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XXVIII IFSO World Congress

9-12 September 2025 | Santiago, Chile



IFSO 2025 Santiago

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Remote Monitoring and Follow up applications

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FASMBS
Clínica MEDS, Santiago Chile**





Disclosures

- Ethicon Consultant
- Boston Scientific Consultant
- Agucare Stocks

Impact of a Mobile App to Support Home Recovery of Patients Undergoing Bariatric Surgery

Jordan Heuser, MD,^a Azusa Maeda, PhD,^a Lynn Yang, BSc (cand),^a
Caterina Masino, MA,^a Shikha Duggal, MD,^a
Timothy Jackson, MD, MPH,^{a,b} and Allan Okrainec, MD, MHPE^{a,b,*}

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396 patient were enrolled in the app and compared with
458 patients who were not enrolled in the app.

RESULTS AND CONCLUSIONS

- The app helped them avoid phone calls to the hospital (48.5%) and Emergency Departments visits (13.0%).
- **The app may be effective in decreasing unnecessary health care utilization.**
- 94.8% of these patients reported that they would recommend the app to other patients undergoing the same surgery.
- **The app may result in high patient satisfaction.**

Mobile health applications enhance weight loss efficacy following bariatric surgery

Christopher W. Mangieri*, Rebekah J. Johnson, Lori B. Sweeney, Yong U. Choi, Joseph C. Wood

Dwight D. Eisenhower Army Medical Center, 300 East Hospital Road, Fort Gordon, GA 30905, United States

Article history:

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Single institution prospective randomized control trial.

Total patients who underwent a Sleeve Gastrectomy = 56
 Standard post-operative monitoring: 28 patients
 mHealth application (MyFitnessPal): 28 patients

EWL: Excess Weight Loss

EBL: Excess BMI Loss

Variable	Control Group (N=28)	mHealth Group (N=28)	p Value
%EWL 12 month	74.40	81.41	0.0468
%EWL 24 month	59.10	71.40	0.0078
%EBL 12 month	28.02	32.15	0.0007
%EBL 24 month	25.39	27.87	0.0479

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CONCLUSION

- mHealth applications have the ability to significantly improve weight loss results and weight loss maintenance following bariatric surgery.

Remote Follow-up with a Mobile Application Is Equal to Traditional Outpatient Follow-up After Bariatric Surgery: the BELLA Pilot Trial

Cui Yang¹  · Mia Kessler¹ · Niki Taebi¹ · Michael Hetjens² · Christoph Reissfelder¹ · Mirko Otto¹ · Georgi Vassilev¹

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Interventional group: 44 patients
Control group: 43 patients

- After 12 months, total weight loss (TWL), %TWL, and % of excess weight loss (%EWL) did not differ between groups.
- Bioelectrical bioimpedance analysis and quality of life did not differ between groups.
- there were no significant differences in the complication rates.

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Characteristics	WEIGHT LOSS AFTER 12 MONTHS		p Value
	Interventional Group	Control Group	
TWL	41.4	44.2	0.898
%TWL	31.2	32.7	0.459
%EWL	47.1	50.0	0.367
%EBMIL	70.3	71.0	0.898

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CONCLUSIONS

- Fully remote Follow up with a smartphone application is at least as effective as traditional in-person Follow up in an outpatient clinic after bariatric surgery.
- Patients can save time and medical professionals may have more resources for patients with more severe problems.

Smartphone application-based follow-up care of patients after bariatric surgery: A mixed-method study of usability

Cui Yang¹ , Mia Kessler¹, Niki Taebi¹, Preetha Moorthy²,
Christoph Reissfelder¹, Mirko Otto¹ and Georgi Vassilev¹

