Establishing an Endoscopic Submucosal Dissection (ESD) Program

Our ESD Program Experience with the First 18 Patients

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Introduction:

• Endoscopic Submucosal Dissection (ESD) treats large polyps, superficial cancers (T1), and submucosal nodules (1,2)
• ESDs tend to be tedious and complex (1,2)
• ESDs prevent complex surgeries and increase quality of life
• ESD is in early stages of adoption in the U.S.

Aim:

• To report the results of our early experience of the ESD registry at our institution (All Saints)

Methodology:

• Endoscopic Ultrasound (EUS) was performed to determine eligibility
• Inclusion criteria for the ESD registry:
  1. Location
     • Esophagus
     • Stomach
     • Duodenum
     • Rectum
  2. Type
     • Superficial cancer (T1)
     • Submucosal lesion
     • Flat polyp greater than 3 cm
• Data Analysis included patients scheduled from April 2014 - September 2015
• All procedures were performed by a single endoscopist (MAQ)
• The staff contained one RN, one technician, a physician, and CRNA
• All ESDs used ERBE hybrid knife and cautery device
• Data Analysis configured using Microsoft Excel (Redmond, WA)

Results:

• 18 patients were scheduled for ESD procedures
• Two patients were excluded from the study because they had an Endoscopic Mucosal Resection (EMR)
• One patient underwent the ESD procedure a second time
• Locations of the lesions:
  • Esophagus - 2
  • Stomach - 2
  • Duodenum - 2
  • Rectum - 10
• Mean age - 65
• Mean BMI - 27
• Mean lesion size - 3.2 cm
• Mean duration of procedure - 153 minutes
• Complete excision of the lesion was obtained in 81% of the patients
• There was one minor self-limited post procedure bleeding episode

Conclusion:

• ESDs can be performed with reasonable success and without significant adverse events
• The number of major life-altering surgeries was reduced because of ESD
• Nurses and technicians played an invaluable role in the successful implementation of the ESD program at All Saints

References: