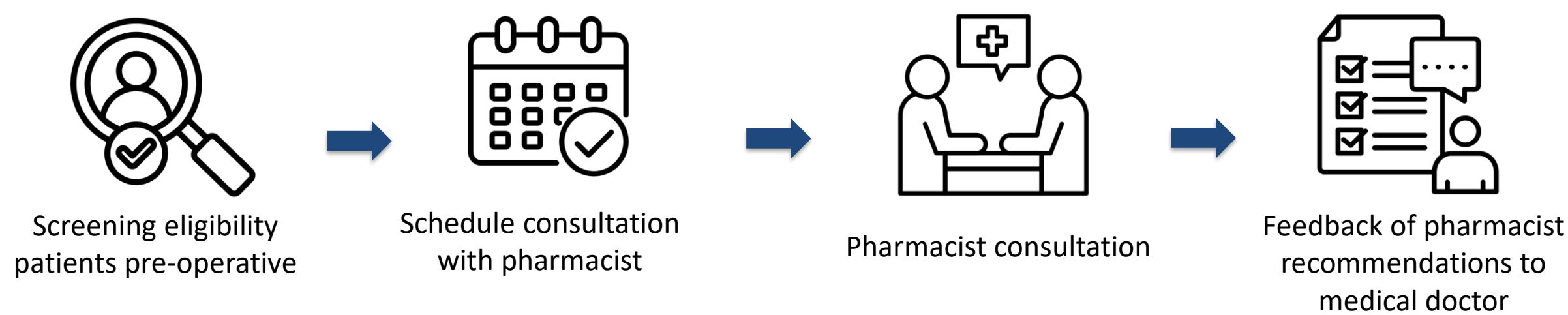


Figure 1: The normal digestive system, and the digestive system after a Roux-en-Y Gastric bypass (1).

Why was it done?

- To address complex medication needs of bariatric patients
- Research shows bariatric surgery impacts medication absorption and efficacy
- Aimed to optimize medication, improve safety, and raise awareness

SCORING LIST MEDICATION CLINIC FOR BARIATRIC SURGERY

Item	Present?	Scoring
≥5 medications (excluding paracetamol and vitamin preparations)	<input type="checkbox"/>	1,0
Antidepressants	<input type="checkbox"/>	1,0
Oral antipsychotics	<input type="checkbox"/>	1,0
Lithium	<input type="checkbox"/>	2,0
Antiepileptics	<input type="checkbox"/>	2,0
HIV medication	<input type="checkbox"/>	2,0
Direct oral anticoagulants (DOAC)	<input type="checkbox"/>	2,0
Vitamin K antagonists	<input type="checkbox"/>	1,0
Methadone	<input type="checkbox"/>	1,0
Immunosuppressants	<input type="checkbox"/>	2,0
Azithromycin (chronic)	<input type="checkbox"/>	1,0
Methotrexate	<input type="checkbox"/>	1,0
Tamoxifen	<input type="checkbox"/>	2,0
Levothyroxine	<input type="checkbox"/>	1,0
Oral bisphosphonates	<input type="checkbox"/>	0,5
SGLT-2 inhibitors	<input type="checkbox"/>	0,5
Insulin	<input type="checkbox"/>	0,5
Sugar-containing syrups (e.g., noscapine syrup, amlodipine drink, methadone drink, magnesium gluconate drink, phenytoin suspension)	<input type="checkbox"/>	0,5
Patients with medication-related questions/issues	<input type="checkbox"/>	2,0

Standard Information/Instructions:
 NSAIDs: Patients are routinely informed.
 Antidiabetics: Inform the diabetes team.
 Antihypertensives: Generally reduced postoperatively based on blood pressure.
 Diuretics (as antihypertensives): Typically discontinued postoperatively.
 Oral contraceptives: Patients are routinely informed.
 Psyllium fibers, macrogol: These laxatives require a large intake of fluids for optimal effect. Patients are routinely informed.

Pharmacist consultation is recommended with a total score of 2.0 or higher

Figure 2: Scoring list with risk medication to select patient for the consultation with the pharmacist

How it was done

- Created a screening list for risk medications (e.g., lithium, anticoagulants, antiepileptic's) (Figure 2)
- 10% of bariatric patients met consultation criteria
- Focus on impact of bariatric surgery on efficacy and toxicity of medication
- If relevant; medication related weight-gain, side effects, compliance and ingestion challenges

What was achieved

- Increased awareness of bariatric surgery's impact on medication among patients and staff
- High patient satisfaction (9.3/10), with improved understanding of their medication regimens
- Patients found consultations valuable for postoperative health management

What is next?