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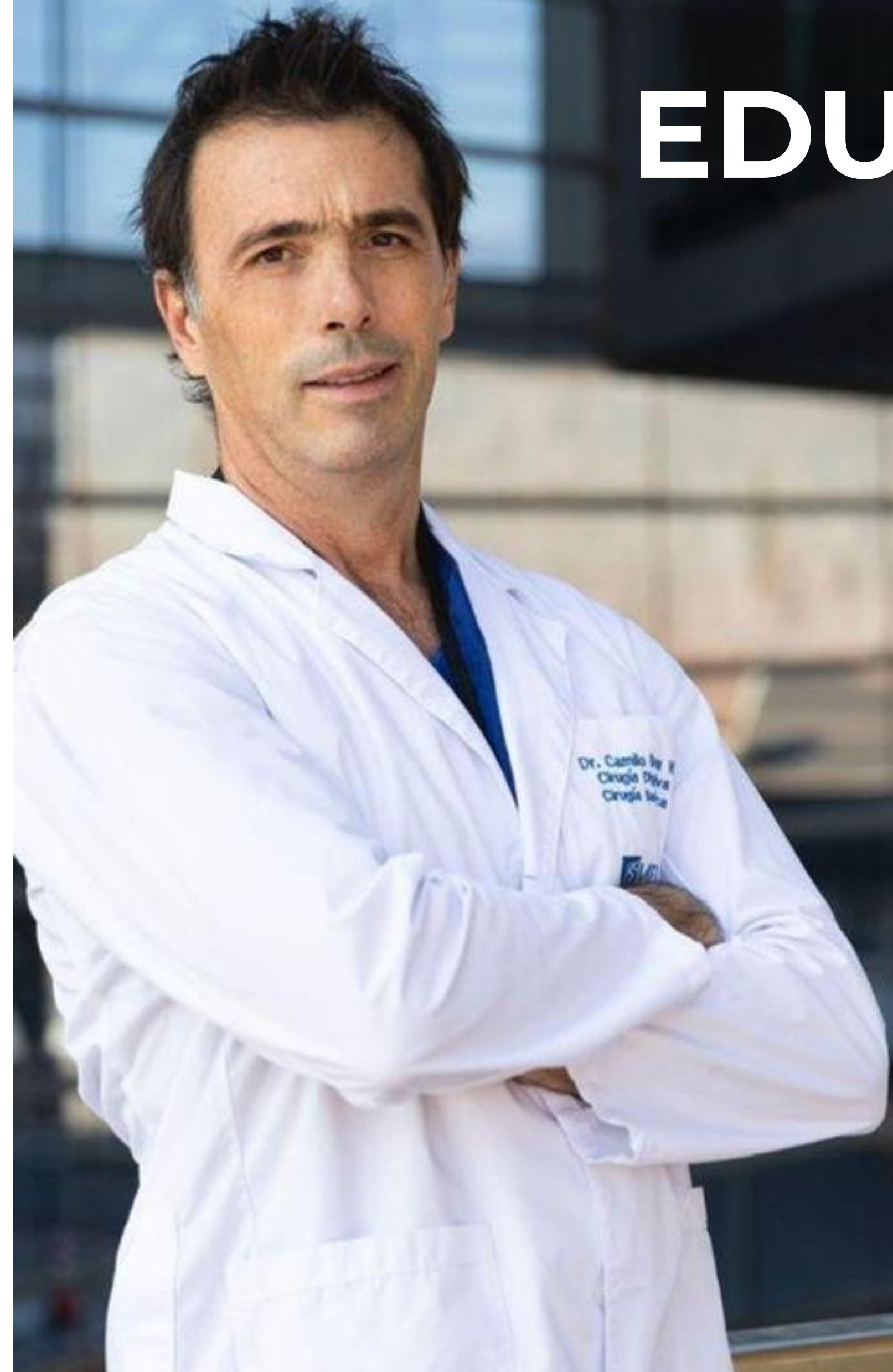


52 patients who use smartphone application-based follow-up program completed system usability scale (SUS) questionnaire to evaluate usability of app in patients after bariatric surgery.

THE IMPACT OF EDUCATION IN SOCIAL MEDIA



Dr. Camilo Boza



KNOW...

