

ABSTRACT

INTRODUCTION TO THE ISSUE: Obesity together with possible occurrence of many difficulties carries with it negative effect on physical and mental health. Many patients with severe obesity (class 3) cannot do physical activities or usual daily activities. These patients suffer from feelings of inferiority, decreased self-esteem and other mental issues. It could be classified as a vicious cycle for patients, but the bariatric surgery offers a way out. A gastric bypass is one of the bariatric procedures which is very helpful to reduce the weight of the patients who belongs into class 3 obesity.

OBJECTIVES, METHODOLOGY: The main goal of this study was to find out if applying the gastric bypass to patients has positive or negative effect for their obesity level, quality of life, physical and mental state. The research sample was consisted of patients who were about to undergo gastric bypass. The patient's weight, BMI and body fat ratio were monitored to obtain data related to the assessment of the severity of obesity. The quality of life was evaluated using the SF-36 questionnaire (Short form 36). The standardized MAF (Multidimensional Assessment of Fatigue Scale) was used to review of patient's fatigue. The mental state of patients was subjectively assessed using the standardized HADS scale (Hospital anxiety and depression scale), which focuses on the manifestations of depression and anxiety. Standardized test of instrumental activities of daily iADL (Instrumental activities of daily living) was used to assess self-sufficiency. Instruments related to the severity of obesity, fatigue, quality of life, mental state and usual daily activities were used before surgery and the 1st, 3rd and 6th month after surgery. The physical condition of the patients was assessed using two objective measurements – for assessment of physical activity was used the average number of steps per day, and for assessment of functional capacity was selected a six-minute walk test. These instruments were used before surgery and 3 months after surgery.

RESULTS: A total of 28 patients were included in the study. In 6 months after the surgery, they had an average weight reduction of 34.3 kg and a reduction in BMI of 12.1. The level of life quality was improved in all 8 dimensions for all patients, especially 4 dimensions were very positively affected in patients with mental disorders after the surgery. The value of the global fatigue index was decreased by 48.8 % and other dimensions of fatigue were also improved. Average values were improved over 6 months, especially in patients with type II diabetes mellitus. Prior to surgery, 10 patients had anxiety and 8 patients had depression. It was significantly improved and 6 months after surgery the numbers were-only 1 patient was reported with the symptoms of anxiety and depression. Also, 3 months after the surgery, the average number of steps per day was increased by 1017 and even the distance in meters during the six-minute walk test was increased by 36.3 in average.

CONCLUSION AND RECOMMENDATIONS: In patients after gastric bypass, there was not only a notable reduction in weight, but also significant improvement in their physical and mental condition as well as the perception of quality of life.

Key words: obesity, bariatric surgery, metabolic surgery, gastric bypass, physical state, mental state