

The Pinderfields Hospital

An Audit of the Use of the Helica Coagulator as a modality of Treatment for endometriosis

Summary: Nine patients who underwent Helica treatment for infertility, four of them had conceived spontaneously within six months following treatment.

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AN AUDIT OF THE USE OF THE HELICA COAGULATOR AS A MODALITY OF TREATMENT FOR ENDOMETRIOSIS

Clinical Lead:

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Auditor:

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Aim of Audit:

To audit the effectiveness of the Helica as a modality of treatment for Endometriosis.

Objectives:

- (1) To identify cases where the Helica was the modality of treatment for endometriosis.
- (2) To identify outcome following Helica treatment for endometriosis and to determine success rate as a modality of treatment

Methodology:

(a) Sample

The sample used for the audit was made up of 50 Patients who underwent treatment for endometriosis using Helica Diathermy, between April '98 to February 2000.

Originally 66 cases were identified, however medical records could only be sought for 53 of those.

Of this 53, 3 cases were excluded as they were not treated for endometriosis using Helica Diathermy.

(b) Data Collection:

Data for the audit was collected retrospectively, by case note review using the attached proforma

(c)

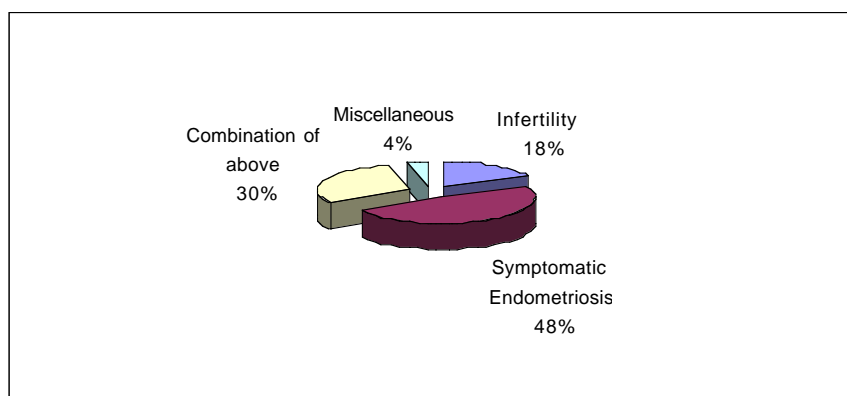
Data Analysis: s then entered onto a MS Excel spreadsheet and analysed by the Clinical Auditor in conjunction with the Clinical Audit Dept. in respect of the above objectives

Results:

Total No. of Cases – 50 (n=50)

(1) Of these cases, the following highlights the reasons for which they were given treatment with Helica Diathermy.

Reason for Treatment	No of Cases	% of Cases
Infertility	9	18%
Symptomatic Endometriosis	24	48%
Combination of above	15	30%
Misc.	2	4%
Total	50	100%



The remainder of this report presents data for each of the above presentations.

(a) Infertility: (n=9)

Mean age of women who underwent Helica for infertility was calculated as being 31 yrs.

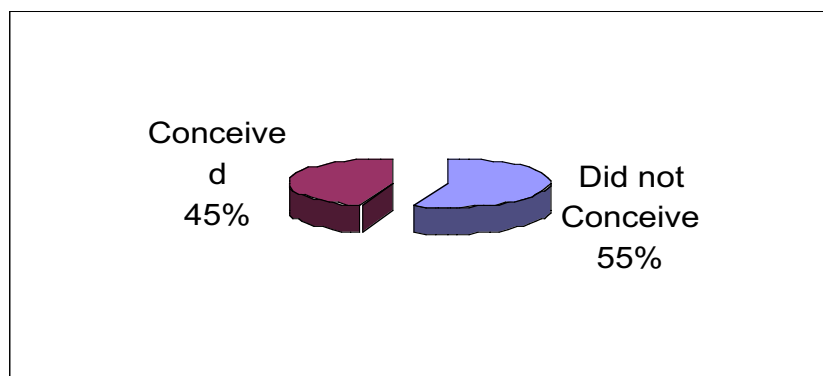
The range being 23 – 40 yrs.

The AFS (American Fertility Society) Score for those who underwent Helica were as follows:

Mild 5 (55%)
Moderate 4 (45%)

Outcome:

Of those 9 patients who underwent Helica Diathermy for infertility, the outcome can be summarised as follows:



Conceived: 4 (45%)

All 4 of them had conceived spontaneously within 6 months following treatment.