- This initiative serves as a model for personalized care in bariatric settings
- The success demonstrates the value of pharmacist involvement in optimizing medication therapy for complex patient populations

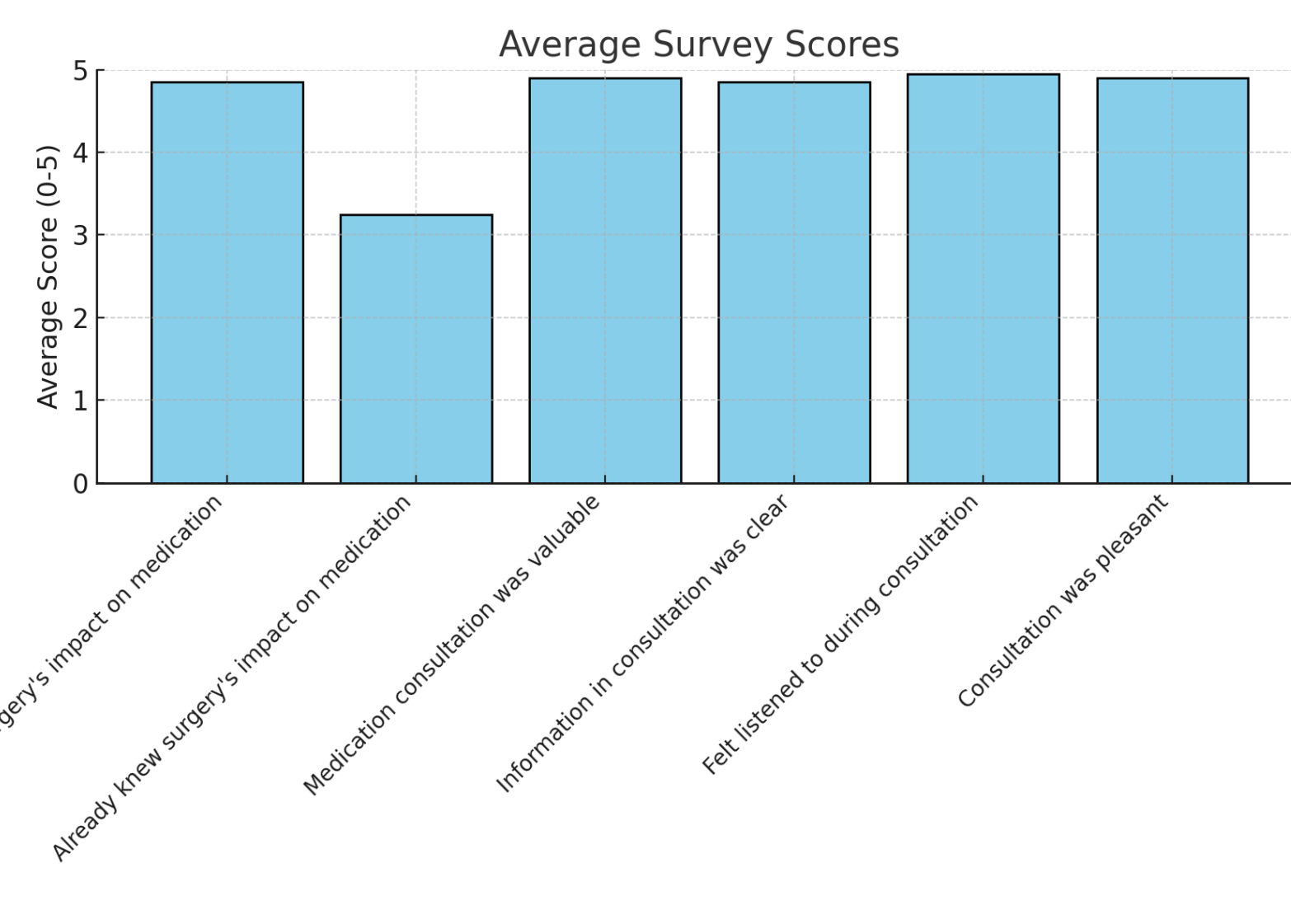


Figure 3: bar chart showing the average scores for each survey question (n=20) in the patient who had a consultation with the pharmacist. The x-axis represents the survey questions, and the y-axis shows the average scores (0-5)

