

Minimally Invasive and Novel Therapeutics (M.I.N.T.)
September 13th- 15th 2023

Navigating Through My First Year of Practice

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Disclosures

- Ethicon – consultant

Outline

- Scope of my practice
- How to build your team
- How to increase clinical volume
- Block time
- “Ask for help”
- Implementing new technology
- Resident and Fellow Education
- Lifelong learning
- Work Life Balance



Scope of my practice

- General Surgery
 - Cholecystectomy, CBDE, appendectomy, wound debridement
 - Colon: Hemicolectomy, ostomy reversal
 - Hernias: inguinal, ventral, incisional
 - Open component separation, Robo TAR.
- Foregut Surgery
 - Hiatal hernia repair, LINX procedure
 - Heller myotomy
 - Gastric stimulator
- Bariatric Surgery
 - Sleeve, RYGB
 - Revisional surgery: sleeve to RYGB, Band to RYGB, VBG to RYGB
- Endoscopic Surgery
 - POEM, GPOEM
- Medical Weight loss

Approach: Open, laparoscopic, robotic, or endoluminal

Procedures to start in 2024: SADI, ESG, intragastric balloon



Building My Team

- Each bariatric surgeon has their own team but share residents/fellows and NP/PA.
- Ask mentors on how to structure your team
- Start interviews early!
 - Review CV/resume (Look for experience)
 - Allow your staff ample time to move to your city
 - Set expectations (2 sites, hours, etc.)



My Bariatric Team

- Practice Manager
 - Front desk receptionist
 - Insurance Verifier
 - Medical Assistant (2)
 - Midlevel (NP, PA)
 - Residents – PGY 4/5, PGY 2/3
 - Fellows x 2
 - Bariatric Coordinator (shared)
 - Registered Dietitians (shared)
 - Social Worker (shared)
 - Physiotherapist (shared)
-
- Keep in mind: Your receptionist, biller, and medical assistants, and practice manager collectively know more about how to run a practice than you do at this point.



How To Increase Clinical Volume

- Marketing
 - Social media, local news channel, magazines, seminars
 - Word of mouth
 - Local educational sessions
 - Lunch lectures
 - Reach out to physician liaison for help
- Bariatric Pipeline



September 2023
UPCLOSE
 Magazine

Incision-less Surgery

Houston Methodist Sugar Land Hospital is a leading medical center in the Houston area, offering a wide range of services. The hospital is committed to providing high-quality care and is a leader in the field of incision-less surgery. This innovative approach to surgery offers numerous benefits, including reduced post-surgical pain, improved recovery times, and a lower risk of infection. The hospital's state-of-the-art facilities and experienced medical professionals ensure that patients receive the best possible care.

Houston Methodist Sugar Land Hospital is leading medicine in the fight against obesity

Houston Methodist Center for Weight Loss & Bariatric Surgery at Sugar Land is first in area to offer a novel surgical procedure to help patients lose weight

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Incision-less surgery – designed to reduce the risk of the stomach so that patients eat less.

Incision-less surgery – designed to reduce the risk of the stomach so that patients eat less. "We discuss the various types of surgery with our patients and make a decision based on the health and individual circumstances of each patient." Ali said. "In some cases, it will make sense to perform procedures laparoscopically or robotically. But we plan to utilize the new incision-less surgery as much as possible, and our patients are excited about the possibility of a less invasive approach."

During the procedure, Ali uses a specially designed endoscope, inserted into the abdomen through the patient's navel, to perform surgical procedures from inside the body. The endoscope carries a tiny camera and all necessary surgical instruments, allowing him to complete the surgery with no incisions made in the skin or outer layers of muscle. Ali has performed more than 100 abdominal surgical procedures using this novel technology.

Many patients at Houston Methodist Center for Weight Loss & Bariatric Surgery are finding success in lowering their BMI. Below 30, the range of medical treatment, there is a growing class of medications known as semaglutide, prescribed under the brand name Wegovy, and Mounjaro. Although originally developed to treat Type 2 diabetes, these relatively new medications were found to significantly help with weight loss along with diet and exercise. In fact, some patients report losing as much as one-third of their body weight.

Once surgery is complete, patients are placed on a bariatric full liquid diet, and Ali's team helps manage issues such as diabetes or high blood pressure while the patient loses weight.

"It's very easy today to look around and say, 'I don't have a problem' because you can always find others who are heavier," Ali said. "But anyone who has a BMI of 30 or above has health issues and can benefit from medical or surgical intervention. The first step is to see a physician who specializes in helping patients begin the journey toward meaningful weight loss."

Houston Methodist Center for Weight Loss & Bariatric Surgery at Sugar Land is located at 16681 Southwest Freeway, Medical Office Building 1, Suite 500, Sugar Land, TX. Make an appointment, call 281-800-5446, or visit houstonmethodist.org/weight-management for more information.



Don't Wait to Lose Weight

The Houston Methodist Center for Weight Loss & Bariatric Surgery at Sugar Land offers comprehensive medical and surgical therapies to help patients lose weight and regain their health.

- Counseling
- Nutrition education
- Physical therapy
- The latest medical treatments
- Bariatric, laparoscopic, and endoscopic surgical options
- Ongoing support and assistance

Most insurance companies today will cover weight loss treatments, including surgery, for patients with a BMI of 30 or above who also have a comorbidity such as diabetes or high blood pressure, and patients with a BMI of 35 or above who do not have a comorbidity. Patients of Asian descent can often be covered with a BMI of 27.5 or above.

The center has both a bariatric coordinator and insurance writer on staff to help patients better understand their options and insurance coverage.

surgicalglimpse

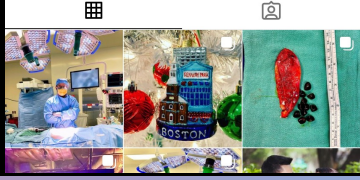
29 Posts | 3,620 Followers | 4,725 Following

Dr. Aman Ali | Surgeon
 Medical & health
 Weight Loss Surgeon
 #bariatricsurgery #foregutsurgery #weightloss
 Strive to educate, inspire, & empower!
 Houston, #boston

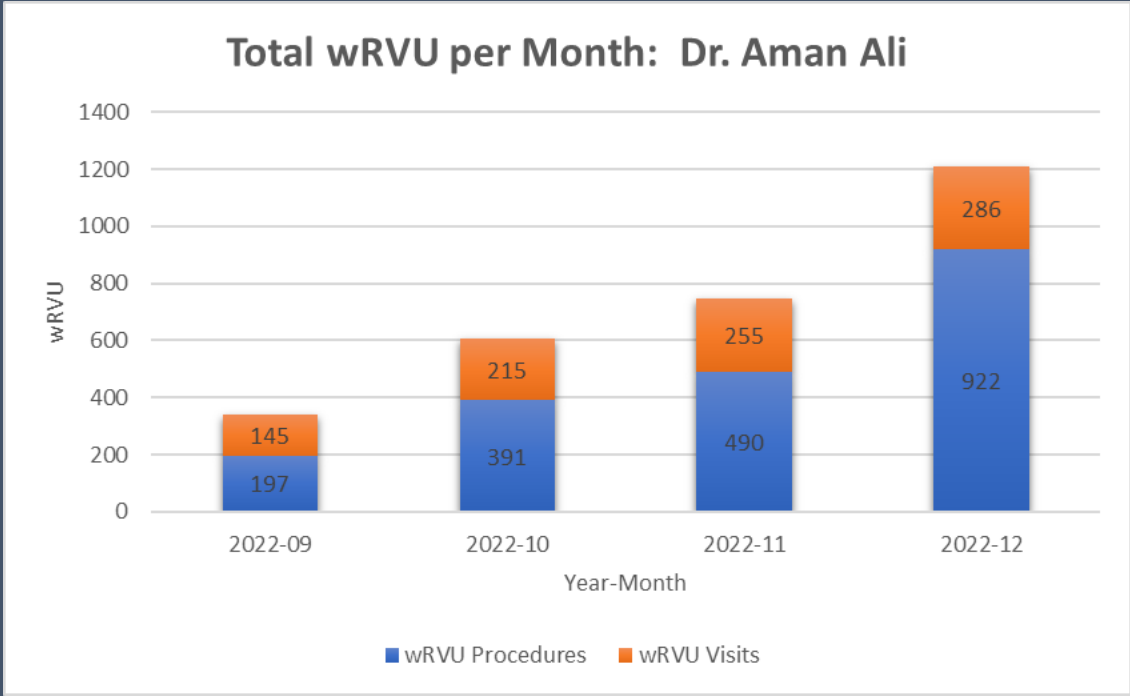
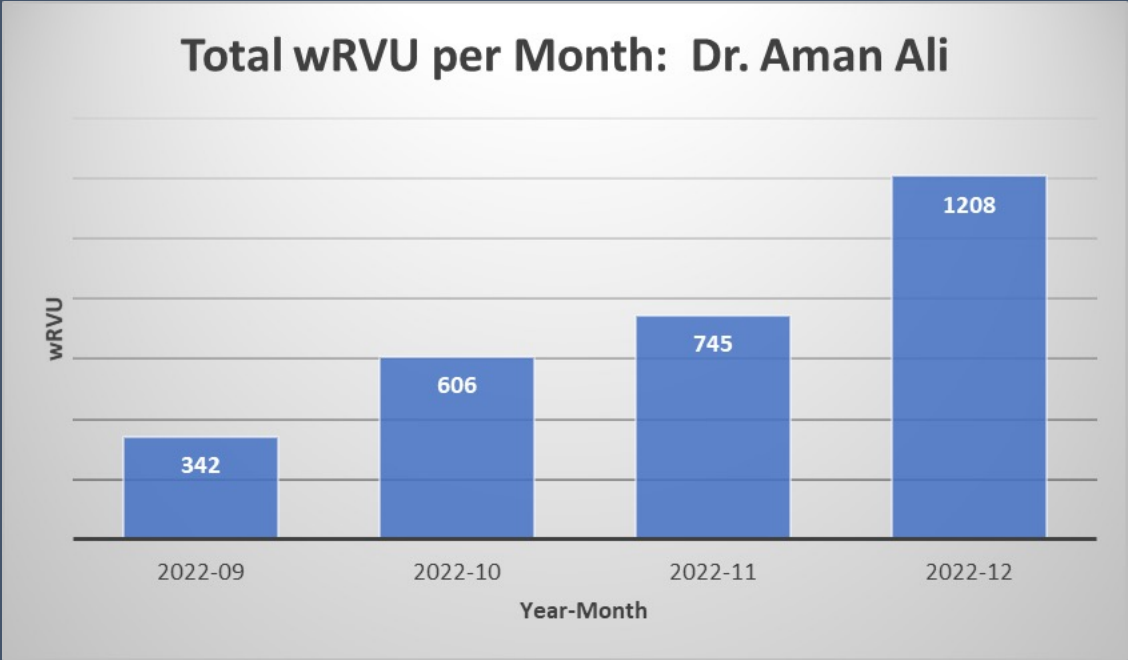
Professional dashboard
 665 accounts reached in the last 30 days.