Of these four cases, two patients had mild endometriosis and two moderate. One of these patients had laparoscopy followed by GnRH therapy and Laparotomy and cystectomy and Helica

Did not conceive: 5 (55%)

The remaining 5 failed to conceive after treatment, and of those, one did not attend for future appointments and 4 were advised to undergo assisted reproduction.

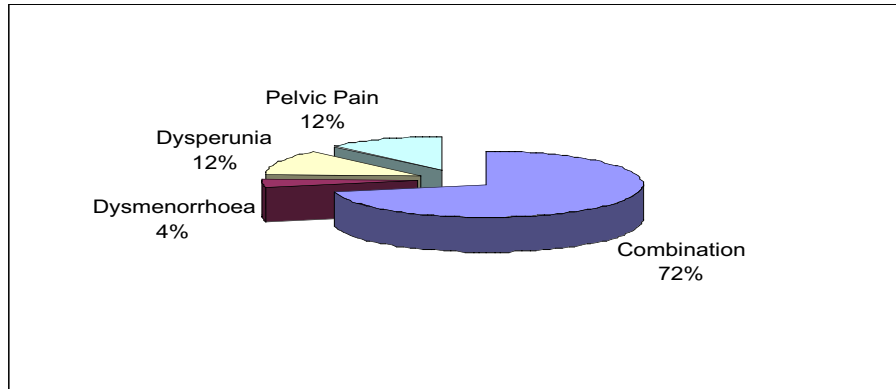
(b) Symptomatic Endometriosis: (n=24)

The mean age of subjects in this group was calculated as being 31 yrs.

The range 21–52 yrs.

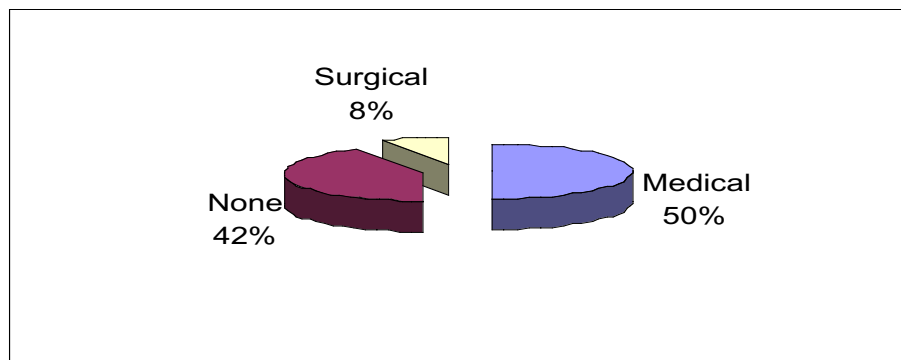
The presenting symptoms can be classified as follows

Sympton(s)	N	%
Combination	17	70%
Dysmenorrhoea	1	4%
Dysperunia	3	12%
Pelvic Pain	3	12%



Data was collected on Intervention, both Medical and Surgical, prior to Helica Diathermy treatment and it was found:

Medical Management: 12
 Surgical Management: 2
 None: 10



The AFS Score for women who received Helica Diathermy for Symptomatic endometriosis was classified as follows:

Classification	No. of Women	%
Mild	15	62%
Moderate	8	33%
Severe	1	5%

At this point during the audit, three women who had undergone Helica Diathermy were excluded from the remainder of the results as one of them had two courses of Helica Diathermy and the other two had not reached the follow-up stage. (n=21)

Outcome:

At 3 months, the outcome of treatment classified as follows:

Outcome	N	%
Asymptomatic	6	29%
Symptoms greatly improved	11	52%
Symptoms persist with no improvement	4	19%

Among these 6 patients who were asymptomatic at 3 months, 5 continued to be asymptomatic at the end of 6 months but one had recurrence of symptoms.

Among the 11 patients whose symptoms had improved at 3 months, 6 remained in the same group, 2 were discharged as they were asymptomatic and 3 are yet to be followed up.

In this symptomatic group (n=24), 10 also had medical treatment for endometriosis following Helica and one had surgical treatment(hysterectomy).

