

Myosure in Outpatient Settings: Is It Truly Effective?

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Objective

To assess the outcomes of the MyoSure procedure and investigate its clinical efficacy in treating submucosal fibroids, endometrial, and cervical polyps at District General Hospital (DGH), introduced in November 2022.

Design

A retrospective analysis was conducted over a 6-month period, including all patients who underwent the MyoSure procedure at Chesterfield Royal Hospital (CRH). The aim was to study the efficacy of this procedure.

Method

Patient records were obtained from the records department. Evaluated parameters included demographics, pathology, premedication, operative time, type of MyoSure device used, fluid deficit, complications, and readmissions.

Results

A total of 23 patients were included in the study, with an average age of 55 years (range: 36–77). Fourteen patients (61%) underwent the procedure in the outpatient clinic under local anesthesia (LA), while nine patients (39%) required the procedure to be performed in the operating theatre. Premedication was administered in 13% (3/23) of cases, not given in 83% (19/23), and not documented in 4% (1/23). The MyoSure devices used included LITE in 17% (4/23), REACH in 65% (15/23), and XL in 17% (4/23). Hysteroscopy findings revealed polyps in 74% (17/23), fibroids in 17% (4/23), and a combination of polyps and fibroids in 9% (2/23). The average operative time (n=18) was 147 seconds (range: 3–916 seconds), with an average fluid deficit of 267 ml (range: 90–675 ml). The average pain score reported by patients (n=9) was 4. No complications, discharges, or readmissions were reported following the procedures. This demonstrates the safety and efficacy of MyoSure in outpatient hysteroscopic procedures.

Conclusion

Outpatient MyoSure procedures are highly effective and provide significant savings in theatre time and associated costs compared to inpatient care. This approach offers substantial cost savings for the NHS, while maintaining high standards of efficiency and patient outcomes. Aligned with the 'Get It Right First Time' initiative, the implementation of MyoSure in outpatient settings across all District General Hospitals (DGHs) presents a novel, forward-thinking approach. It has the potential to reduce NHS wait times while ensuring effective and efficient patient care.