REVIEW OF OVARIAN CYST ACCIDENT IN FEDERAL MEDICAL CENTRE ABEOKUTA, NIGERIA

Objective:

- To review the cases of ovarian cyst accidents managed at Federal Medical Centre Abeokuta, Nigeria between 1st January 2010 to 31st December 2019.

Design:

- A retrospective review of ovarian cyst accident managed at the Obstetrics and Gynaecology Department of Federal Medical Centre, Abeokuta, Nigeria from 1st January 2010 to 31st December 2019.

Method:

- A review of the medical records of patients who were managed for ovarian cyst accident at the Obstetrics and Gynaecology Department of Federal Medical Centre, Abeokuta, Nigeria from 1st January 2010 to 31st December 2019 was done. Relevant information including patients' sociodemographic characteristics at the time of admission, presenting complaints, affected side and presence of palpable masses on physical examination, mode of management either conservative or surgical, surgical procedure and histological diagnosis were retrieved. The data was analyzed using IBM Statistical package for social sciences (SPSS) version 25 and reported using frequencies, percentages in simple tables.

Results:

- The total number of patients managed for ovarian cyst accident within the study period was 38 and the total gynaecology ward admission during the period of review was 4949 making ovarian cyst accident 0.77% of the gynaecology ward admission. The age range was 18–58 years and the incidence was highest in the age group 26-30years. Majority of the patients (47.4%) were multiparas. The most common presenting symptom was lower abdominal pains (100%). Associated symptoms included vomiting which was present in 36.8% and fever in 26.3% of patients. Most (63.2%) had the cyst on the right. The widest diameter of the ovarian cyst ranged from 5 to 34cm. Torsion accounts for half of the ovarian cyst accidents in this study. Other causes were cyst infection (21.1%), cyst rupture (15.8%) and haemorrhagic cysts (13.2%). Surgical intervention by exploratory laparotomy was done for 73.7% of participants, and the remaining 26.3% were managed conservatively. The histological examination was benign in 100% of the cases.

Conclusion:

- Ovarian cyst accidents are uncommon presentations that will most likely present with abdominal pain. Ovarian torsion remains the most common cause of ovarian cyst accident, though clinician should also consider other possible causes. As most ovarian cyst accidents are histologically benign, prompt diagnosis and intervention are necessary to salvage the ovary and preserve reproductive potential of the patients.