A survey on narrow band imaging in the diagnosis of endometriosis among junior gynaecologists

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Introduction: Endometriosis commonly affect women of fertility age. Diagnostic laparoscopy is the gold standard for diagnosis. But on laparoscopy, you can only see what you recognise and you can only treat what you see. Lesions of endometriosis varies and it can be easily missed especially for inexperienced surgeons. Compared with conventional light, narrow band imaging gives enhanced images of microvascular structure. It is helpful in identifying superficial structure and microvasculature of diseases.

Aim:
The aim of this study is to evaluate the value of narrow-band imaging (NBI) in diagnosing endometriosis among junior surgeons.

Setting: The survey was conducted among junior gynaecologists in the setting of a tertiary referral centre in Singapore.

Method: Our survey consists of two parts which showed different types of endometriosis under white light and corresponding images with NBI. Participants were asked to give diagnosis based on white light images first and then with NBI. Answers for each group were compared to assess whether NBI increase the recognition of different types of endometriosis.

Result: Total of 30 doctors participated in the survey, among whom 56.7%(17/30) performed less than 10 laparoscopic surgeries per year, and 73.3%(22/30) performed less than 10 endometriosis surgeries per year. 43%(13/30) of the participant never heard of NBI and only 23.3%(7/30) used NBI before. In each group, there were 3 images for normal abdominal cavity, 8 images on peritoneal endometriosis in pelvis, 3 on diaphragm endometriosis, and 5 on deep endometriosis.

Among the normal images, 68.3% answered correctly with white light and 56.7% with NBI. For pelvic peritoneal endometriosis, 62% answered correctly with white light and 80.7% with NBI. For diaphragmatic endometriosis, 43% diagnosed correctly with white light while 82.2% with NBI. Among deep endometriosis, 50% answered correctly with white light and 41.7% with NBI. 70%(21/30) of trainees found NBI making diagnosis of endometriosis easier. And 86.7% will consider NBI in their clinical practises.

Conclusion: NBI is useful for diagnosing peritoneal endometriosis among junior doctors. But it provides limited value in deep endometriosis. Most of junior surgeons find it easier to diagnose endometriosis with NBI.

Mots clefs : Narrow-band imaging; endometriosis; peritoneal endometriosis

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