Edit profile | Share profile

Travels OR Celebrations! Live & Learn COVID



Clinical Volume



“Ask for help”

- 70% of bariatric and foregut cases are revisions
 - Have the correct equipment (8 lap sets)
 - Use technology (EndoFLIP, robot, ICG, etc)
- Senior partners, previous attendings, review images with radiologists, multi-disciplinary approach

Asking for help is not a sign of weakness
but a sign of maturity.

Block Time

- Struggles of doing complex elective cases late
- How to gain access to the OR:
 - Meetings with chair, CEO, and OR director
 - Fill up one room for one day of block time for the entire month, then ask for more days/room.
 - Current block time: 2 rooms all day Mon & Tues, 1 room Thurs afternoon
- How to gain access to Endo-Suite:
 - Repeat & Rinse: meetings with chair, CEO, and GI director
 - Dedicated flex day: Friday
- How to gain more access to the robot:
 - Still in progress...



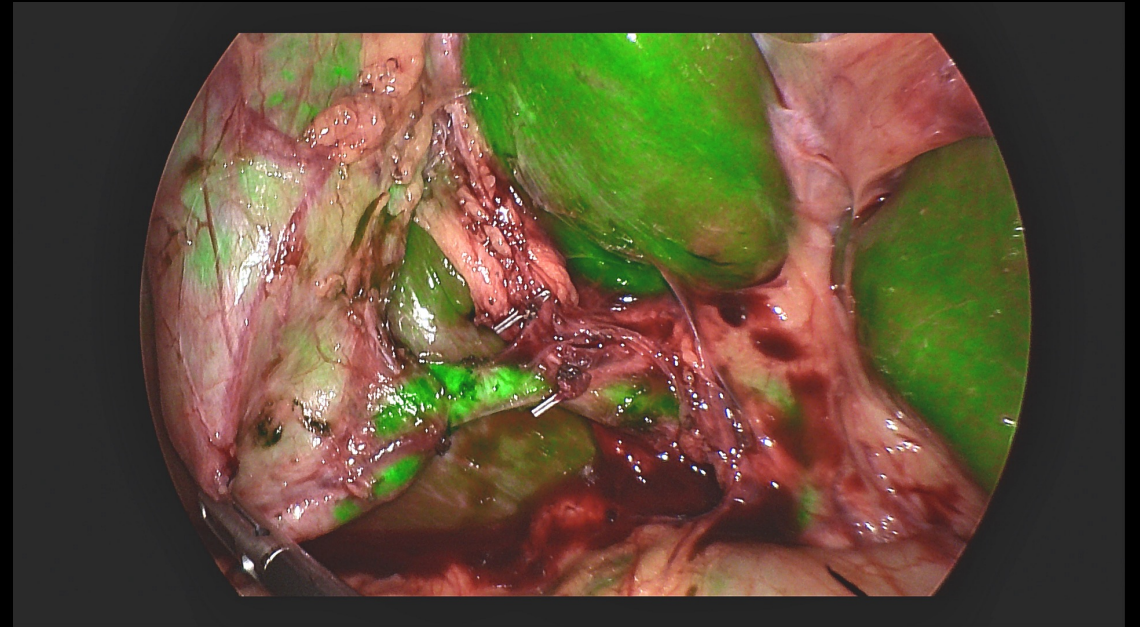
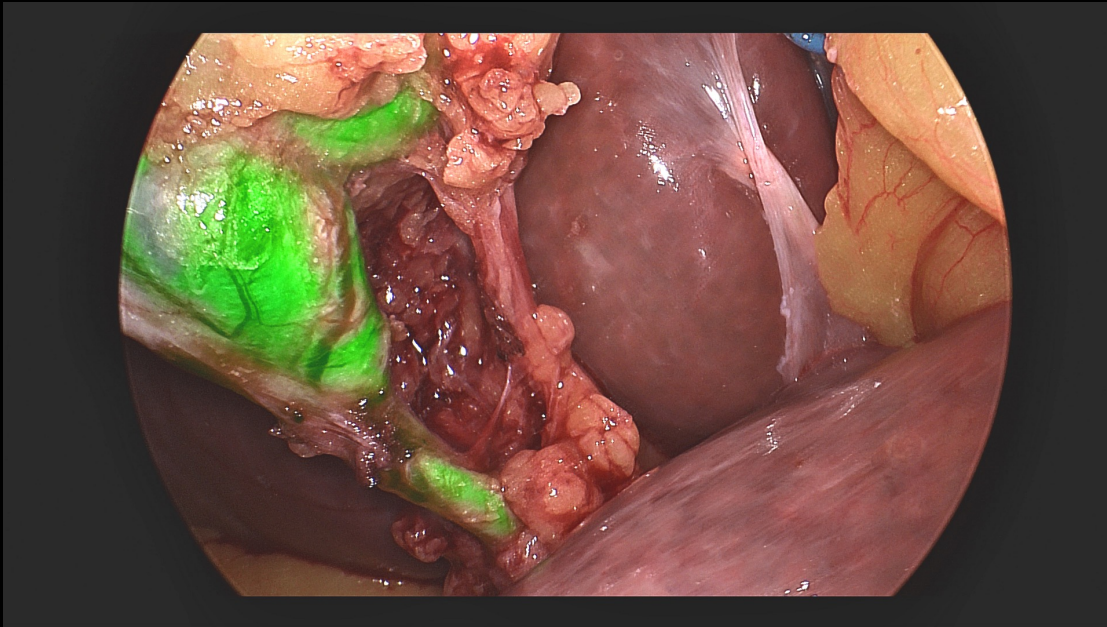
Implementing New Technology

- First: Need access
 - Include in capital budget
 - Make presentations to C-suite, directors, etc on why you need it.
- Second: Know how to use it correctly
- Third: Become proficient
- Fourth: Be able to teach to residents/fellows/students





