OUTPATIENT MYOSURE - STUDY OF TRENDS AND PATIENT PERSPECTIVE

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Introduction

Outpatient hysteroscopy service offers a safe, convenient and cost effective means of diagnosing and treating abnormal uterine bleeding; and aiding the management of other benign gynaecological conditions.

MyoSure tissue removal system is intended to remove unwanted tissue (eg polyp, fibroid) from the uterus.

Objectives

To collect data on the number of outpatient MyoSure procedures performed at DPOW from January 2020 to January 2022.
To analyse the common types of lesions for which MyoSure procedures were performed.
To collect data on pain scores for the procedures and assess the need for optimising pain relief methods so as to increase the acceptability of the procedure

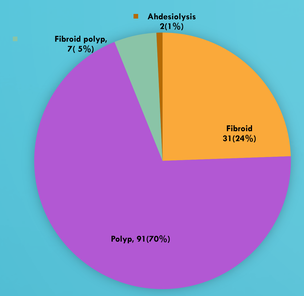
Method

We examined the clinic's standardised paper form, which records data procedures, supplies used, and pain management. We tracked patient outcomes using our organisation's Electronic Health Records (WEBV) system

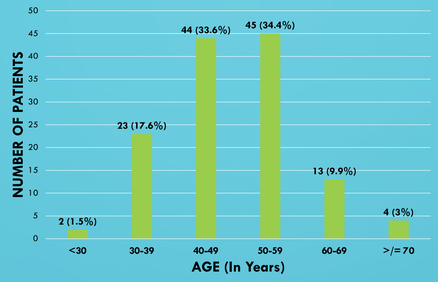
Results

We studied 131 ambulatory patients. Age group: 40-49; 33.6% (44/131), 50-59: 34.4% (45/131); Parity ≥1,70.8% (92/131), indications include endometrial polyp 70%, submucous fibroid 24%, fibroid polyp 5%, and adhesions 1%.Like pain scores 0-5 (mild) in 33.9% (22/62), 6-7 (moderate): 29% (18/62), 8- 10 (severe) 3.2% (2/62).
Devices: Reach 48.8% (64/131), MyoSure Lite 34.4% (445/131), MyoSure XL 9% (12), MyoSure manual 7.6% (10).
We did not register any procedural complications.
Before the procedure, all patients received simple analgesics and a cervical block, with a Health Care Assistant present throughout the treatment.
Most patients reported no or minimal pain and did not require additional analgesia.
One-third of the patients experienced moderate pain but could complete the procedure.
Only two of the sixty two documented patients experienced severe pain.
There was no correlation between the severity of pain and age, parity, lesion type, or device type.

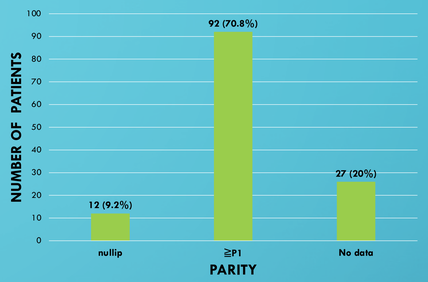
Indication for Myosure Procedure



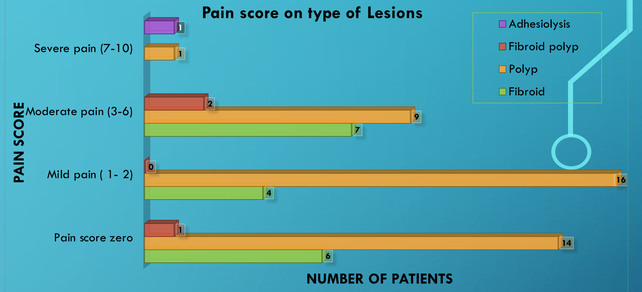
Patient Demographics



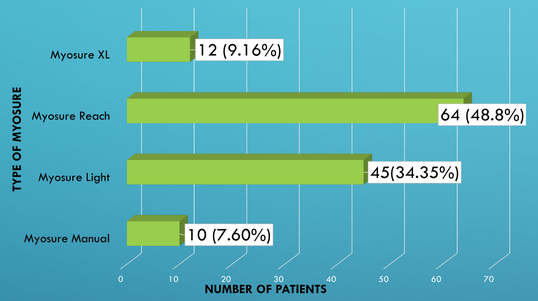
Parity of Patients



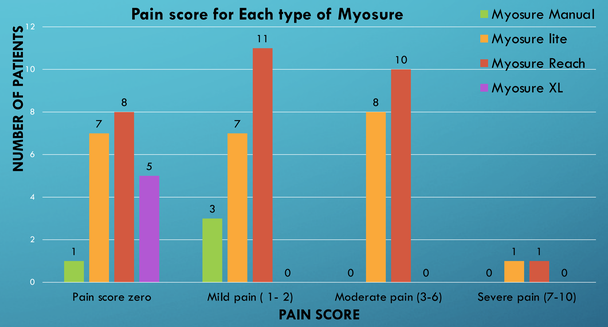
Pain score on type of Lesions



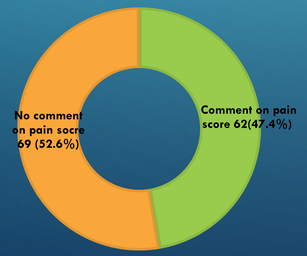
Types of Myosure



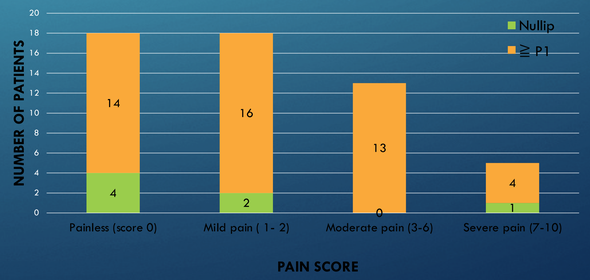
Pain score for Each type of Myosure



Patients Comment on Pain score



Pain score by Parity



Summary

- A total of 131 patients received Outpatient Myosure treatment at DPOW from Jan 2020 to Jan 2022.
- Majority were in the age group of 40-49 years followed by 30-39 years.
- Majority (70.8%) had parity ≥1.
- 20% of patients had no parity recorded.
- Most common indication for MyoSure was Polyp (70%).
- Most common type of MyoSure used was MyoSure Reach (48.8%) followed by MyoSure Lite (34.4%).
- Data on pain score was available only for 47.4% of the patients.
- 1/3rd of patients found the procedure painless while another 1/3rd experienced only mild pain during the procedure.
- Only 3% of the patients experienced severe pain during the procedure.
- There was no relationship between severity of pain and parity, type of lesion or the type of MyoSure used. Pain scores were distributed among all the categories.

Conclusion

Outpatient MyoSure treatment has been well accepted and well tolerated by the patients at DPOW.

It should be offered as a cost-effective, safe and convenient approach to the management of benign gynaecological conditions like abnormal uterine bleeding due to fibroid, polyp or intrauterine adhesions.