



# Yearbook 2022

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## The British Obesity and Metabolic Surgery Society Yearbook 2022

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## President Report – Mr Vinod Menon



It has been a great privilege to lead BOMSS as President over the last 9 months following the successful ASM at Oxford last summer. The last few months have been quite turbulent nationally with the further resurgence of the Omicron variant and the huge pressures of balancing restoration of elective activity as well as emergency work. BOMSS related activities have kept all of us on council really engaged and busy.

Our newly launched website has several unique features, I would strongly urge those of you who have not visited the site to do so and provide feedback. Our membership has now crossed 500 within a short span of 15 months, including 134 trainees, providing testament as to how vibrant and forward looking we are as a society. We have seen an exciting array of topics being discussed at journal clubs and webinars.

Our relationship with industry is very unique and we now have 5 Corporate partners who join council meetings. Specialist training programmes across multi-professional groups, creation of patient facing information leaflets, videos, development of hands on courses have been highlights. Our partners are fully briefed about the various activities the society undertakes incorporating their valuable input too.

Our forthcoming ASM promises to be exciting and we are expecting over 300 delegates. Our industry exhibition is fully sold out, I would urge delegates to visit the stands and engage with them. The training day too is fully subscribed and has rich educational content catering to all professional groups. IFSO will have a very strong presence with Dr Scott Shikora (President Elect), Dr Gerard Prager (IFSO President Elect 2023) and Dr Sylvia Weiner attending and speaking. We also have a number of other prominent national figures attending.

Dimitri Pournaras, Chetan Parmar and myself have just returned from attending the Obesity Surgery Society of India (OSSI) Annual Scientific Meeting at Bangalore, India. This was an excellent meeting both academically and socially. BOMSS and OSSI have agreed to collaborate by attending and speaking at each other's ASM, share educational content and programmes in addition to establishing short term fellowships for senior trainees. We were also invited to examine the candidates completing the FMBS Programme (Fellowship in Metabolic & Bariatric Surgery). The President of OSSI as well as 3 other senior faculty will be attending our ASM in Brighton.

National Bariatric Surgery Registry (NBSR), the jewel on our crown has also grown in strength with increased engagement from provider units and consultants. The registry has more than 9000 cases added on since restoration of bariatric and metabolic surgery post pandemic including a significant number carried out in the private sector. We continue to work closely with NHSE in refining the newly launched National Obesity Audit (NOA). There are a number of vacancies coming up on the NBSR committee and I am hoping some of you would apply to these positions and contribute your knowledge and passion to this important activity.

On going work with NHSE as well as APPG will hopefully see an enhanced investment in the much needed expansion of bariatric surgical activity. The revised professional standards guidance along with psychology and nutritional guidance available on our website are helpful documents.

The negotiations with AUGIS are at an advanced stage and I hope to be able to provide an optimistic update at our AGM in Brighton. We now have reciprocal representation on ALSGBI council, this is an exciting step whereby both societies learn from one another. The latest round of national clinical awards have just been announced. The rules and benefits have changed, I would urge all of you to look at this in detail and apply if you find this to be of benefit to your individual circumstances.

I remain enormously grateful to colleagues on BOMSS Council and to the wider membership for their enormous support during the past 9 months. In addition huge thanks to Fran Shephard at BOMSS secretariat for all her hard work as well as to other colleagues at EBS for their wholehearted support.

I look forward to seeing each and every one of you at Brighton in May, the scientific committee have laid on an amazing programme with a fantastic gala dinner and entertainment. It is so nice to be able to meet friends and colleagues and to be able to learn from each other and help create a much better future for the society, members and our patients.

Mr Vinod Menon  
President BOMSS

## Secretary Report – Mr James Byrne



It is a pleasure to report to you, our members, as we enter the final stages of preparation for our Brighton meeting in May which currently has over 350 registered attendees. We look forward to welcoming our OSSI colleagues who are supporting and collaborating in our meeting this year for the first time, and look forward to sharing experience and learning with them. I am very grateful to you and my colleagues on council for all of the support and cooperation since election as secretary in June 2021, in administering the affairs of your society.