What they want

How to explain it

IMPACT

+5M

Accounts reached

+33K

New followers

+64K

Shares

+30K

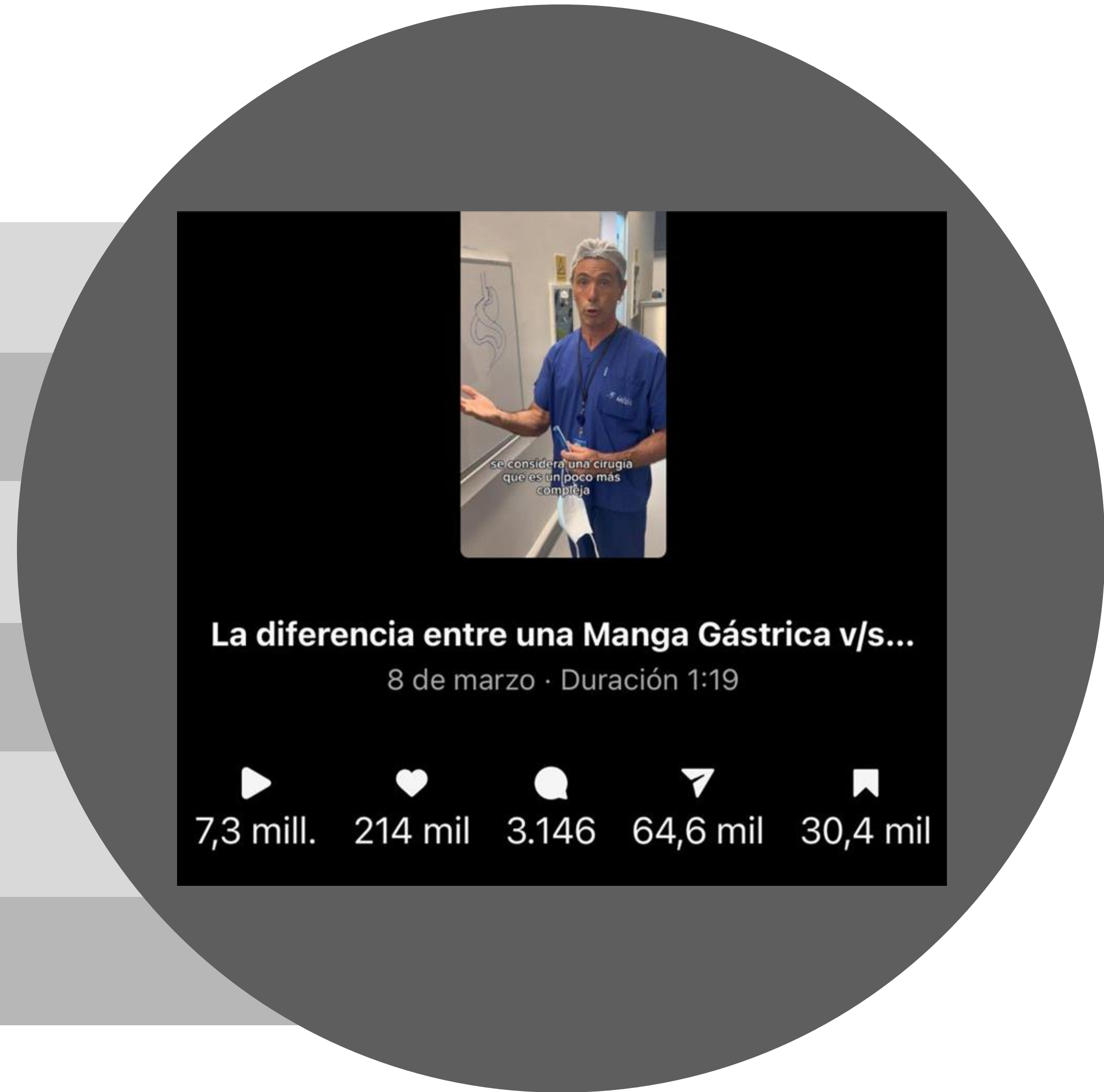
Saves

+3K

Comments

