

Enhanced Recovery After Bariatric Surgery

Continuous evaluation and improvement of the fast-track protocol

1. Minor complication rates after metabolic surgery can be decreased by making the patient leave the hospital in optimal conditions: well informed and confident to go home for further recovery. (this thesis)
2. Involvement in metabolic surgery is an important asset to the surgical training program and is beneficial to the education of residents. (this thesis)
3. Optimal surgical overview is more important than achieving a small reduction in postoperative pain in fast-track metabolic surgery. (this thesis)
4. C-reactive protein and leukocyte count are inadequate markers for predicting postoperative complications on day-one postoperative in metabolic surgery. (this thesis)
5. All patients should receive tranexamic acid at the start of a metabolic procedure. (this thesis)
6. Surgery results in greater improvement in weight loss outcomes and weight associated comorbidities compared with non-surgical interventions, regardless of the type of procedures used. (Colquitt, Cochrane Database Syst Rev, 2014 Aug 8;(8):CD003641)
7. The subject of much frustration for the bariatric surgeon is that despite standardizing the preoperative assessment, intraoperative technique, and postoperative care, there is still considerable variability in patient discharge times. (Jonsson, J Am Coll Surg, 2018 Apr;226(4):605-613)
8. Alternatives ways to facilitate long-term follow-up and collection of data should be explored, including electronic food diaries, Skype and telephone consultations. (O'Kane, Clin Obes, 2016 Jun;6(3):210-24)
9. The importance of food and agricultural research to encourage production of high quality and sustainable products cannot be underestimated. (Lancet Diabetes Endocrinol, 2020 Feb;8(2):89).
10. People with morbid obesity have a higher risk of becoming seriously ill or dying if they are infected with the novel coronavirus. (RIVM website, 2020)
11. Als je dat leuk vindt, dan is het leuk. (Annemiek Infante Ferreira)