

Objective

- Adnexal torsion is one of the most frequent gynaecologic surgical emergencies affecting females of all ages.
- Establishing the diagnosis is usually challenging as the symptoms are non-specific.
- The delay in diagnosis can result in loss of ovarian function.
- The objective is to review the evidence and provide recommendations on diagnosing and managing adnexal torsion in different age groups.

Methods

- Our approach started with defining relevant clinical questions. In this guideline, we aimed to appraise evidence on the diagnosis and treatment of ovarian torsion.
- A literature search was conducted on internationally recognized guidelines between January 2000 to January 2022 to define the current global practice.
- Each clinical question was assigned to a panel of 2 researchers, who appraised how the question was addressed by available guidelines, the evidence supporting current recommendations, and the presence of controversies and gaps.
- The third step was to conduct a systematic search of the literature on PUBMED, SCOPUS and Cochrane library were searched for from January 2000 to April 2020, using the following terms: ["Ovarian" OR "Adnexal"] AND ["Torsion"] AND ["management" OR "diagnosis"].
- Retrieved articles were reviewed by two researchers independently through a 3-step selection process through revision of titles, abstracts, and full articles, respectively.
- Eligible studies were appraised for methodology, and results and recommendations were made by consensus.
- Recommendations were classified based on the Oxford Centre for Evidence-based Medicine—Levels of Evidence.

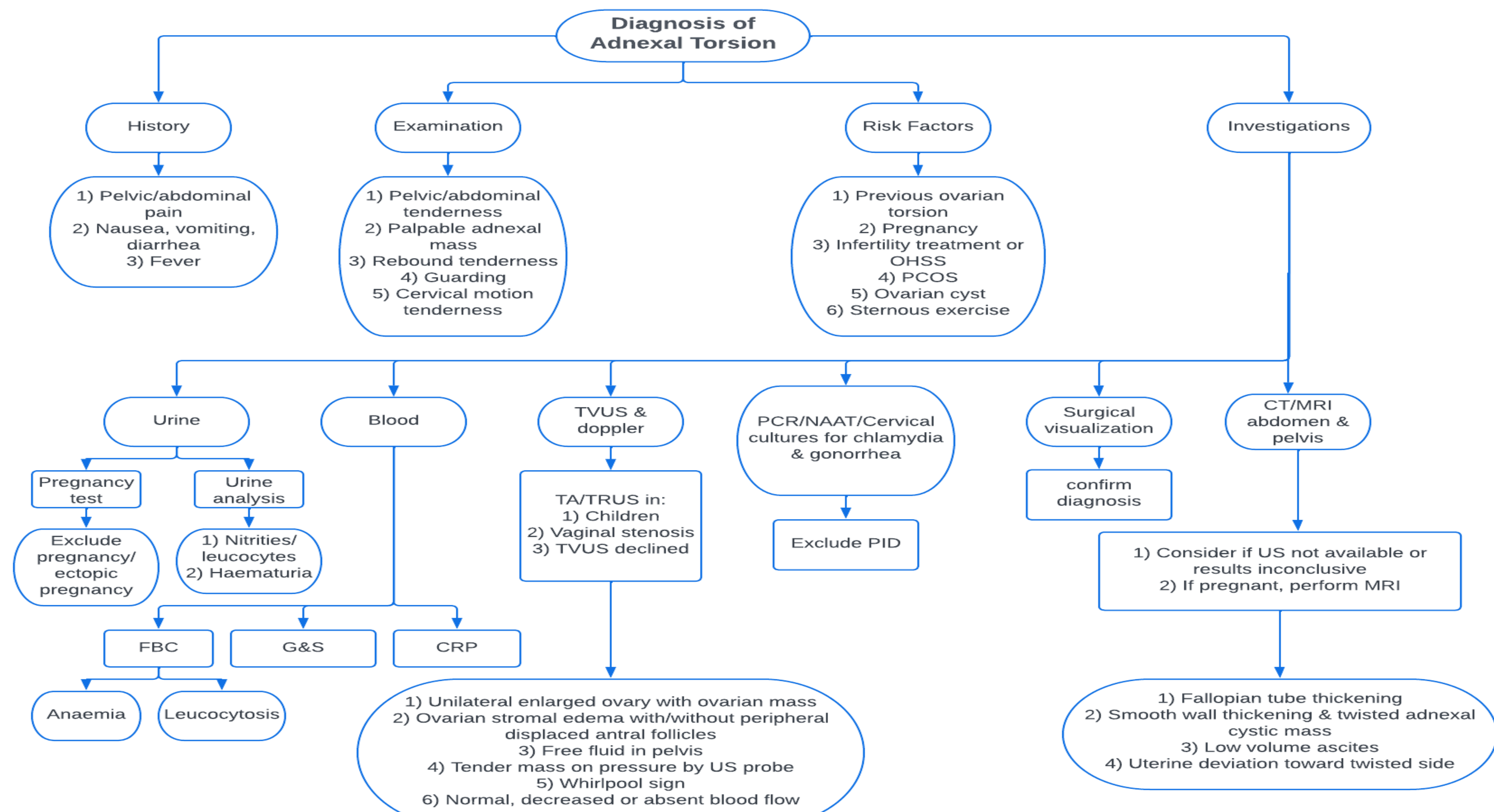
Results

- The evidence obtained was reviewed and evaluated by the Obstetrics and Gynaecology practice guidelines Committee of the Middle-Eastern College of Obstetricians and Gynaecologists (MCOG) under the leadership of the principal authors.
- The diagnosis should be considered in females with acute abdominal pain, and surgery should be performed as soon as possible to minimize trauma to the ovary.
- Laparoscopy is the preferred surgical approach for detorsion. Conservative surgical treatment, including detorsion with or without cystectomy, should be performed even in cases of a blue-black ovary.
- Salpingo-oophorectomy should only be considered in postmenopausal women, fertility not desired, non-viable ovary or when malignancy is suspected.

Conclusion

- The MCOG practice guideline for the management of adnexal torsion aims to provide an overview of the current evidence for assessing and treating this condition.
- The guideline includes algorithms based on current evidence to guide the diagnosis and management of adnexal torsion in females of all age groups.

Diagnosis Algorithm



Management Algorithm

