

Analyzing the Impact of Language Congruent Care on Bariatric Surgery Follow-Up Rates

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BACKGROUND

Objectives

- **Goal** – Assess the impacts of language congruent care on bariatric surgery follow-up rates
- Bariatric surgery (BS) effectively treats obesity but requires comprehensive communication for successful outcomes
- Language barriers can decrease quality of care and exacerbate health disparities
- As such, we studied follow-up compliance following BS among English proficient patients (EP) and patients with limited English proficiency (LEP) after initiation of a program to provide language congruent (LC) care

Methods

- We performed a retrospective analysis of patients undergoing sleeve gastrectomy (SG) at one site three months before and after implementation of LC care
- All LEP patients had access to interpreters (virtual or in-person) for all visits
- Data comparison used unpaired T-test (p<0.05)

Study Setup

- 136 patients were included, of which 100 were EP patients (50 pre-LC care, 50 post-LC care) and 36 were LEP patients (23 pre-LC care, 13 post-LC care)
- LC materials included perioperative care, as well as diet and exercise instructions. Outcomes included compliance with follow-up at six weeks and six months
- EP or LEP was identified via the medical records

References and Acknowledgements

- Motta M, Savage M, Garapaty N, Samuels S, Parreco JP, Levene T. Impact of Language Congruence on Patient Outcomes Following Gastrostomy Tube Insertion. *Am Surg.* 2024 Aug;90(8):2117-2119. doi: 10.1177/00031348241241654. Epub 2024 Apr 3. PMID: 38568613.
- Lehman R, Moriarty H. Limited English Proficiency and Outcomes in the Intensive Care Unit: An Integrated Review. *J Transcult Nurs.* 2024 May;35(3):226-236. doi: 10.1177/10436596241229485. Epub 2024 Feb 13. PMID: 38351583.

SETUP

Sample Discharge Instructions

Later Stage 4 Food	Portion	Protein (g)
Hard Cheeses (American, cheddar, Swiss)	1 ounce	6-7
Baked beans, vegetarian	½ cup	6
Tuna or chicken, canned	2 oz	14
Fish or shellfish	2 oz	14
Chicken or turkey, boneless, skinless	2 oz	14
Deli meat (turkey, ham, roast beef)	2 slices = 2 oz	10-14
Egg, scrambled or soft boiled	1 large	6-7
Egg substitute	¼ cup	6
Ground meat (90% lean or higher, beef or turkey)	2 oz	14
Veggie burger	½ patty	Varies
Chili, meat or bean based (no big chunks of vegetables)	½ cup	7
Nuts (limit to once per day)	¼ cup	7

EARLY STAGE 4 SAMPLE MENU

Time	Food	Protein (g)	Fluid (oz)
7:00 am	8 oz water		8
8:00 am	6 ounces Greek yogurt (smooth, <12g sugar)	15	
9:00 am	8 ounces tea or coffee		8
10:00 am	8 ounces protein shake	16	8
12:00 pm	6 ounces split pea soup prepared with milk	7	6
3:00 pm	4 ounces Greek yogurt (smooth, <12g sugar)	10	
4:00 pm	8 ounces water		8
5:00 pm	6 ounces tomato juice		6
6:00 pm	1/3 cup cottage cheese	10	
8:00 pm	2 Tablespoons peanut butter	7	
9:00 pm	8 ounces sugar-free clear liquid		8
	Total	65	52

Other information included:

