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PER ORAL ENDOSCOPIC MYOTOMY (POEM) AT THE TREATMENT ACHALASIA EOSOPHAGUS

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Introduction: Peroral endoscopic myotomy (POEM) is a novel approach for the treatment of achalasia at the Ukrainian patients. This abstract aim to assess, safety and efficacy endoscopic approach for the treatment achalasia. Surgical myotomy is considered the gold standard treatment achalasia, however, peroral endoscopic myotomy (POEM) seems to be a safe and effective alternative option.

Methods: we performed 10 POEMs for the patients with different types of the achalasia from May until October during the 2019 year. At the all cases we used Eckhart's score, X-ray and endoscopic Ling classification evaluated for type achalasia. According Ling endoscopic classification 7 patients had Ling IIa type and 3 patients had Ling III. type. Patients were undergoing general anesthesia, supine position. Submucosal injections were made at the 30 sm from incisors to the posterior wall of esophagus. Then we formed a submucosal tunnel, an average length of 12-14 sm. Myotomy was started on 2 sm below the entrance to the tunnel and continued below 2 sm from LES. Selective circular myotomy was done in the upper part of the tunnel and full-thickness myotomy towards the lower part of the tunnel. After myotomy, esophageal mucosal incision was closed clipped.

Results: All patients after underwent POEM noted reduction clinical dysphagia, regurgitation and vomiting. The median postoperative Eckardt score was 0 (range 0-6) follow up period was 60 days. The postoperative period of staying in the clinic was averaged 5-6 days. Postoperative antibiotic prophylaxis was required for 3 patients with clinical symptoms of intense carboxiperitoneum and increase body temperature.

Conclusions: We received the excellent results after POEM without seriously complications, so we can recommend POEM as method of choice endoscopic treatment achalasia. But this method requires further research and improvement.

Keywords: Eosofagus, achalasia, POEM.

