

JAIN'S POINT AN ALTERNATIVE TO PALMER'S POINT - A Systematic review

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BACKGROUND:

■ RCOG guideline no 49, recommends the use of Palmer's point as an alternative trocar insertion site except in cases of splenomegaly or surgery in this area. Recently another alternative point of entry called Jain's point is described in the literature which offers greater advantages and similar safety in comparison to Palmer's point.

Jain's point is a described as a point of entry at L4 level 10-13 cm laterally at the level of the umbilicus. This is an area that is free of adhesions because of the anatomy and can be used liberally both in cases of upper and lower abdominal surgeries, as well as can be used as a main operating port in gynecological surgery with ergonomic benefits.

QUESTION:

Can we use Jain's point as an alternative port site for additional advantages that are not offered by the Palmer's point?

SEARCH STRATEGY:

Sources searched CINAHL (3) EMBASE (29) EMCARE (5) MEDLINE (1) PubMed (8). Date range used (5 years, 10 years): 2011-2021. Limits used (gender, article/study type, etc.): English language. Search terms and notes (full search strategy for database searches below): LAPAROSCOPY, ENTRY POINTS, JAIN'S POINT, PALMER'S POINT ADHESION.



[Jain point: an alternate laparoscopic non-umbilical first blind entry port to avoid vessel, viscera, adhesions and bowel \(VVAB\) - PMC \(nih.gov\)](#)

MAIN RESULTS:

We reviewed 46 studies out of which we choose to discuss 8 studies. 4 studies were large retrospective studies and 1 was a prospective study and three were case reports. They included 8059 patients in which major complication was encountered in only 1 case while minor complications were encountered in 3.8%. While in all the cases Jain's point was used as the main operating port. However no studies were found where a comparison between Palmer's point or Jain's point could be found in terms of safety and efficacy.

REVIEWER'S CONCLUSIONS:

It appears that Jain's Point offers the advantages of economy of ports and ergonomics and can be used as an alternative to Palmers point for Gyneacolgical surgery, however a randomized control trial is required to compare both the entry points to determine safety and efficacy.