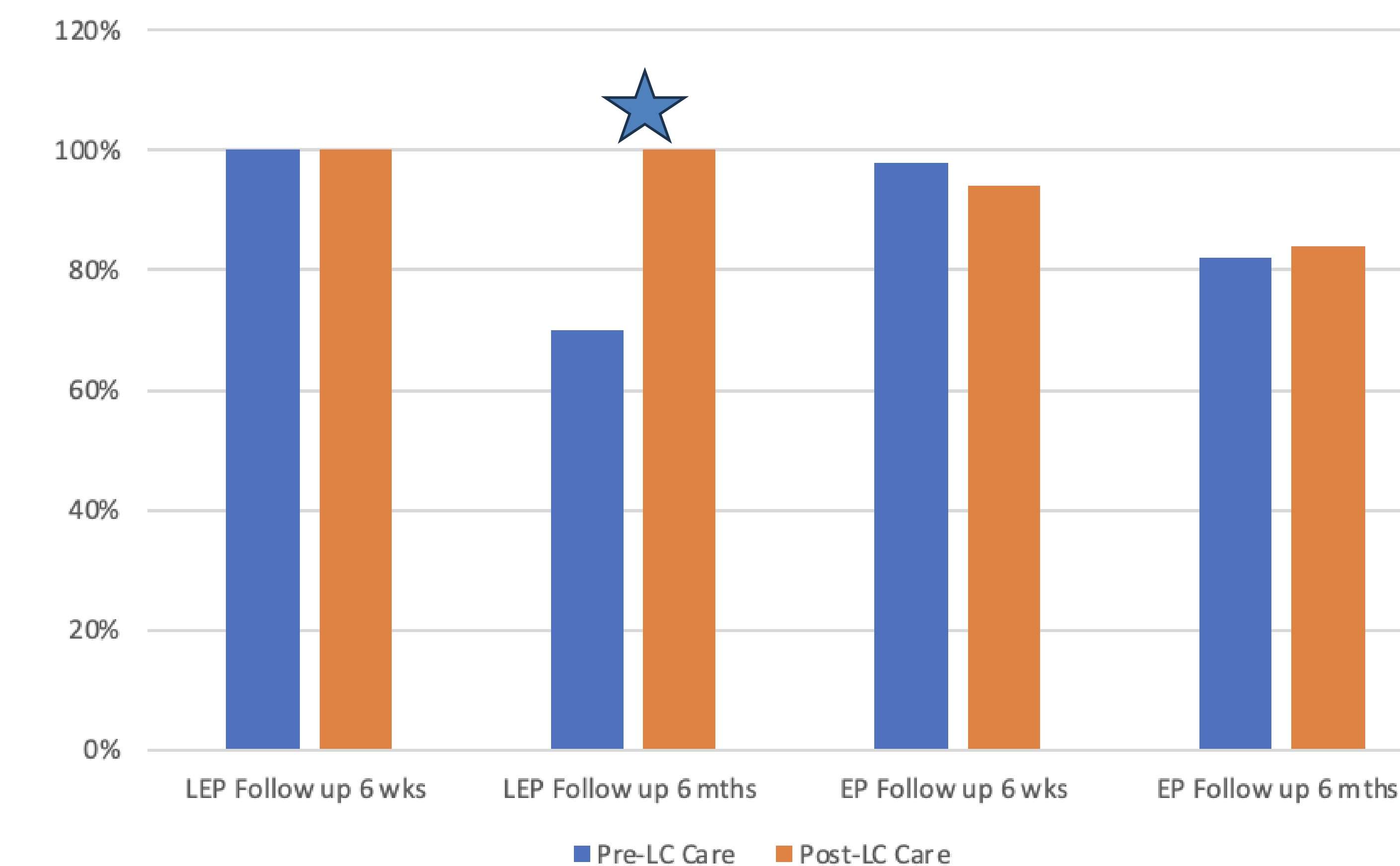
- Pre-op instructions
- Return precautions
- Post-op Instructions (Diet stages, protein intake, water intake)
- Explanation of surgery process
- What to expect post-surgery
- Safety considerations (No NSAIDs following bypass)
- Reasons for extensive follow up
- Dietary tips
- Vitamin supplementation
- Frequently asked questions
- Contact information

RESULTS

Analysis

- LEP patients demonstrated similar 6-week follow up rates (100% in both groups) before and after translation
- LEP patients who received LC care demonstrated higher 6-month follow-up visit compliance
 - 6 weeks: 100% in both groups, no difference
 - 6 months: 100% vs 70%, p = <0.01
- As expected, EP patients did not differ in follow up compliance rates before and after LC care
 - 6 weeks: 98% vs 94% for six weeks, p = 0.31
 - 6 months: 82% vs. 84% for 6 months, p = 0.79

Language Congruent Care Impact on Bariatric Surgery



Conclusions

- Results suggest LC care may improve post-operative follow up rates following BS in LEP
- Increased follow-up rates should provide improved outcomes and limit complications in patients following BS.
- Further investigation will analyze the LC care impact on complication rates long term WL, and remission of comorbidities in these patient populations.

Next Steps

- Extend translation and analysis to other common languages such as Portuguese, Arabic, Haitian Creole
- Extend analysis beyond Bariatric surgery and increased LEP population
- Explore impacts of language congruent care on surgical complications and and weight loss efficacy