BOMSS as a fully independent charity has been on a very successful journey since registration with the charities commission in November 2020. We welcomed our first members in May 2021, and went on to hold our ASM in Oxford in July 2021, the first face to face scientific meeting after the initial 12 months of the COVID pandemic. We delivered a truly excellent meeting in Oxford, with a scientific programme led by Chetan Parmar, attendance of over 350 delegates, and generous support from our meeting partners and sponsors.

We now have more members than ever before with total membership of 502, including 169 Consultants, 174 IHPs, 133 trainees, 15 affiliates and 8 students. This level of membership reflects the hard work of council and your President Vinod Menon in particular, and is supported by a superb secretariat at EBS. Fran Shephard manages our affairs on behalf of EBS and is the initial point of contact for those of you in contact directly with BOMSS. We also now have a mailing list of over 1334 contacts spread all around the world indicating our broad reach.

BOMSS council remain engaged on all matters bariatric & metabolic. Ahmed Ahmed, BOMSS Treasurer, is the first bariatric surgeon to have been elected to the council of the Royal College of Surgeons of England. Ahmed has effectively raised the profile of bariatric surgery within the College which will be to the benefit of all. Council members present and past remain engaged with key external partners and stakeholders standing up and supporting the case for treatment of those living with severe and complex obesity. This has included working with NHS England, contributing to the obesity task force, and continuing to deliver evidence in real time through the NBSR, attesting to the safety of bariatric surgery throughout the COVID pandemic recording over 8,000 cases since June 2020.

Inclusivity and Diversity in leadership of the surgical profession particular has been highlighted as a very serious problem. Bariatric and metabolic surgery teams are highly interdisciplinary in nature, and trying to foster inclusivity within high functioning teams and in our professional relationships with our patients teams is at the heart of what we do. The Helen Kennedy report commissioned by the royal college of surgeons of England and published in 2021 addressed the College, surgeons and all health service professionals (<https://www.rcseng.ac.uk/about-the-rcs/about-our-mission/diversity-review-2021/>), and makes for very sobering reading. Whilst our council of management looks and feels diverse and our scientific meetings feel highly inclusive I am not at all complacent about this. There is no, one size fits all remedy to this matter and we have been engaged on your behalf with

colleagues from other speciality societies and groupings to determine how best BOMSS address this matter, for the good of our members, our speciality's standing and our specialty's health as an open and welcoming branch of modern medicine.

Development of a new and updated website ([www.bomss.org](http://www.bomss.org)) has been one of the key tasks and achievements of the last 12 months. Cynthia Borg has jointly led this project with me and support from the EBS team and a number of other council members who have given freely of their time and energy. This is an excellent resource for you, our members and other healthcare professionals, with a private members area and links though to previously recorded educational events. One of the 4 tabs on our landing page is for patient information. This reflects our intention to be the trusted source of patient information for people seeking weight loss intervention in the UK. We are very grateful to Rachel Batterham for providing much of the material in this area which is very clearly written and an excellent online resource. The website is a living entity and we will both develop further and keep this continually updated on your behalf.

I would like to sincerely thank on behalf of our society 2 long standing council members whose terms of office are now coming to an end.

Cynthia Borg has been a valued council member since 2019 and was a leading member of organising committee for the hugely successful London IFSO meeting attracting over 2,000 delegates in 2017. Cynthia as a council member has worked in several roles both seen and unseen to support bariatric surgery in the NHS, and will continue to be a familiar face to us all.

Peter Small, chair of the National Bariatric Surgery Registry since 2018 and previously on the NBSR committee has very wisely and carefully stewarded our most valuable asset, the NBSR, through registry reports, database upgrades, negotiations with HQIP and much more besides. Peter is a founding trustee of our new charity and will support his successor to ensure a smooth transition so will continue to be a part of the BOMSS team.