+7M

Reproductions



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EDUCATION

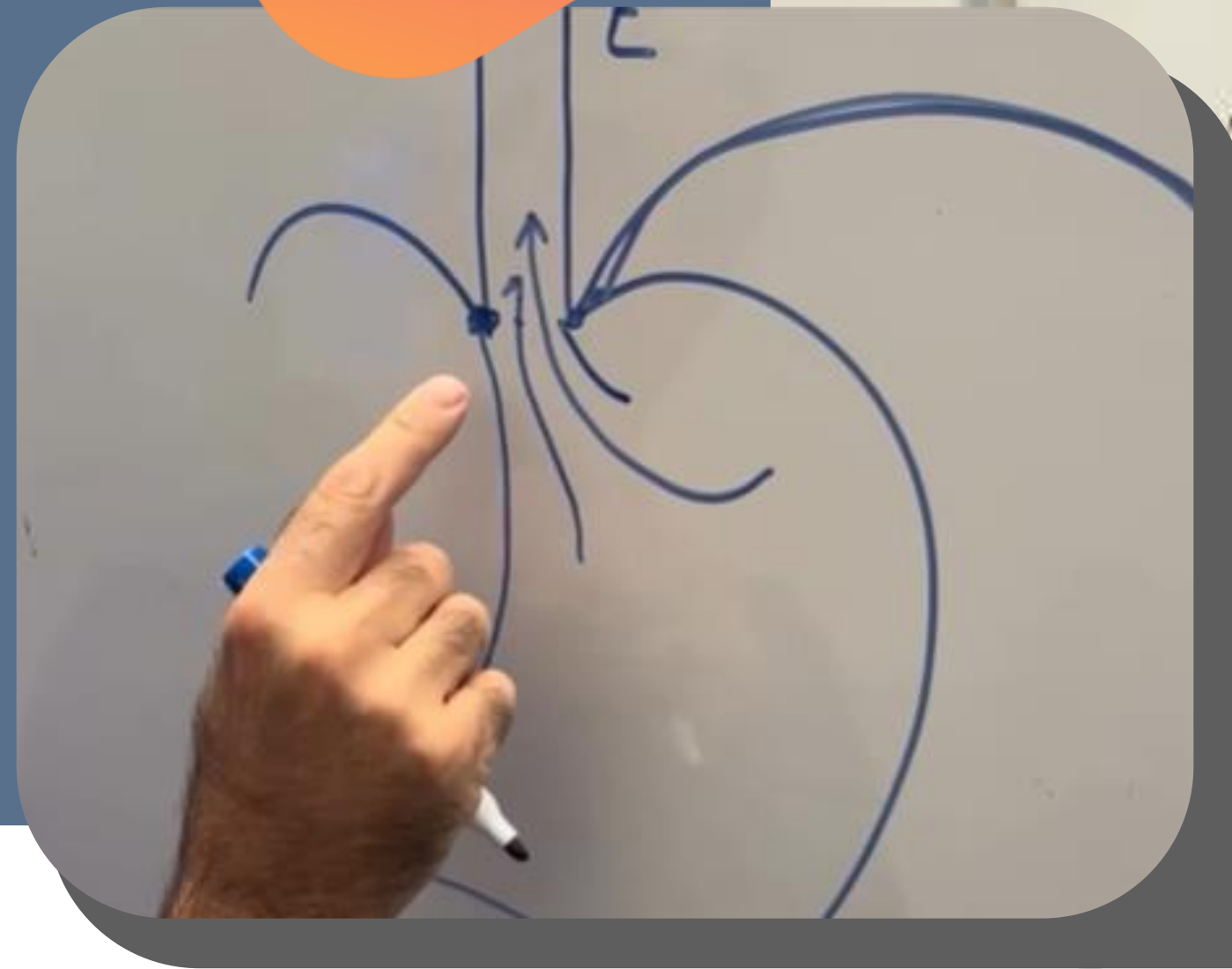
FACT:

Doctors know a lot

EDUCATION

PROBLEM:

