

Introduction

- Per oral endoscopy myotomy (POEM) is an effective treatment for achalasia
- However it is not curative and determining long term outcomes and potential preoperative predictors of those outcomes can be difficult
- High resolution manometry can diagnosis achalasia and quantify its effects on the esophagus and the swallowing mechanism
- This study sought to evaluate if any manometric findings could predict long term outcomes after POEM for achalasia

Study Design and Methods

- This was a retrospective cohort study of all patients who underwent a POEM at a single institution from 2011 through 2025
- Standardized survey was conducted via e-mail or phone call >1 year after POEM
- Eckardt scores, GERD-HRQL scores, need for achalasia re-interventions (endoscopic or surgical), PPI use, and other quality of life measures were recorded and then compared to preoperative manometric measures including preoperative IRP and achalasia type

	Type 1	Type 2	Type 3	p-value
N	14	36	6	
Mean Eckardt Score	2.7	3.3	4	p=0.4
GERD-HRQL	13	11.8	15.8	p=0.6
Require Postop Intervention	3 (21%)	10 (28%)	0 (0%)	p=0.3

Table 1. Postop results by achalasia type

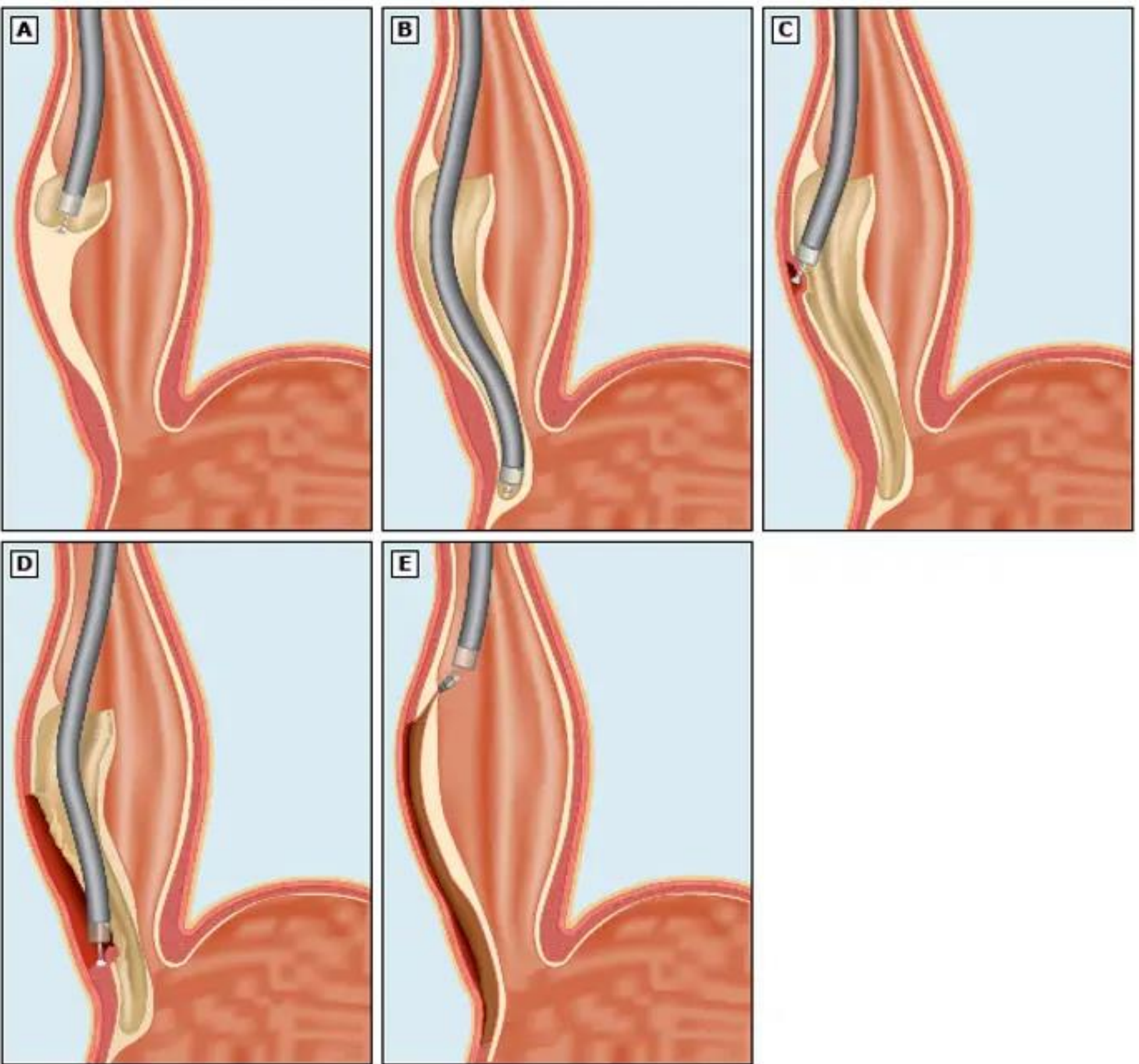


Figure 1. Steps of a POEM. A: Mucostomy B: Submucosal tunnel C: Myotomy D: Longitudinal myotomy E: Closure of mucostomy