Finally we are immensely grateful to you our members for your vote of confidence in your society through your membership and subscription. We have clearly iterated our vision, mission and values and will build on these further over the coming 12 months. All council members welcome your thoughts, ideas and suggestions as to how we continue to support you, our clinical specialty and patients so please feel free to pull us to one side in Brighton or contact us through Fran at [info@bomss.org](mailto:info@bomss.org)

Jim Byrne  
Secretary, BOMSS Council of Management

## Treasurer's Report – Mr Ahmed Ahmed



This is my first year as BOMSS treasurer and it has been a steep learning curve! However my predecessor Jim Byrne did a great job as the previous treasurer leaving the accounts in a great state so I've been very lucky to inherit a legacy of careful stewarded accounts.

We continue to enjoy consistently good levels of income through a number of sources including our corporate partnerships programme as well as revenue from membership fees (We currently have total membership of 498 members with subscription rates set to ensure excellent value for money that includes membership of IFSO and access to discounted rates for IFSO) and financially successful scientific

meetings over recent years.

We still have substantial funds held by AUGIS and hopefully (following 2 years of negotiations) we will soon be refunded half of our funds. The other half will be kept by AUGIS for administration costs.

### **Other income sources include:**

#### *National bariatric surgery registry*

NBSR is funded by contributions from trusts performing bariatric surgery and part funded by HQIP at the time when consultant level outcomes were published annually on the NHS choice website. These funds are restricted purely for NBSR costs and upgrades and are not used by BOMSS.

#### *Royal College of Surgeons Site specific lead*

We previously secured funding of £45K over 3 years from 2020-2023 and Mr Dmitri Pournaras was appointed to this 3 year post with the objective of coordinating and encouraging collaboration in bariatric research.

### **Our ongoing costs include the below.**

#### *BOMSS administration*

BOMSS is now administered for the 2<sup>nd</sup> year by Executive Business Support Ltd (EBS), a professional secretariat who also act for the Vascular Society GB&I and a number of other professional bodies. Working with the extended EBS team has been a pleasure and we now have in place financial systems to collect direct debits, payments for scientific meetings and congress directly. Our new systems provide real time financial reporting to support council and the executive in their activities on your behalf. We have also appointed accountancy firm CBSL who are doing the year end accounts for BOMSS CIO.

#### *BOMSS website*

A new BOMSS website is underway and will enhance the value of your membership of BOMSS and will also act as a resource for our patients, allied health colleagues and the general public.

Ahmed Ahmed  
Treasurer, BOMSS Council of Management

## NBSR Committee Report – Mr Peter K Small



It is with some sadness that I submit my final report on the activities and successes of the National Bariatric Surgery Registry (NBSR) committee. New members of the committee and a new chairperson will be announced at the Annual Scientific Meeting in Brighton this year.

The NBSR has become embedded in the running and reporting of BOMSS and goes from strength to strength. The NBSR is only possible through the commitment and dedication of all the Bariatric teams in the UK who submit their patient data. In addition, the enthusiasm of the NBSR Committee and Dendrite Clinical Systems has

resulted in the production of many outcomes, most notably during the grip of the Covid Pandemic.

### *Covid Report*

We are now in the second year of Elective Surgery in the UK after the start of the Covid epidemic with updated guidance issued by BOMSS as to how we continue performing safe Bariatric surgery. BOMSS has continued to produce a weekly report for members confirming the safety of Bariatric surgery over this period. Data collected will be presented at the ASM for all to see. While numbers have been reduced because of surgical priorities in all hospitals, we have been able to significantly improve in the numbers of private cases entered into the registry.

### *Research and Publications*

The research sub-committee has been pressing forward with a number of research projects and encourages all consultants and trainees to come forward with new ideas.

A grant has been secured from Royal College of Surgeons for a research study on pre and post COVID bariatric figures, the results of which have found a reduction of 1/3 of pre-pandemic volume. The private sector didn't suffer as much as the NHS, and when private surgery restarted it was at higher volume so were able to clear the back log.