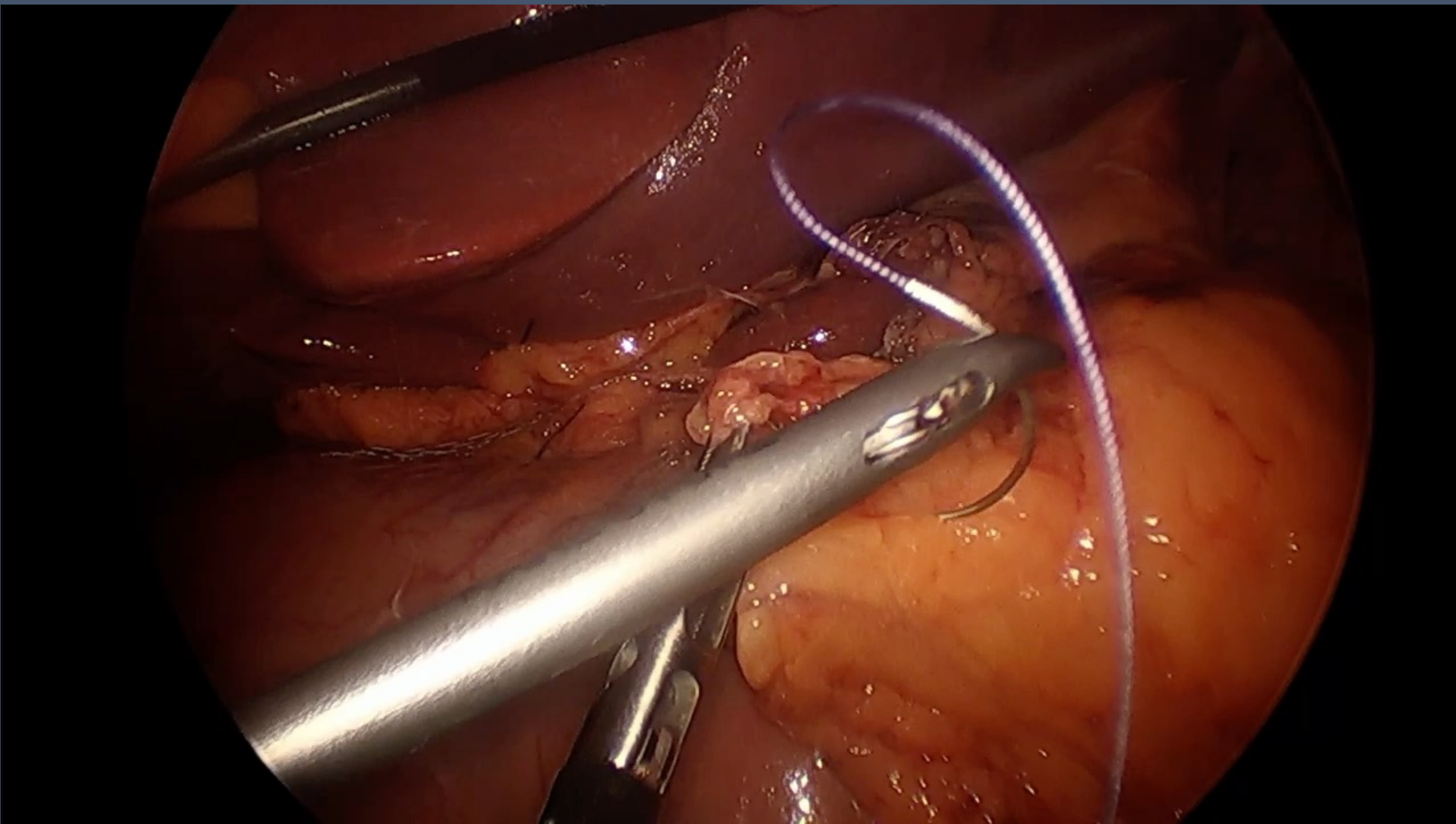
Use of ICG: leak test, perfusion test, biliary anatomy, perihepatic lysis of adhesions, visualization of ureters during sigmoidectomy



Resident & Fellow Education

- Academic setting – passionate about teaching
- Learning how to teach without taking over the case
- Set expectations
 - Review preOp images together
 - Discuss case before the OR
 - Review videos together and ask how I can improve (both resident & attending)





HARVARD
MEDICAL SCHOOL



Lifelong Learning

- Give yourself time to expand:
 - learn new techniques/procedures
 - Attend courses
 - Attend conferences
- 2024 goals: SADI (dieticians, insurance) and ESG (IRB)



Work Life Balance

- Still in progress...
- Pace yourself
 - Off general surgery call as bariatric practice increases
- Practice self care



Thank you!

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