

Fill in the outcomes of patient who have undergone metabolic bariatric surgery to calculate SF-BARI Score (Swiss-Finnish Bariatric Metabolic Outcome Score)

Patient (name&ID):

Date:

## WEIGHT LOSS

Percentage total weight loss (%TWL):

POINTS

## COMORBIDITIES

	No disease (10p)	Worsened or "de novo" (-10p)	Unchanged (0p)	Improved (10p)	Remission (20p)	
Type 2 diabetes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Hypertension	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Dyslipidemia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
	No CPAP (10p)	CPAP (0p)				
Sleep apnea	<input type="checkbox"/>	<input type="checkbox"/>				<input type="text"/>

## COMPLICATIONS

Comprehensive complication index (CCI):

(Please calculate the CCI, for example here: <https://www.cci-calculator.com>)

## SF-BARI Score

## SF-BARI Score QOL

SF-BARI Score:

Quality of life (QOL):

(Moorehead-Ardelt Quality of Life - questionnaire <http://www.drmoorehead.com/>)

Categorized SF-BARI Score: Excellent

Very good

Good

Fair

Suboptimal

SF-BARI Score QOL:

Categorized SF-BARI Score QOL:

Excellent

Very good

Good

Fair

Suboptimal

	SF-BARI Score	SF-BARI Score QOL
Excellent	≥ 135	≥ 150
Very good	110 to < 135	125 to < 150
Good	70 to < 110	75 to < 125
Fair	35 to < 70	40 to < 75
Suboptimal	< 35	< 40

## WEIGHT LOSS

- Percentage total weight loss (%TWL) is used in the score
- $$\%TWL = \left( \frac{\text{weight at baseline} - \text{weight at follow-up}}{\text{weight at baseline}} \right) * 100\%$$
- Any unit for weight can be used at baseline and follow-up
- Points in score = %TWL\*2
- If %TWL < -10%, points in score = -10%\*2
- If %TWL > 65%, points in score = 65%\*2
- If %TWL is missing, the score can't be calculated.

	Minimum	Maximum
Weight loss	-20	130
Comorbidities	-30	70
Complications	-50	0
Quality of life	-30	30
SF-BARI Score	-100	200
SF-BARI Score QOL	-130	230

## COMORBIDITIES

Disease	No disease (10 points)	Worsened or "de novo" (-10 points)	Unchanged (0 points)	Improved (10 points)	Remission (20 points)
Type 2 diabetes	No disease at baseline or at follow-up	More medication(s) or initiation of medication(s)	Medication unchanged, if disease at baseline	Less medication(s) or no medication and HbA1c ≥ 6.5% <sup>1</sup>	No medication and HbA1c < 6.5% <sup>1</sup>
Hypertension	No disease at baseline or at follow-up	More medication(s) or initiation of medication(s)	Medication unchanged, if disease at baseline	Less medication(s)	No medication
Dyslipidemia	No disease at baseline or at follow-up	More medication(s) or initiation of medication(s)	Medication unchanged, if disease at baseline	Less medication(s) or no medication and LDL-C ≥ 115.8mg/dL (3mmol/L) <sup>2</sup>	No medication and LDL-C < 115.8mg/dL (3mmol/L) <sup>2</sup>
Sleep apnea	No CPAP (10 points)	CPAP (0 points)			

1. Riddle MC, Cefalu WT, Evans PH, et al. Consensus Report: Definition and Interpretation of Remission in Type 2 Diabetes. Diabetes Care. 2021.

2. Catapano AL, Reiner Z, De Backer G, et al. ESC/EAS Guidelines for the management of dyslipidaemias The Task Force for the management of dyslipidaemias of the European Society of Cardiology (ESC) and the European Atherosclerosis Society (EAS). Atherosclerosis. 2011;217(1):3-46.

- If the patient has type 2 diabetes (T2DM) at baseline, but the follow-up information is missing, the score can't be calculated. If no T2DM at baseline and missing follow-up information, the baseline information is used for the score (10 points).
- The score can be calculated even if follow-up information of hypertension or dyslipidemia is missing and the baseline information is initially used for the follow-up score.
- Obstructive sleep apnea syndrome (OSAS) is evaluated by the use of continuous positive airway pressure (CPAP) mask: if no CPAP at follow-up, the patient gets 10 points.
- If OSAS information is missing at follow-up: no CPAP at baseline 10 points, and CPAP at baseline 0 points.

## COMPLICATIONS

- Complications are measured using the comprehensive complication index (CCI) based on Clavien-Dindo (<https://www.cci-calculator.com>).
- Overall morbidity is reflected in CCI on a scale from 0 (no complication) to 100 (death)
- Points in score =  $-\frac{CCI}{2}$
- If CCI is 100 (death), the score will be the minimum value -100 (or -130 for SF-BARI Score QOL).

## QUALITY OF LIFE (QOL)

- SF-BARI Score can be calculated without QOL information
- With available QOL information, the SF BARI Score QOL is used
- QOL is measured using the Moorehead-Ardelt QOL questionnaire (first version), addressing five QOL items (total score from -3 to 3) ([www.drmoorehead.com](http://www.drmoorehead.com)), but Moorehead-Ardelt QOL Questionnaire II is also applicable.
- Points in score = QOL\*10