

IMPACT OF SARS-COV2 PANDEMIC ON PATIENTS WITH UTERINE FIBROIDS WITH OR WITHOUT SURGICAL INDICATION

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Objective:

The SARS-COV2 pandemic has impacted the management and follow-up of patients with uterine fibroids. Surgeries were limited in different health institutions, to reduce the risk of SARS-COV2 infection at the beginning of the current pandemic. The aim of this study was to analyse the impact of the SARS-COV2 pandemic on patients with uterine fibroids depending on whether these women had surgical indication or not.

Methods:

We evaluated a series of 193 women treated of symptomatic uterine fibroids at the Gynaecological Service of the Hospital Clinic (Barcelona, Spain) from March 2020 to December 2020. An online health survey was sent to patients who accepted to participate in the study. Clinico-pathological features and the follow-up data were recorded and analysed using SPSS version 23.

Results:

Mean age of the patients was 42.6 years (SD 5.3). Medical approach was indicated in 108 (56%) patients and 85 (44%) had surgical indication. However only 37 of these 85 patients (43.5%) could be operated during the pandemic period study. 60 (31.1%) patients considered that their disease had worsened, 108 (56%) women reported stability and the remaining 25 (13%) improvement during the pandemic. Patient with surgical indication reported more frequently clinical worsening and abnormal uterine bleeding (AUB) ($p < 0.01$).

In the logistic regression analysis, to be waiting surgery and to have AUB were associated with impression of clinical worsening during the SARS-COV2 pandemic [OR 2.4 (CI: 1.2-4.8), $p < 0.01$ and OR 3.1 (CI: 1.5-5.9), $p < 0.01$ respectively].

Therefore, being operated during the SARS-COV2 pandemic was associated with clinical improvement [OR 9.9 (CI: 3.9-24.9), $p < 0.01$].

Clinical characteristics of the patients with symptomatic fibroids

| | Medical approach (n=108) | | Surgical indication (n=85) | | p |
|--------------------------------------|--------------------------|--------|----------------------------|--------|-------|
| Age * | 42.4 | (5.5) | 42.9 | (5.0) | 0.47 |
| Perception of clinical status | | | | | <0.01 |
| Worsening | 27 | (25.0) | 33 | (38.8) | |
| Stability/Improvement | 81 | (75.0) | 52 | (61.2) | |
| Significant Pelvic Pain [#] | 59 | (54.6) | 56 | (65.9) | 0.11 |
| Significant AUB [#] | 51 | (47.2) | 56 | (65.9) | 0.01 |
| Urination discomfort [#] | 49 | (45.4) | 45 | (52.9) | 0.30 |
| Fatigue [#] | 63 | (58.3) | 56 | (65.8) | 0.28 |
| Sadness [#] | 56 | (51.9) | 55 | (64.7) | 0.07 |

AUB, Abnormal Uterine Bleeding

[#]Likert scale adaptation: Range 1-5/ Likert type questions categorised into two: nothing (1), a little/soft (2) were coded as 'non-significant'; something/moderate (3), quite a lot/intense (4), a lot/unbearable (5) were coded as 'significant'.

Values are given as absolute numbers and percentages or mean and standard deviation (*)

Conclusion:

Women with uterine fibroids and pending surgery had more impression of worsening than women without surgery indication.

Although some strategies are applied to reduce the risk of SARS-COV2 infection, in patients with uterine fibroids and surgical indication, especially if they present AUB, the surgery should be prioritized, since their clinical status may be significantly affected.