

Audit on Outpatient Hysteroscopy at a Tertiary Centre

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Objective

Outpatient hysteroscopy service at Queen Alexandra Hospital (QAH), Portsmouth was audited against latest RCOG green-top guideline on outpatient hysteroscopy^[1] to identify potential areas of improvement.

Design

Prospective data was collected on all patients who underwent outpatient hysteroscopy in December 2023.

Methods

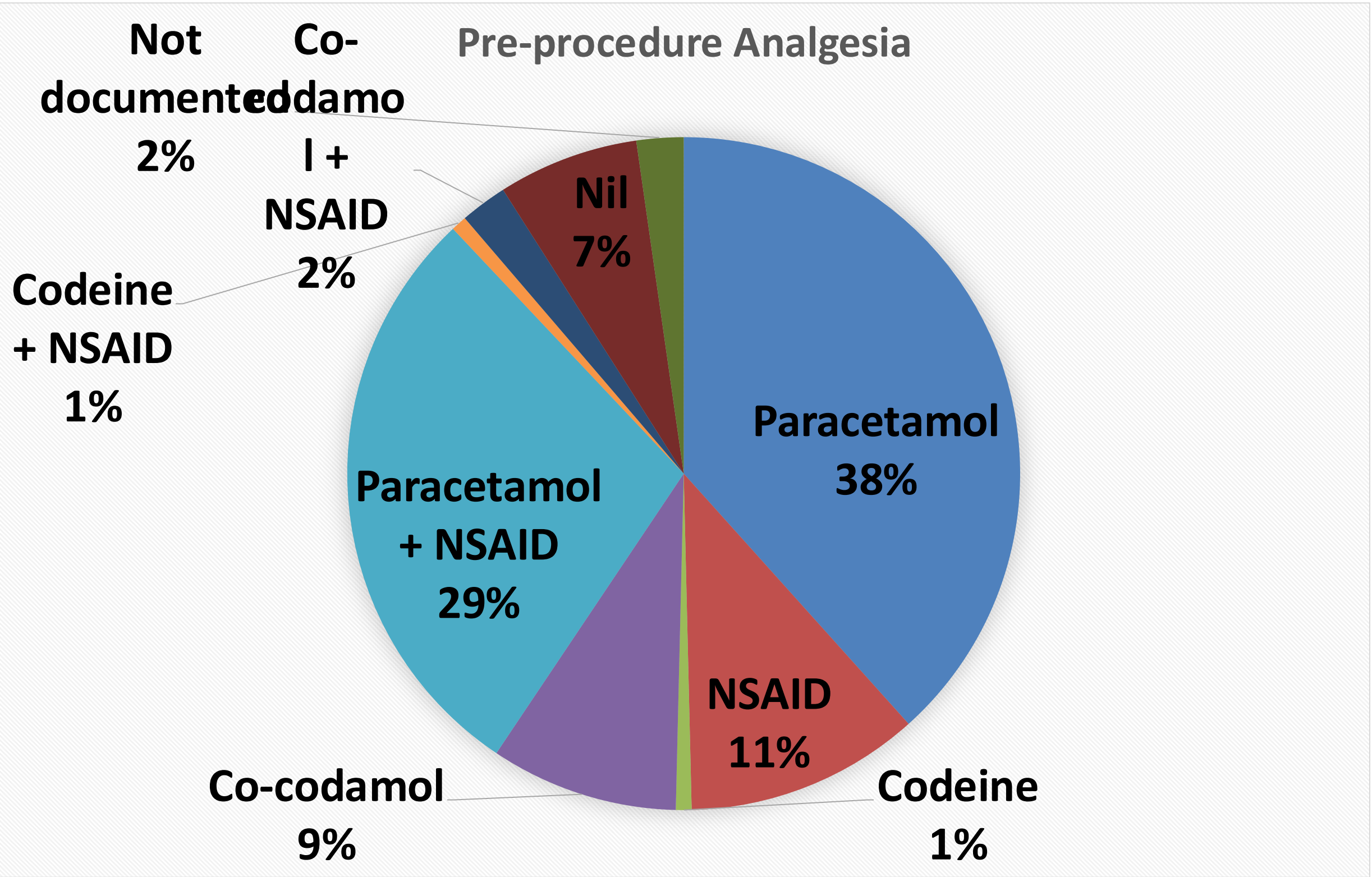
133 patients were included in this audit and the following data was collected on each patient:

- Demographics
- Reason for referral
- Analgesia used
- Procedural steps
- Success rates and reasons for failure
- Complications
- Histological results

Analysis and Results

The mean age of patients who underwent outpatient hysteroscopy was 55.6 ± 10.8. 53% of referrals were due to postmenopausal bleeding (PMB) who were not on hormone replacement therapy (HRT). 91% of patients took a form of analgesia: paracetamol ± NSAID ± codeine. However, up to 9% of patients did not take any analgesia (see pie chart 1).

Operative Procedure (38/133)	Success rates (128/133)	Complications
• 1 x Sonata • 4 x Polyp removal using Polyp forceps • 33 x Myosure Polypectomy	• 1 x Severe cervical stenosis ⇒ Follow-up in 3/12 with repeat USS • 1 x Endometrial Polyps • 2 x Unable to tolerate procedure • 1 x Previous endometrial ablation	• 1 x Nausea • 1 x Heavy pv bleeding 3 days post procedure – discharged home with TXA for 5 days



Unfortunately, only 9% of the procedures were done using a vaginoscopic approach. 47 patients required cervical dilatation, and local anaesthesia was used in only 53% of cases. 95 of the procedures were diagnostic and 38 of the procedures were operative. 5.2% of diagnostic procedures were not successful but surprisingly, there was 100% success rate on all operative procedures. Histological results were benign in 78% of cases.

Conclusion

In QAH, outpatient hysteroscopy service is well-established, and regular audits are undertaken to ensure up-to-date national standards are followed.

References

1. De Silva PM, Smith PP, Cooper NA, Clark TJ, Royal College of Obstetricians and Gynaecologists. Outpatient Hysteroscopy: (Green-top Guideline no. 59). BJOG: An International Journal of Obstetrics & Gynaecology. 2024 Dec;131(13):e86-110.