

Clinical practice guidelines of the European Association for Endoscopic Surgery (EAES) on bariatric surgery: update 2020 endorsed by IFSO-EC, EASO and ESPCOP

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Standards and Guidelines

Surgery

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EAES published updated bariatric surgery guidelines developed by a multidisciplinary panel using GRADE and AGREE II methodology to facilitate evidence-based clinical decisions.

KEY POINTS

- The guidelines address 42 key questions across seven domains including indication, preoperative work-up, perioperative management, surgical procedures (non-bypass, bypass, and one-anastomosis), revisional surgery, postoperative care, and investigational procedures.
- A total of 36 recommendations and position statements were formed through a modified Delphi procedure following systematic review, evidence appraisal, and evidence-to-decision frameworks.
- The guideline development panel was multidisciplinary, including bariatric surgeons, obesity physicians, nutritional experts, psychologists, anesthetists, and a patient representative.
- This update reflects evolution in the field based on new scientific evidence, long-term outcomes, and accumulated clinical experience in surgery for obesity and metabolic diseases.

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