Publications in the last year have included:

Outcomes of Bariatric Surgery in Extreme Obesity: Results from the United Kingdom National Bariatric Surgery Registry for patients with Body Mass Index over 70 kg/m<sup>2</sup>  
***Surg Obes Relat Dis.* 2021 17(10):1732-1738**

Obstructive sleep apnea remission following bariatric surgery: a national registry cohort study  
***Surg Obes Relat Dis* 2021 17(9):1576-1582.**

In addition, 13 abstracts have been presented to national and international meetings.



### *COP Report*

Following the restart of bariatric surgery and confirmation of adequate funds in the NBSR accounts, we have been able to produce a Clinical Outcomes Publication this year which covers both 2019-20 and 2020-21. This can be checked at the website <https://nbsr.e-dendrite.com/>.

There are interesting changes in the number of cases performed and the number of hospitals and surgeons performing surgery over the pandemic period. Please check the introduction to read further on these.

The funds for the NBSR currently remain in the AUGIS accounts and are yet to be transferred to BOMSS CIO. Developments in new items for the COP have been put on hold until funds are transferred. New measurements will be circulated to consultants before going live, hopefully in 2023. These include funnel plots of the length of stay for each operation by surgeon, unanticipated ITU stay and in-hospital complication rates in addition to the current data displayed in previous COP reports.

### *NBSR Developments*

The designing of a dataset for Bariatric emergency/complication surgery is progressing, but is likely to cost significant sums. These can be reduced when BOMSS CIO have control of NBSR funds as the charity is registered allowing VAT exemption to be applied to database developments.

In the meantime, minor changes have been implemented on request by surgeons such as inclusion of robotic stapling in operation descriptions.

### *Patient and Public involvement in NBSR Committee and S251*

Paul Chesworth has been joined as our PPI representative on the NBSR committee by Nadya Isack who has extensive experience in promoting surgery for obesity. She has the ears of many influential people and will be helping Paul create a PPI group to advise on information useful for patients. The plan is to develop the public pages of the NBSR on the BOMSS website to give real data to patients.

The Confidential Advisory Group has been very supportive and pleased with the progress we have made with patient and public involvement in the NBSR and accepted our annual report in its entirety.

### *Finances*

Referring to the Treasurers summary in this yearbook, the NBSR restricted account remains buoyant. It however, remains in the Bank Account of AUGIS at present. There are ongoing discussions with AUGIS for the appropriate transfer of NBSR funds to the BOMSS ICO bank account for closer management.

### *Committee*

I am grateful for the continued support of the NBSR committee members in the management and development of the NBSR.

Omar Khan  
Bruno Sgromo  
Rachel Batterham

Kamal Mahawar  
James Hopkins  
Chris Pring  
Alan Askari (Trainee rep)  
James Byrne (BOMSS Treasurer)  
Paul Chesworth (Patient Representative)  
Richard Welbourn (Advisor)  
Peter Walton (Dendrite)

I wish those that remain on the committee and new members the very best and look forward to seeing where they take the NBSR in the future. It remains the jewel in the crown of BOMSS.

Mr Peter Small,  
Chair, NBSR Committee

## Education Report – Mr Sherif Awad



Over the past 12-months BOMSS's educational activities have continued for the benefit of multidisciplinary colleagues involved in managing patients with obesity. These were delivered as free webinars (kindly supported by BOMSS' corporate sponsors) allowing colleagues to register from around the UK and World.

The monthly Educational Journal Club Webinars (on the 2nd Wednesday of each month at 8pm) discuss relevant up to date publications in the field of Obesity. These Journal Clubs are hosted by multidisciplinary members of different Bariatric Centres around the UK with the aim of showcasing MDT members from different Bariatric Centres. Two papers are discussed - an IHP paper and a surgical/medical paper. *I would like to thank Miss Roxanna Zakeri (ST trainee in General Surgery) for her superb work in co-ordinating and running the Journal Clubs.* A huge thank you also to all the units who have participated to date. We look forward to those presenting in the coming months.

