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THE EFFICACY OF LAPAROSCOPIC HELLER'S MYOTOMY IN ACHALASIA PATIENTS – A UNIVERSITY HOSPITAL EXPERIENCE

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Objectives: To determine the impact of Laparoscopic Heller Myotomy on patients' symptoms with esophageal achalasia by evaluating pre-operative and post-operative Eckardt's score.

Method: The patients involved in this study were diagnosed with esophageal achalasia and underwent Laparoscopic Heller Myotomy (LHM) between 2008 and 2015, in King Saud University Medical City, Saudi Arabia. Record of 25 patients who underwent LHM was reviewed; out of these only 19 patients met the inclusion criteria who were included to conduct a retrospective cohort designed study. Patients' demographic data, time of admission, hospital stay and surgical complications were obtained through Hospital Information System (HIS). Clinical symptoms were assessed using the Eckardt's score, which is the sum of the individual symptom score for dysphagia, regurgitation, retro-sternal pain and weight loss. The pre-operative score was collected before the surgery in the surgical clinic. The post-operative score was collected by contacting the patients via telephone. The post-operative Eckardt's score was recorded twice. First, between 3 to 6 months after the surgery and second, at the time of the phone call (January 2016).

Results: A total of 19 patients was included in the study, with a mean age of 36.6 years, 13 of them were males (68.4%). The mean of the pre-surgical Eckardt score was 6.2 which was improved to (1.3 - 2.5) after Laparoscopic Heller Myotomy ($P < 0.01$), with a clinical remission of 84.2% after the surgery.

Conclusion: Laparoscopic Heller Myotomy is an effective procedure in Achalasia patients with clinical remission of 84.2%.

Biography

Afaf Almutairi is a 4th-year medical student at the King Saud University, Riyadh, Saudi Arabia. She is interested in medical research and this is my first research, I am really excited to present my research at the conferences and we are planning to publish it very soon. She is currently doing research in internal medicine about rehabilitation after stroke. Sarah Abdulrahman Aljabri is a 4th year medical student at King Said University, Riyadh, Saudi Arabia. She is very interested in presenting her research at this conference she is very excited to talk about her research. She is actually working with off on other research and she is really passionate about it. Nouf Alballa is a medical student from King Saud University, Riyadh, Saudi Arabia. She is really interested in research and she want to learn more about every aspect of it, this is her first research project.

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