

# **Guideline for Hospital Admission**

## **Ministry of Public Health - Lebanon**

### **Gastric bypass**

Indications for gastric bypass surgery are as follows:

- Age at least 18 years old
- Presence of morbid obesity that has persisted for at least 5 years, with morbid obesity defined as either:
  - Body mass index (BMI) greater than 40; OR
  - Body mass index (BMI) greater than 35 together with any of the following severe co-morbidities that are likely to reduce life expectancy:
    - Coronary heart disease
    - Obesity related cardiomyopathy
    - Type 2 diabetes mellitus
    - Hypertension
    - Obstructive sleep apnea
    - Obesity related pulmonary hypertension
    - Clinically significant asthma
    - Moderate to severe gastric esophageal reflux disease
    - Disabling degenerative joint disease of the lower extremities
- Official record by a physician, nurse or nutritionist documenting failure of previously attempted medical/dietary/behavioral/exercise therapies over a period of at least 6 months, during the past 3 years.
- Medical evaluation, which includes evaluation for endocrine disorders or others that may cause excessive weight gain
- Psychiatric evaluation, including evaluation for eating disorders; absence of obsessive/compulsive disorder; absence of alcohol/substance abuse; absence of schizophrenia and other major psychotic conditions.
- Willingness to comply with preoperative and postoperative treatment plans.

### **References:**

**Blue Cross Blue Shield Guidelines**  
**Great West Healthcare**

**Checklist:**

	<b>Present</b>	<b>Absent</b>
Patient > 18 years old		
BMI > 40 for at least the past 5 years		
BMI > 35 for at least the past 5 years AND:		
Coronary heart disease		
Obesity related cardiomyopathy		
Type 2 diabetes mellitus		
Hypertension		
Obstructive sleep apnea		
Obesity related pulmonary hypertension		
Clinically significant asthma		
Moderate to severe gastric esophageal reflux disease		
Disabling degenerative joint disease of the lower extremities		
Documented failure of previously attempted medical/dietary/behavioral/exercise therapies over a 6 month period during past 3 years		
Medical and psychiatric evaluations		

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