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Disclosure Information

Author: Richard H Demir

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Questionnaire Information

1. Application for: Abstract or Poster

2. Type of Abstract: Clinical Study

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5. Is this abstract original? Yes

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Title: Laparoscopic Hysterectomy in a Free-Standing Surgical Center: The First 100 Cases.

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Objective: To assess outcomes and satisfaction in women treated with laparoscopic hysterectomy in an Ambulatory Surgical Center (ASC).

Design: Prospective observational study.

Setting: Non-hospital associated ASC and a private Gynecologic Surgery practice.

Patients: One hundred consecutive patients requiring laparoscopic hysterectomy.

Patient Characteristics			
	Total	TLH	LSH
Age (yrs)	42.2	42.6	41.4
BMI (kg/m ²)	35.0	34.2	36.4
Indic- Bleeding	45 (45%)	30	15
Fibroid	44 (44%)	24	20
Pain	6 (6%)	4	2
Other	5 (5%)	4	1

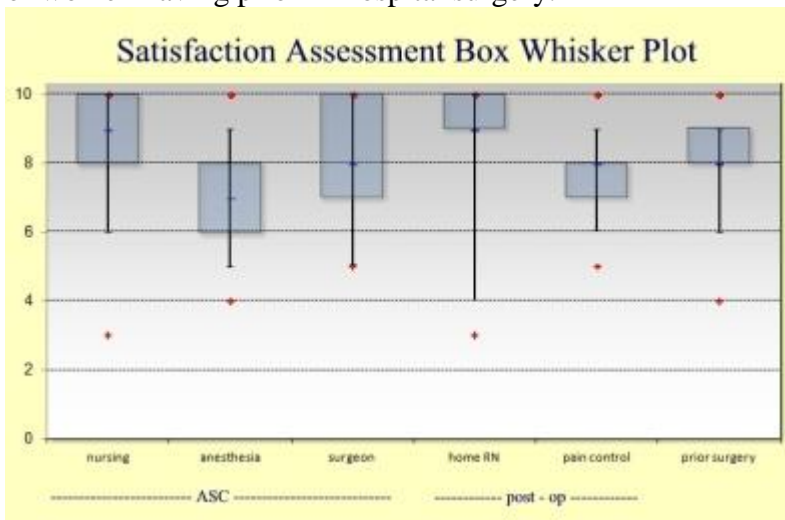
Interventions: Total Laparoscopic Hysterectomy (TLH) or Laparoscopic Supracervical Hysterectomy (LSH) are performed. Conventional re-usable laparoscopic trays are supplemented with a ConMed 10 mm thermal fusion energy source, a Covidien EndoStitch and for LSH a 13mm Lina, Xcise morcellator and for TLH a Cooper Surgical, Rumi II device. Patients are observed post-op and sent home with arrangements in place for home nursing visits that evening and for the first three post-operative days. Oral analgesics are prescribed with trans-dermal analgesics available as back up. Features of the program include immediate ambulation, general diet, post-operative gastrointestinal adjuvants and 24-hour phone support. Patients return to the office post-operative day 4 - 6.

Measurements & Main Results: One hundred patients underwent laparoscopic hysterectomy for benign indications. Average operating time was 57.72 minutes. No significant intra-operative complications were encountered and there were no conversions to laparotomy. All patients were discharged within ninety minutes with good pain control. No emergency department visits or hospital admissions were observed within fourteen days of

surgery.

Results			
	Total (n=100)	TLH (n=62)	LSH (n=38)
OP time (mins)	58.3	60.9	54.3
EBL (ml)	101.2	111.9	83.9
Uterus Wt (g)	170.8	176.7	161.4
Conversion to laparotomy	0	0	0
ER or admit <14 days	0	0	0

Patient satisfaction was favorable across all reporting parameters, including the sub-group of women having prior in-hospital surgery.



Conclusions: Studies have long reported the safety and cost effectiveness of same-day hospital discharge following laparoscopic hysterectomy. This study suggests out-patient laparoscopic hysterectomy in a free-standing surgical center is safe, practical and well accepted by women requiring benign hysterectomy. Because the detached ASC is the lowest cost surgical environment it is likely cost pressures of the Affordable Care Act will lead to more widespread availability of this hysterectomy alternative.