

Farmington Surgery Center

Guidelines for the Morbidly Obese Patient

(12/08)

The incidence of obesity has increased dramatically in the United States. The risks of surgery and anesthesia in the extremely obese have not been specifically quantified, but are undeniably higher than in the non-obese patient. There are numerous reports of catastrophic outcomes, particularly airway disasters and post operative respiratory failure and/or arrest. Obesity is defined by the use of the body mass index.

BMI = weight (kg) divided by the square of the height (m²)

Overweight	BMI	25-29	kg/m ²
Obese		30-34	
Severe Obesity		35-39	
Morbid Obesity		>40	

Severe and morbidly obese patients are commonly afflicted with concurrent disease states, notably sleep apnea, GERD, hypertension/cardiac, diabetes and pulmonary disease. With this in mind, and emphasizing that there is no definitive policy from the American Society of Anesthesiologists, these general guidelines will be followed at the Farmington Surgery Center using the preoperatively documented BMI as a screening tool:

Severe Obesity BMI = 35-39

Patients will be **screened by the Preadmission Evaluation Coordinator**. A decision will be made as the appropriateness of outpatient surgery at FSC taking into account the procedure (duration, positioning), coexisting disease states (OSA, COPD, CAD etc), and anesthetic technique (GA, regional, MAC).

Extreme/Morbid Obesity BMI > 40

In general, these patients are **not candidates for outpatient surgery**, although the previously mentioned risk factors will be taken into consideration along with the procedure, and exceptions will be made at the discretion of FSC Medical Director.

In summary, all patients scheduled for surgery at the FSC with a BMI >35, and any patient with sleep apnea, require consultation with the Preadmission Evaluation Coordinator, Grace Brady, APRN @ 825-0342, or 679-6688. A final decision regarding appropriateness of the procedure at FSC will be made in conjunction with the FSC Medical Director.