



Sonata System: Gathering the Experiences of Patients and Improving Post-Procedure Education

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Background

The Sonata System, which combines advanced intrauterine ultrasound with radiofrequency ablation, allows incisionless treatment of fibroids without the need for general anaesthesia [1].

Aims

We have a responsibility to manage patients' expectations post-procedure; particularly for less well-known procedures. To this end, we carried out a questionnaire to gather patients views, which identified the need for a post-procedure Sonata Patient Information Leaflet.

References

1. Lukes, A. and Green, M.A. (2020) 'Three-Year Results of the SONATA Pivotal Trial of Transcervical Fibroid Ablation for Symptomatic Uterine Myomata', *Journal of Gynecologic Surgery*, 36(5), p. 228. Available at: <https://doi.org/10.1089/GYN.2020.0021>.

Methods

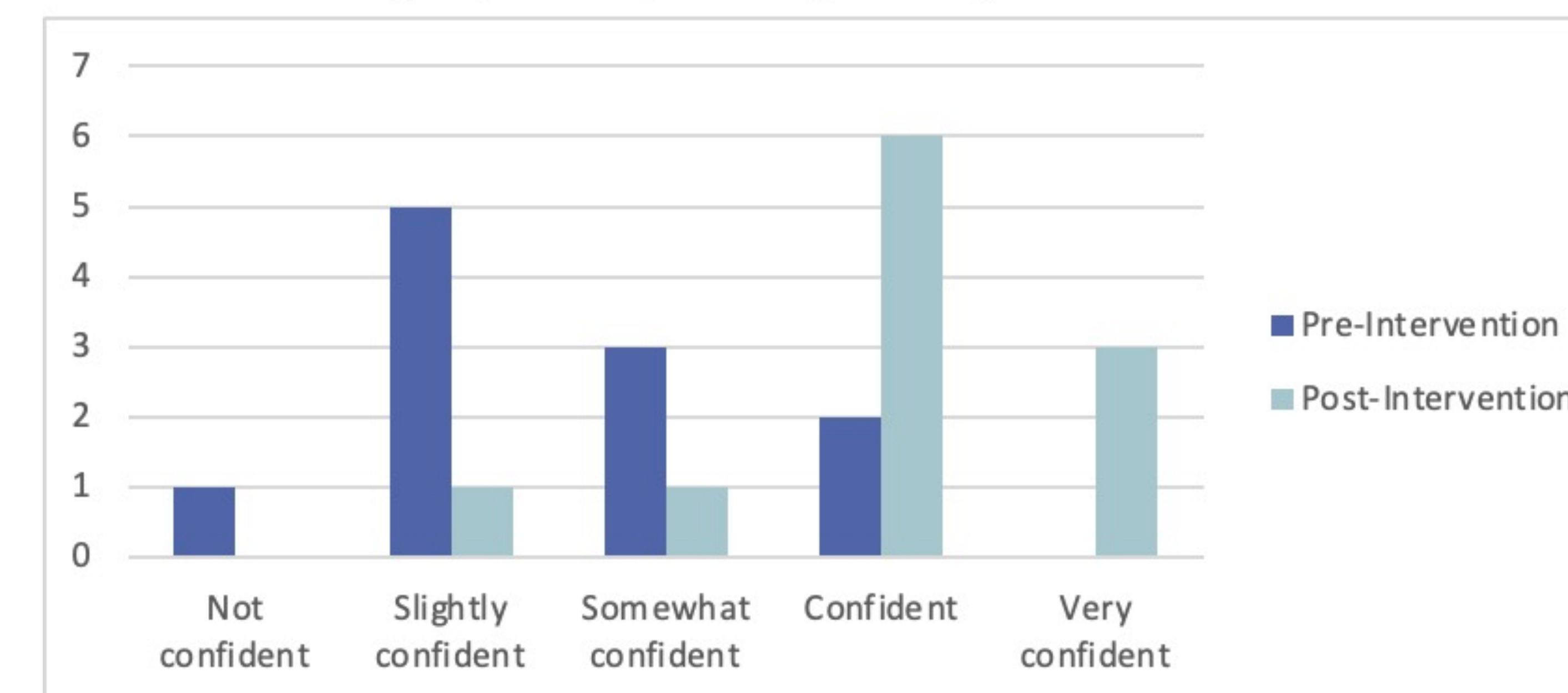
31 patients who had Sonata treatment between October 2023-2024 were followed up at 4 and 6 months.

- Patients were interviewed via telephone regarding their satisfaction with Sonata, using the Uterine Fibroid Symptom and Quality of Life (UFS-QOL) questionnaire.
- Key improvements that were identified were the need for a post-operative leaflet with relevant information such as common side effects after the procedure, red-flag symptoms and whom to contact.
- Responses to the leaflet were evaluated via online questionnaires.

Results

- 11 patients responded to the post-patient information leaflet questionnaire.
- 18.2% of patients (2 out of 11) stated that they felt "confident" or "very confident" about Sonata aftercare before reading the PIL.
- After reading the PIL, 81.8% of patients (9 out of 11) stated that they felt "confident" or "very confident" about Sonata aftercare.

Change in patient-reported confidence in post-SONATA care



Discussion

Implementation of the leaflet effectively improved patients' understanding of key side effects following Sonata and clarified when to seek medical attention. Based on the feedback received, the next step involves translating this information to enhance its cultural accessibility for a diverse patient population.

We can conclude that particularly when using innovative treatments attention should be paid to the information resources given to patients, to improve their experience, satisfaction and understanding of their own medical care.