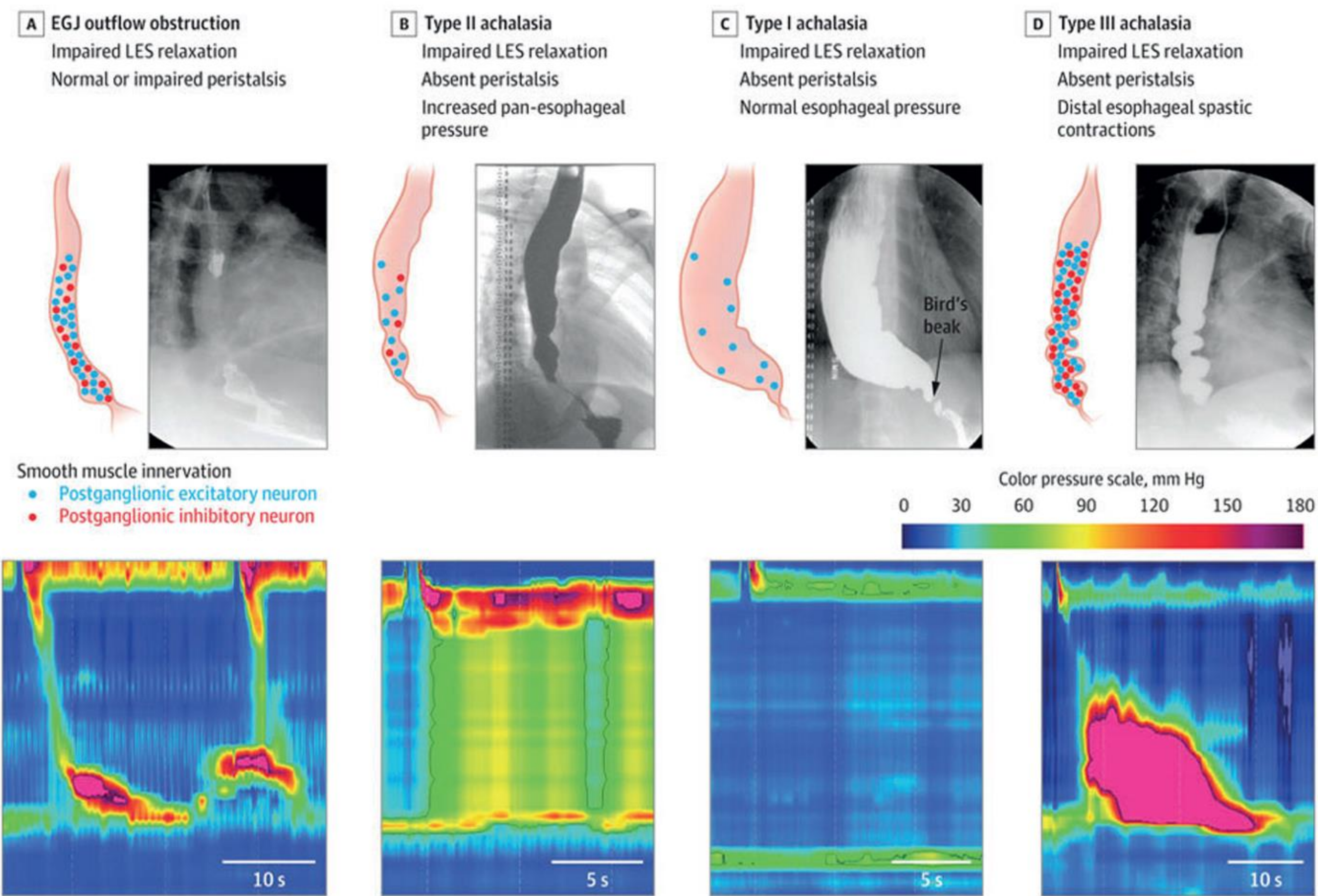


Figure 2. Types of achalasia

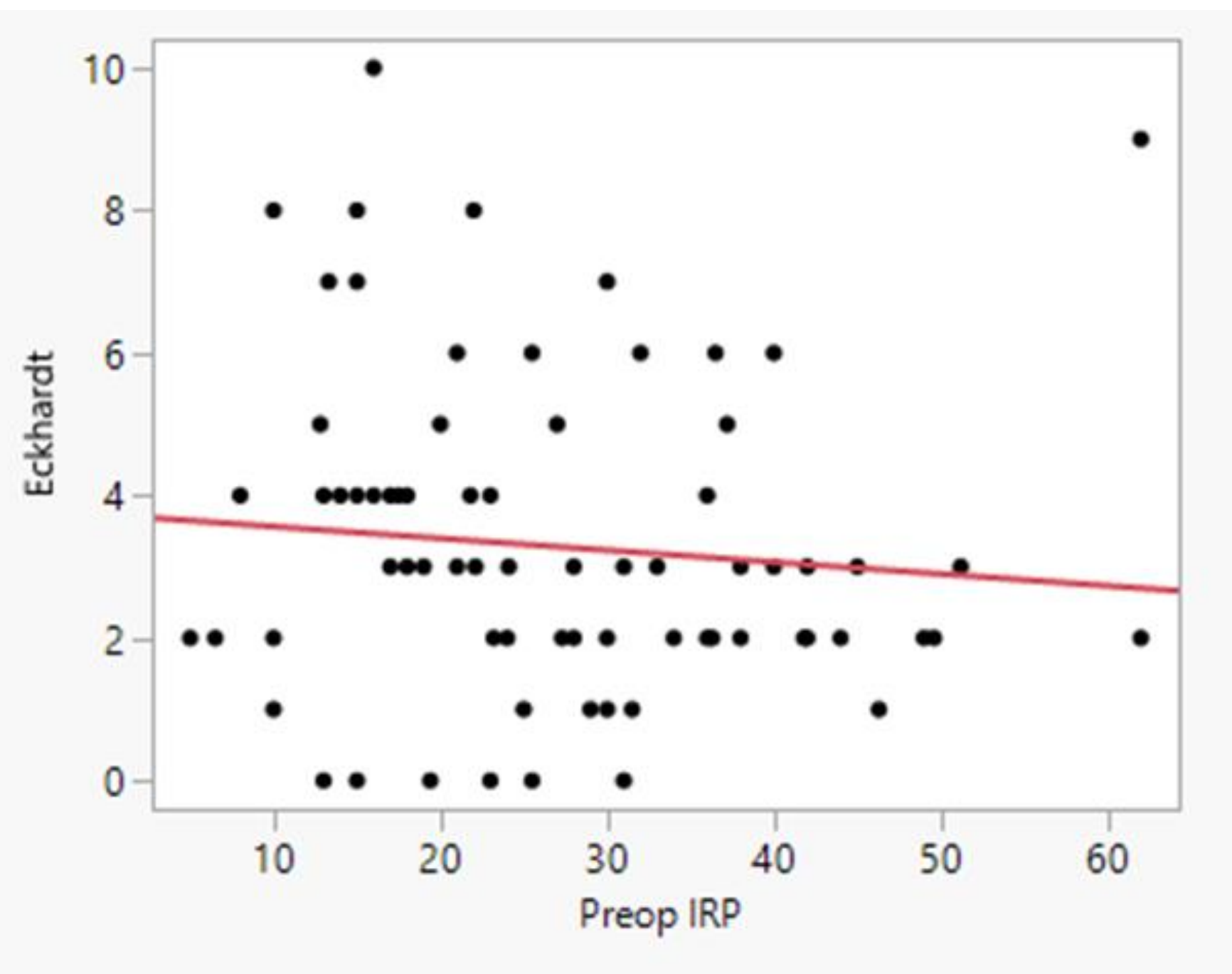


Figure 3. Postop Eckardt vs Preop IRP

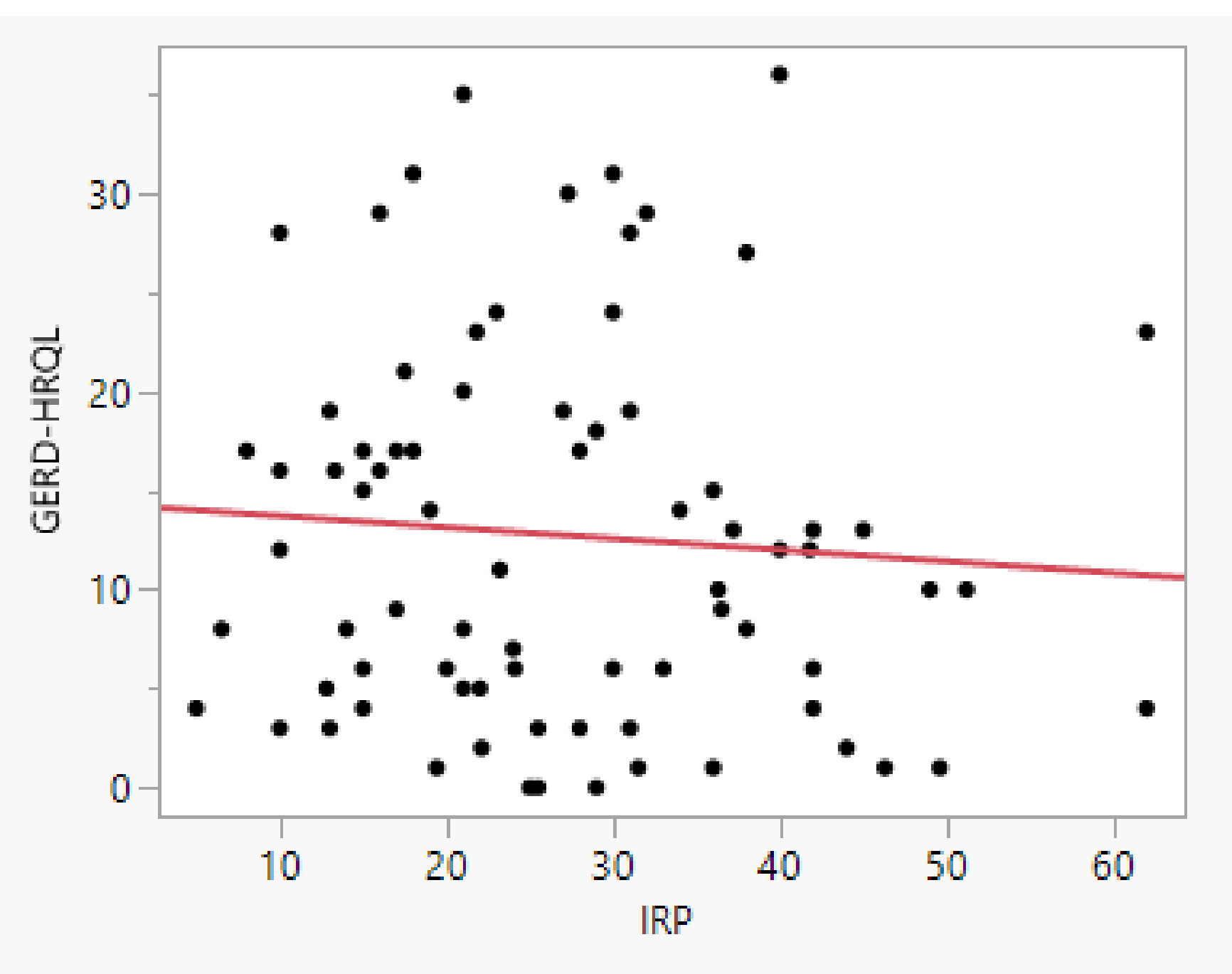


Figure 3. GERD-HRQL vs Preop IRP



Results

- 342 patients identified, 86 (29%) were able to be successfully contacted and complete the survey
- Median follow up was 6 years
- 22 (26%) had type I achalasia, 55 (64%) had type II, and 9 (10%) had type III
- The long term postoperative Eckardt scores were not different among achalasia types or IRP pressures
 - Mean scores were 2.7, 3.3, and 4 for types I, II, and III respectively
- GERD-HRQL scores also did not vary between types or IRP pressures
- Need for postoperative achalasia interventions was also not different between types or IRP pressures

Conclusions

- POEM is an effective treatment method for achalasia
- Preoperative manometric findings do not predict long term outcomes after POEM and therefore providers should not be hesitant to offer POEM to achalasia patients based on the severity of their manometric findings