People don't understand



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COMMUNITY

People want to know who is behind this doctor



LIFESTYLE



TRIPS



CASES



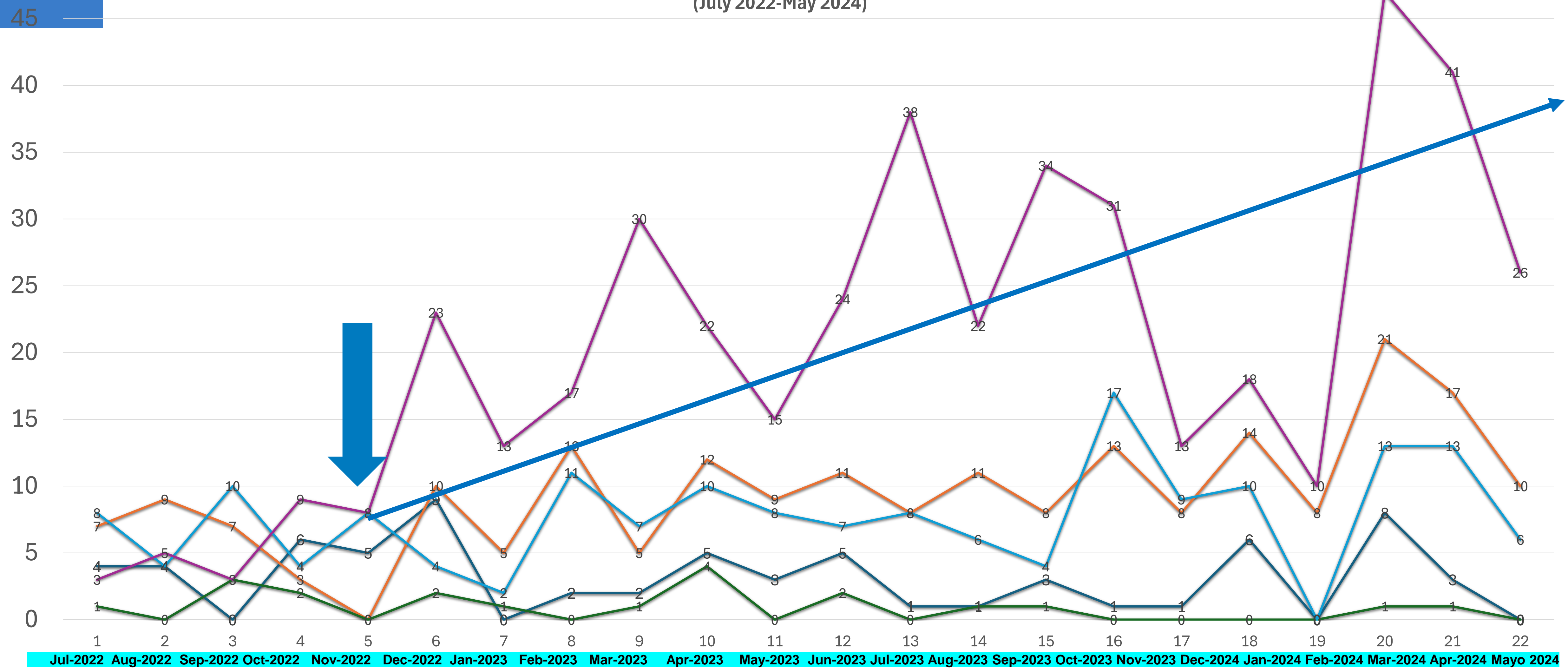
PROGRESS

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Arrival at the Doctor

(July 2022-May 2024)

P
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—Other clinics —Other patients —TV —MEDS clinic —Instagram