The monthly Educational Webinars (on the 4th Wednesday of each month at 8pm) are delivered by eminent International and National Speakers with a Q&A at the end of each presentation to allow attendee participation. We have had a wide and varied schedule of presentations covering some important topics with great participation and Q&As. We would like to thank our guest speakers and sponsors for participating in these high quality Educational Webinars.

These educational events have attracted 100's of webinar registrations each month and generated excellent interest and discussions. We look forward to widening the topics presented and delivering truly first class educational content for the benefit of colleagues. Each quarter we email a summary of Educational activities delivered by BOMSS with links to recordings of these sessions to allow those who could not attend the opportunity to watch at their own leisure.

We have also teamed up with Bariatric News to introduce a fortnightly email summary of the latest papers published on obesity and related topics.

BOMSS has worked with industry to finalise a bariatric training course for senior surgical trainees who have a bariatric surgery interest including cadaveric and hands on operating. BOMSS continues to advise on and approve (jointly with the Royal College of Surgeons of England) Accredited Bariatric Surgery Training Fellowships in the UK.

We very much look forward to seeing you at the BOMSS Training Day and ASM Congress due on 16-18<sup>th</sup> May 2022 in Brighton, UK. The training day will deliver an excellent interactive educational program including talks and clinical scenarios delivered by UK Specialists with plenty of audience participation. This will be an excellent opportunity to learn from MDT colleagues, network and take a break from usual activities. The ASM presents an outstanding program delivered by eminent International and National Speakers.

Many more educational events are planned by BOMSS for the coming months. I look forward to seeing and meeting you at the BOMSS ASM in Brighton. If you have any educational ideas you would like BOMSS to pursue please feel free to email me at [sherif.awad@nhs.net](mailto:sherif.awad@nhs.net).

### **Sherif Awad**

Professional Educational Lead, BOMSS Council.  
Consultant Upper GI, Obesity & Laparoscopic Surgeon,  
EMBMI, Royal Derby Hospital, Derby.

## Integrated Health Professional (IHP) Report –



Sally Abbott  
Dietitian  
IHP Council Member



Dr Helen Parretti  
GP  
IHP Council Member



Dr Emma Shuttlewood  
Clinical Psychologist  
IHP Council Member

### Introduction

Since being voted in by our members as the IHP representatives 18 months ago, we have been welcomed into BOMSS Council and it is inspiring to work within a bariatric society that values and embraces a true MDT approach.

We would like to share some of the exciting developments we have been working on, for the benefit of our IHP members.

### IHP Training Programme (in conjunction with Ethicon)

We have been working with Ethicon to provide an IHP training programme. Following feedback from our survey about your training interests and preferences, we devised a programme of training events. Last year we hosted two webinars with nearly two hundred attendees across both, which were free to attend for all:

1. 6<sup>th</sup> May 2021 “An MDT Exploration of Medically Unexplained Bariatric Complications”
2. 14<sup>th</sup> October 2021 “Is it time to throw out the weighing scales? An exploration of non-weight focussed approaches within Bariatric services”

For those of you that were not able to attend, we are working on making these available via the BOMSS website to catch up on demand.

### SAVE THE DATE!

This year, we are delighted to announce that we will be holding a face-to-face workshop that will be free of charge to BOMSS members on Thursday 6<sup>th</sup> October 2022, in Birmingham. Keep an eye on your emails, as we will be circulating details soon! We have capacity for one IHP member from every bariatric unit in the UK to be able to attend – how fantastic will this be for national networking!

### Training Day & Annual Scientific Meeting (ASM) 2022

We hope to see many of our IHP members joining us for the training day on the 16<sup>th</sup> May followed by the ASM on 17<sup>th</sup> – 18<sup>th</sup> July in a (hopefully) sunny Brighton! We sit on the organising committee for both the training day and ASM, to ensure the programme meets the training needs and interests of our BOMSS IHP members.