(c) Symptomatic Endometriosis & Infertility (n=15)

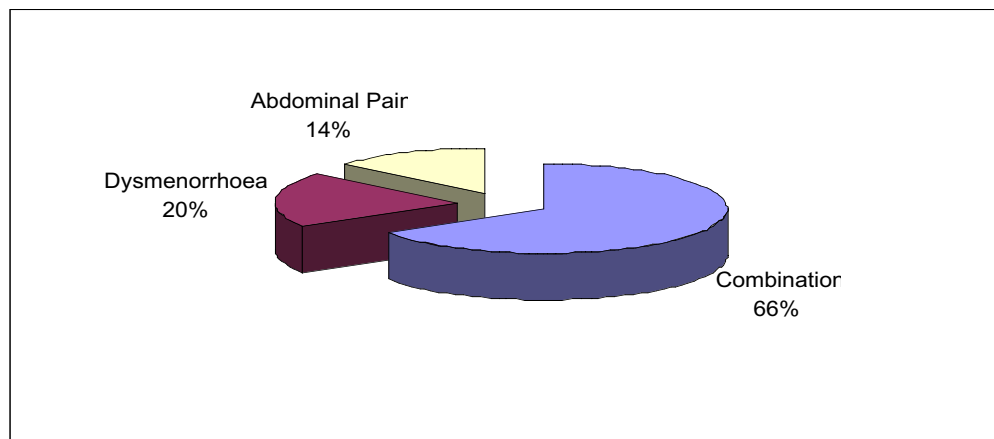
The final group was a combination of women receiving Helica treatment for both Infertility and symptomatic Endometriosis.

The results are presented below:

Mean age: 28.4 yrs

Age Range: 23-31 yrs

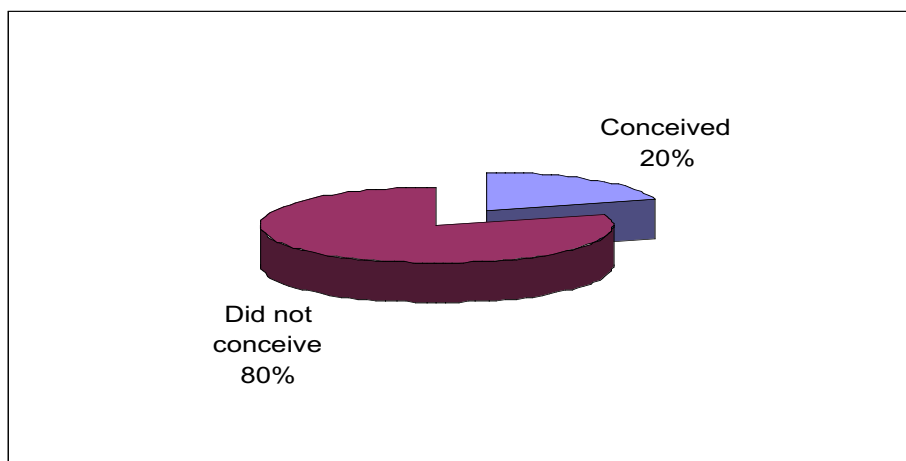
Symptoms	N	%
Combination	10	66%
Dysmenorrhoea	3	20%
Abdominal Pain	2	14%



The AFS Score for women who received Helica Diathermy for a combination of symptomatic endometriosis and infertility was classified as follows:

Classification	No. of Women	%
Mild	7	46.6%
Moderate	7	46.6%
Severe	1	6.6%

Data was collected on Intervention both Medical & Surgical prior to Helica Diathermy treatment, it was found that interventions could be classified as:



Outcome:

Of those 15 patients who underwent Helica Diathermy for a combination of Infertility and symptomatic endometriosis, outcome can be summarised as follows:

Conception:

Conceived n= 3 (20%)
 Did not conceive n=12 (80%)
 Conceived: (Within 6 months of treatment) n=3

Of these 3 cases, 2 patients had Moderate endometriosis and 1 had mild endometriosis.

Did not conceive: n=12

Of these patients 3 no longer wished to conceive, 2 were advised to undergo assisted reproduction and the remainder are still receiving follow up.

Symptomatic benefit at 3 months:

4 women were excluded from this section for the following reasons:

- 1 DNA
- 2 Conceived
- 1 Underwent repeat Helica, then went onto conceive.

Benefit of treatment can be classified as:

Outcome	N	%
Asymptomatic	4	36%
Symptoms greatly improved	6	54%
Symptoms persist with no improvement	1	10%

In this group 3 of them had medical management following Helica.

Drawbacks:

1. Retrospective study with its limitations.
2. Short follow-up period.
3. Medical Management along with Helica

Recommendations:

1. Questionnaire to patients for symptomatic benefit.
2. Longer follow-up period.
3. Withholding other modalities of management during treatment with Helica.

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