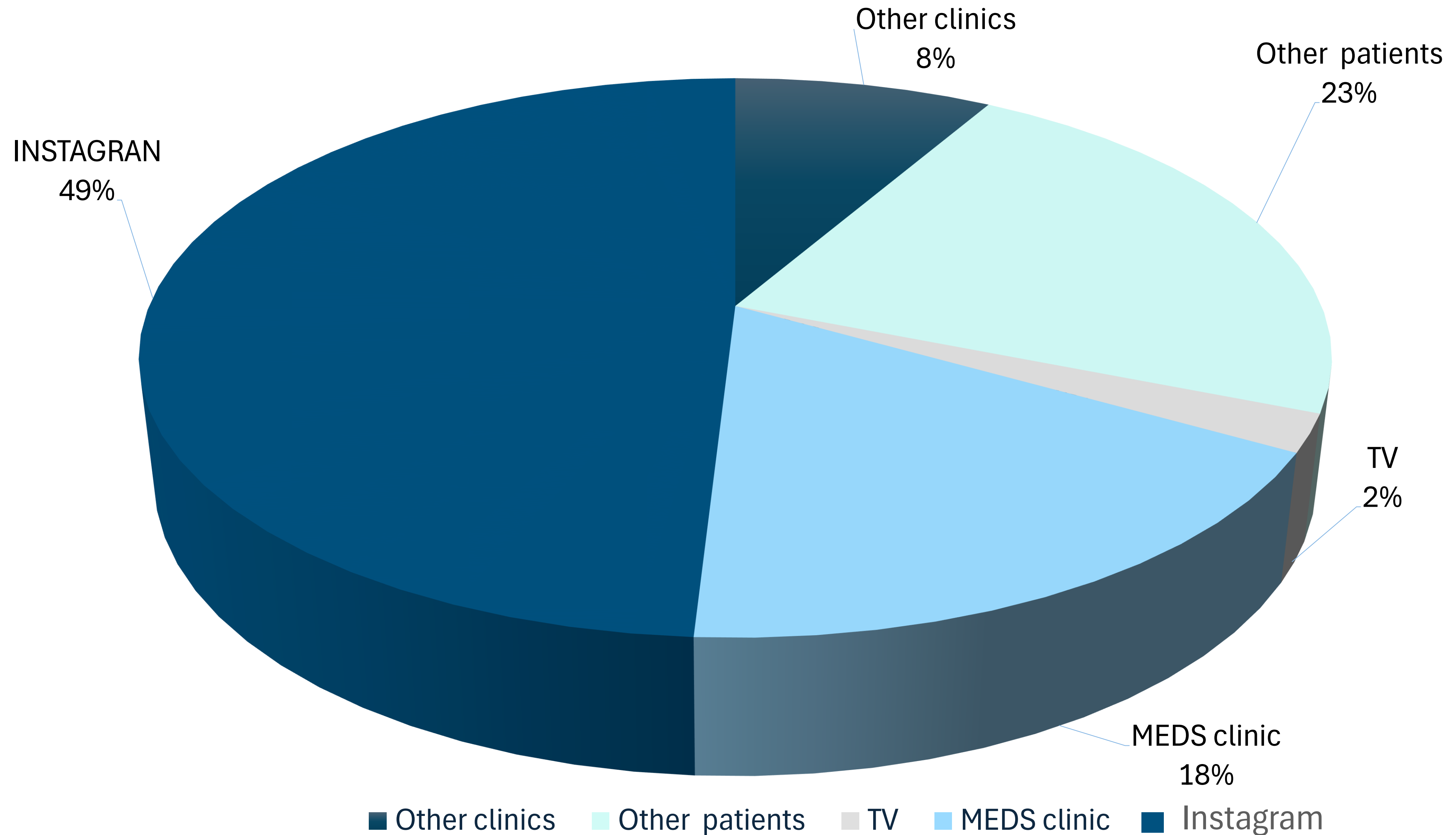
Registration of new patients (July 2022-May 2024)

➤ Instagram	↑ 452	↑ 49%
➤ Other patients	209	23%
➤ MEDS clinic	163	18%
➤ Other clinics	77	8%
➤ TV	↓ 20	↓ 2%
➤ Total:	921	100%



Arrival at the Doctor

(July 2022-May 2024)



Admission





Preoperative



Procedure activation





Prescriptions



Virtual meeting





Today

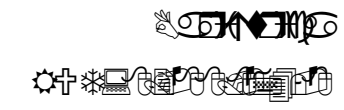




Indicaciones médicas



Dr. Camilo Boza Wilson



02 de febrero de 2024

NOMBRE:

BOZA WILSON CAMILO

RUT:

8.288.874-8

EDAD:

35 años

DIRECCIÓN:

Av. Los Andes 1234

- Paciente con diagnóstico de enfermedad inflamatoria intestinal (EII) tipo colitis ulcerosa, en fase de actividad moderada. Se indica el uso de mesalazina 4800 mg/día en dosis divididas para el control de los síntomas y mantenimiento de la remisión.

DR. Camilo Boza
Cirujano Digestivo
Rut: 8.288.874-8

Discussion

- Mobile apps in Bariatric Surgery are here to stay
- Increasing interaction and communication with the team
- Future directions : Artificial Intelligence , Follow up, Registries

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Patient Flow app

