

Haute Autorité de Santé (HAS) Obesity Guidelines, 2024

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PROGRAMME

1



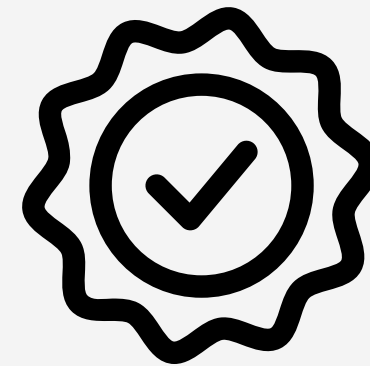
History of HAS
recommendations

2



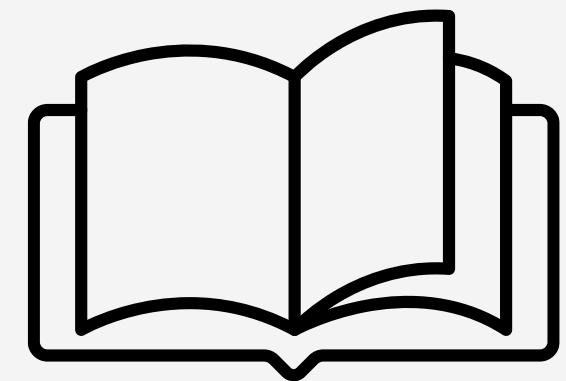
Managing obesity

3



Managing obesity

4



Bibliography

HISTORIQUE

2009

January : **Obesity: surgical management in adults'** and patient brochure 'Obesity - surgical management in adults

2016

January : **Eligibility criteria for bariatric surgery in under-18s'**.

2021

July : **Generic obesity of rare causes**

2023

(January/February) **Guide to the care pathway: Overweight and obesity in adults'** and "Guide to the care pathway: Overweight and obesity in children and adolescents.

2011

September : **Overweight and obesity in adults, primary care management'** and "Overweight and obesity in children and adolescents