### Journal Club Support

Hopefully many of you have attended the monthly BOMSS journal club, which features one surgical and one IHP focussed paper each month. We have found the discussions around the papers to be

really thought provoking for our clinical practice. These are an excellent opportunity for regular CPD for IHPs, shaping our skills in critiquing research which in turn can benefit our clinical practice. If you are interested in co-chairing a BOMSS journal club this year, please email [info@bomss.org](mailto:info@bomss.org) or tweet us to express your interest. We would really welcome BOMSS IHP members onto the journal club panel.

### **Future Direction**

We all feel passionately about providing a meaningful, interactive and nurturing organisation that supports both academic and clinical practice within the bariatric world. We hope to continue our developments and are looking towards how we can develop useful IHP content on the new BOMSS website, develop regular communication with IHP members, offer further training and networking opportunities and expand the IHP membership and engagement.

We welcome feedback, suggestions and comments on these developments so please do not hesitate to get in touch via [info@bomss.org](mailto:info@bomss.org) or reach out to us individually on Twitter!

@sallyabbottRD  
@helen\_parretti  
@ShuttlewoodEmma

## Patient Safety Committee Report - Mr Kamal Mahawar



Last year I reported on how the Patient Safety Committee (PSC) was formed, and for an informal group within BOMSS, adding enormous value. The mission continues with the induction of several new members to the committee and the initiation of several new projects. Over the last year Islam Omar, Brij Madhok, Michael Courtney, and Yitka Graham have joined the committee and we welcome all members with an interest in this area and a bit of time at hand.

You should already be aware of our published analysis<sup>1</sup> of national clinical incidents related to bariatric surgery. If you haven't seen this yet, I would strongly encourage you to check out this paper and take steps to prevent such incidents from happening within your team.

Towards the end of last year, we developed a process of learning from mortality related to bariatric surgery. The aim is to confidentially analyse all mortality where bariatric surgery was mentioned as one of the causes on death certificate irrespective of the time gap between the two. We have also set up a process wherein all deaths reported to the National Bariatric Surgery Registry are brought to the attention of the PSC and the person reporting the mortality is encouraged to submit us an anonymised report. I would request colleagues to engage with this for both early as well as late mortality related to bariatric surgery – so that we may learn from each other and improve the safety of bariatric surgery further. Earlier this year, we were made aware of patient safety incidents related to the use of Sodium-Glucose Co-transporter 2 inhibitors (SGLT-2i), drugs, commonly known as gliflozins, in bariatric surgery patients. This led to the formation of a multi-specialty working group and we issued this alert to warn our multidisciplinary colleagues of the consequences when patients on these drugs present to our services. Please take a look at this if you haven't yet and set robust processes locally.

It is now generally agreed that surgeons working within a Multidisciplinary Team (MDT) provide better care to patients undergoing Bariatric and Metabolic Surgery (BMS) than solo surgeons without access to these resources. At the same time, not everybody has access to a full MDT with its various constituent members or even experience/ expertise within the team. With this in mind, and following the model of a similar project set up for oesophagogastric cancer surgery nationally, PSC is trying to understand if this would also add value to our members. A consultation survey is now out and we hope to share the results with you at the annual scientific meeting in Brighton.

There are other exciting projects we are currently leading on. The most important of them is the difficulties and challenges associated with long-term follow-up of post-BMS patients. This is a difficult issue with many stakeholders. PSC is currently working on it and will make its recommendations to the council soon.

This is all I have for now friends. Do hope to see you all in Brighton.

Kamal Mahawar  
Chair, BOMSS Patient Safety Committee,

References:

Omar I, Madhok B, Parmar C, Khan O, Wilson M, Mahawar K. Analysis of National Bariatric Surgery Related Clinical Incidents: Lessons Learned and a Proposed Safety Checklist for Bariatric Surgery. *Obes Surg* 2021; 31(6): 2729-2742.