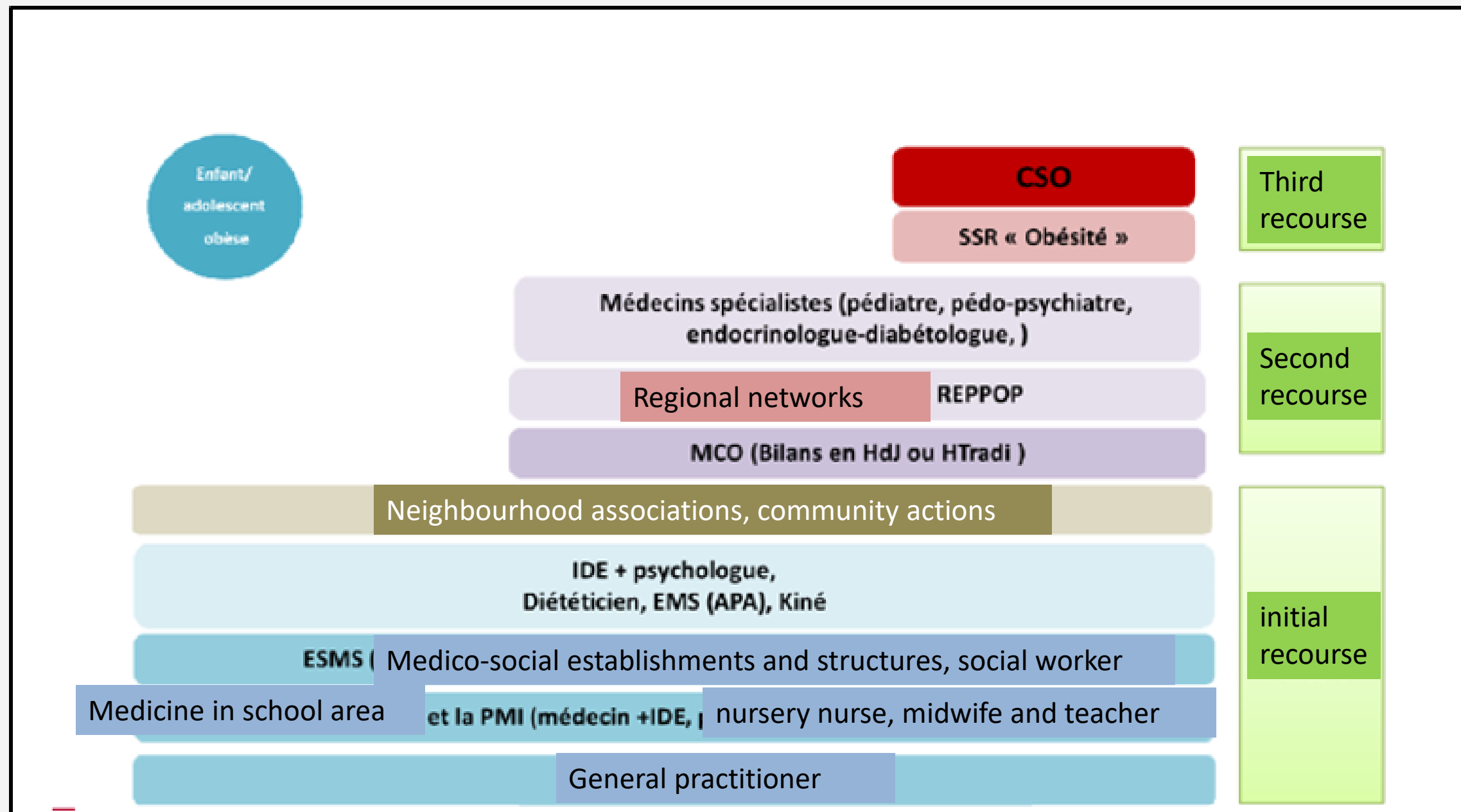
2018

September : **Prescription of physical activity and sport: Overweight and obesity in adults**

2022

March/June **Guide to the 'overweight and obesity in children and adolescents' care pathway and 'Adult obesity: 2nd and 3rd level care - Part I: medical care'**.

OBESITY MANAGEMENT



Care grading in the management of severe obesity :

Skateholders and and structures (DGOS, 2024) :

Level 1: identification / diagnosis / referral

Level 2: specialised care

Level 3: complex care

RECOMMENDATIONS

HAS recommendation: 'Obesity in adults: 2nd and 3rd level management' (2022)

Obesity = multifactorial pathology requiring specific examinations adapted to all aspects of the pathology

Objective: improve quality of life, not just weight!

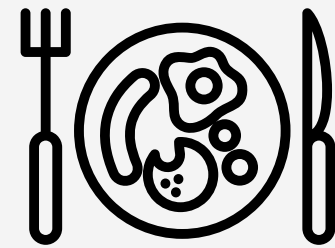
Different dimensions to be investigated:

- Clinical and biological aspects
- Food component
- Psychosocial aspects
- Physical activity and autonomy
- Energy expenditure
- Assessing the presence of internalised stigma and treating it

Key points



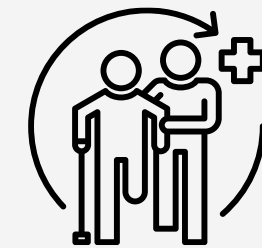
Global, comprehensive and personalised assessment



Personalised nutritional adaptation



Therapeutic patient education



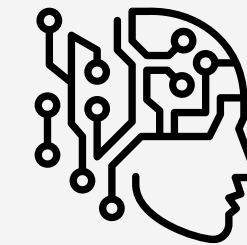
Continuing care and rehabilitation (SSR)



A long-term vision



Reducing sedentary lifestyles and adapted physical activity



Psychological care and treatment

Guidelines

HAS recommendation: 'Obesity: surgical management in adults' (2009)

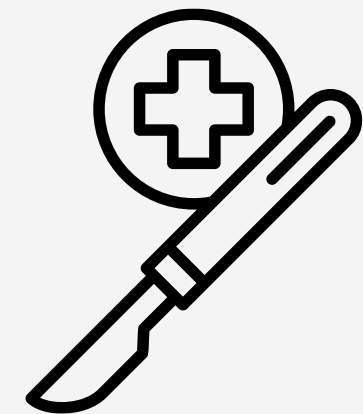


Two key objectives:

- Improve the long-term effectiveness of bariatric surgery and reduce the occurrence of complications'.
- Reduce the severity of complications through early detection and management.

Two types of surgery:

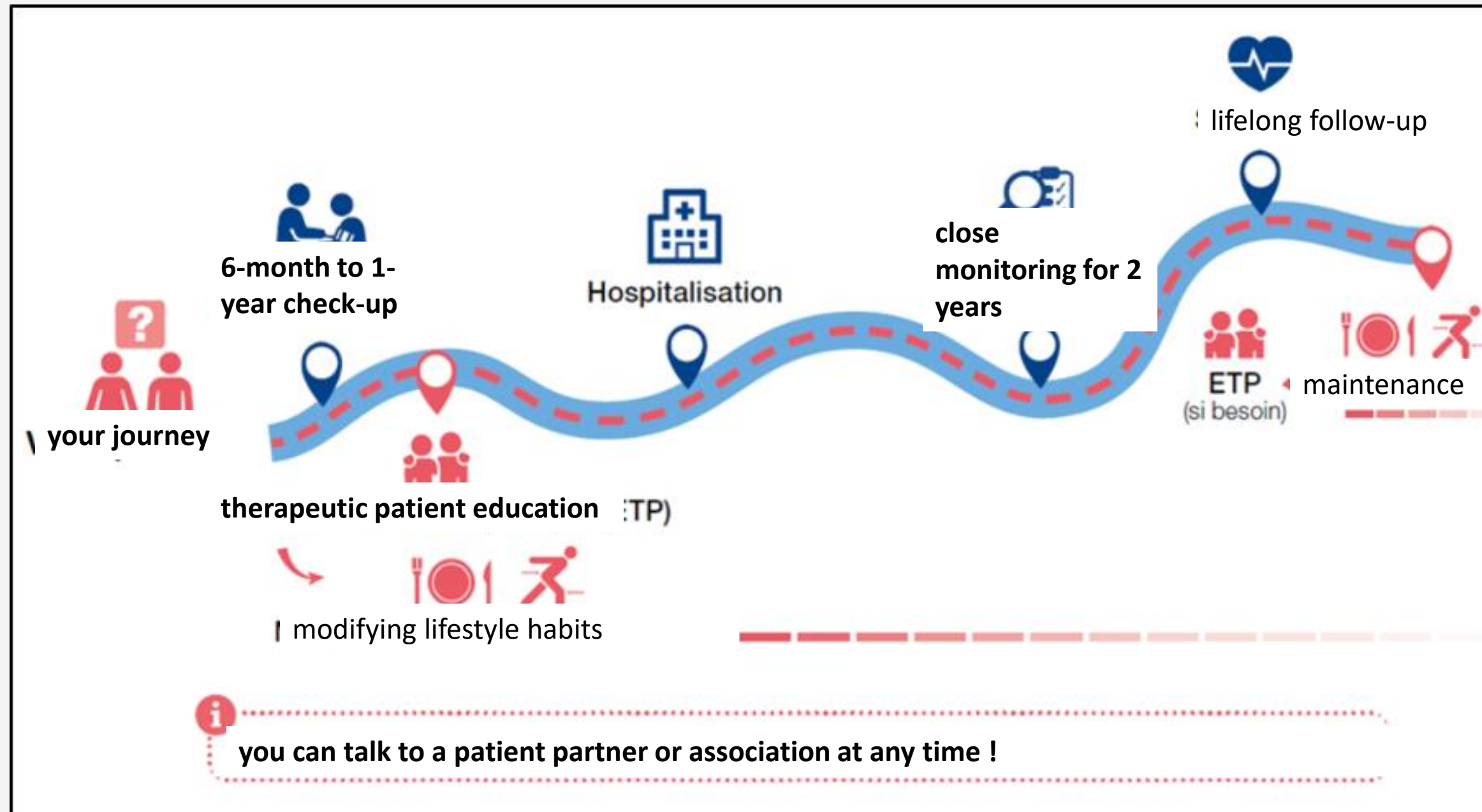
- Those based solely on gastric restriction:
sleeve gastrectomy
- Those inducing intestinal malabsorption:
Gastric bypass



RECOMMANDATIONS

- 1 Information for patients
- 2 Patient assessment and management prior to surgery
- 3 Then the decision to intervene
- 4 With patient follow-up and care after the operation
- 5 And, if necessary, a second operation

RECOMMENDATIONS



RECOMMENDATIONS

HAS recommendation: 'Bulimia nervosa and bulimic hyperphagia - Identification and general elements of care' (2019)

People who are overweight or obese are often prone to eating disorders, also known as binge eating disorders (BEDs).

The large family of eating disorders includes anorexia nervosa, hyperphagia, bulimia, etc.

These disorders can have serious consequences for health, which is why it is so important to master certain points that are essential for identifying and treating them.

RECOMMENDATIONS

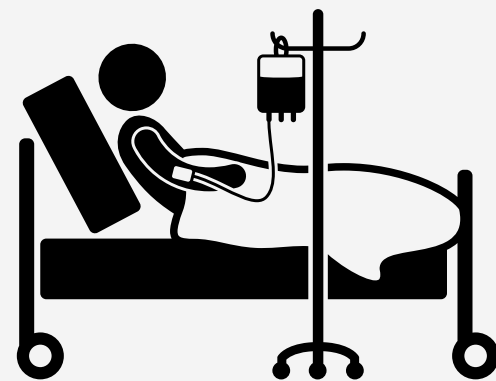
The key points to be mastered are as follows:

- **Identifying people at risk**
- **Assessing disorders**
- **Multidisciplinary care**
- **Specific support for overweight/obese people**
- **Monitoring and preventing relapses.**

RECOMMANDATIONS

HAS recommendation: 'Clinical path - A quality improvement method' (2004)

The term clinical pathway refers to 'a method for improving the quality of care, aimed at the performance of multidisciplinary management of patients with the same pathology or the same situation of dependency' (Agence nationale, HAS, 2004).



RECOMMANDATIONS

The benefits of creating a clinical pathway

- Plan the patient's journey through the care process
- Identify the key stages in the care process
- Coordinate the activities of the various professionals involved in the care process
- Redefine the roles of the various professionals involved
- Determining the expected outcomes of the various components of the care process
- Optimising the use of resources
- Avoid unnecessary repetition and omissions
- Reduce the risk of errors
- lighten the load on professionals by using it as a data collection form in the patient's file for this type of treatment
- Provide tools for communicating with patients

Elements of choice of pathology

- Pathology or situation of dependence
 - Frequency in the service or outpatient practice
 - Clearly defined and enabling uniform management
 - Of significant critical importance to the patient
 - High cost for the institution
- Unexplained variability of care
- Multidisciplinary management
- Existence of professional recommendations
- Possibility of obtaining a professional consensus within the institution
- Motivation of professionals to work on the disease

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Merci pour votre attention !