

# Outcome of Laparoscopic Cholecystectomy in Tertiary Referral Hospital

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## Abstract

**Aim:** The aim of the study was to analyze the outcome of laparoscopic cholecystectomy (LC) in a tertiary referral hospital.

**Materials and Methods:** This is a retrospective study of all LC conducted over 1 year period from January 2015 to June 2016 in the Department of Surgery, Thoothukudi Medical College Hospital, Thoothukudi.

**Results:** Our study comprised 42 calculus and 8 non calculus gall bladder diseases belong to elective cases. Among the 50 cases, 4 cases needed pre-operative endoscopic retrograde cholangiopancreatography and stenting. In our study, 18 cases belong to more than 50 years of age, and only 2 cases were <20 years age group. 50% of patients belong to blood group O positive and only 3 cases had AB positive blood group. In our study, only 2 cases were converted to open cholecystectomy. All patients except conversion cholecystectomy stayed in the hospital for <5 post-operative days.

**Conclusion:** These results support the view that LC is a safe, cost-effective method for performing cholecystectomy with a remarkable improvement in patient recovery time.

**Key words:** Gall bladder calculi, Laparoscopic cholecystectomy, Morbidity

## INTRODUCTION

Cholecystectomy is one of the most commonly performed abdominal surgical procedures previously and is performed laparoscopically worldwide nowadays. Laparoscopic cholecystectomy (LC) is considered the “gold standard” for the surgical treatment of gallstone disease and benign gallbladder diseases. This procedure results in less post-operative pain, better cosmesis, shorter hospital stays and disability from work than open cholecystectomy.<sup>1-3</sup> LC remains an extremely safe procedure, with a mortality of 0.22-0.4%. The prevalence of gallstones increases with age in both sexes and in nearly all populations; in older individuals the prevalence ranges from 20% to 30% and increases to 80% for institutionalized patients older than

90 years, LC decreases post-operative pain, decreases the need for post-operative analgesia, shortens the hospital stay from 1 week to <24 h, and returns the patient to full activity within 1 week (compared with 1 month after open cholecystectomy).<sup>4,5</sup> LC also provides improved cosmesis and improved patient satisfaction as compared with open cholecystectomy.

Although direct operating room and recovery room costs are higher for LC, the shortened length of hospital stay leads to a net savings. More rapid return to normal activity may lead to indirect cost savings.<sup>6-9</sup>

## MATERIALS AND METHODS

This is a retrospective study of all LC done over 1 year period from January 2015 to June 2016 in the Department of Surgery, Thoothukudi Medical College Hospital, Thoothukudi. Our patient's demographic data, body mass index (kg/m<sup>2</sup>), indication for surgery, American Society of Anesthesiologists physical status class, previous abdominal surgery, duration of procedure and post-operative hospital

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stay, perioperative morbidities, outcomes, and duration of follow-up were obtained from the patients' records.

The exclusion criteria were biochemical or radiological features suggestive of common bile duct (CBD) obstruction. The patients were counseled on the procedure. The possibility of a conversion was discussed with each patient, following which an informed consent was obtained. Each patient had perioperative prophylactic antibiotics consisting of 1 g of ceftriaxone, respectively. The American Technique for LC was adopted for all operations under general or regional anesthesia as considered safe by the anesthetist. Every patient had intraoperative nasogastric tube decompression of the stomach which was removed 12-16 h after surgery. Pneumoperitoneum was created using the open technique through the umbilical port. Other ports used were a 10 mm port in the epigastrium and two other 5 mm ports. The cystic duct and artery were divided between titanium clips after dissection of the adhesions around the Calot's triangle. The gallbladders were extracted through the epigastric port without retrieval bags. All operations were performed by the same set of surgeons who had been trained for the procedure. Data analysis was performed.

## RESULTS

In this present study consisting of 50 cases, planned for LC about 32% (16 cases) belongs to 20-30 age groups and 36% (18 cases) belongs to more than 50 age group (Figure 1).

The period of study is from January 2015 to June 2016, about 18 months. Gender wise female predominance 92% (46 cases) seen. 50% (25 cases) of patients belongs to blood group O, and only 6% (3 cases) had AB blood group. The conversion rate is only 4% (2 cases) that too due to technical difficulties and pre-operative procedure induced fibrosis in Calot's triangle. Wound infection rate was 16% (8 cases) due to bile spillage through the port site retrieval of gallbladder. Only 2% (one case) had severe intraoperative bleeding which had been managed by creating another 5 mm port and applying titanium clip over bleeding point (Table 1).

## DISCUSSION

The most common indication for cholecystectomy in our center was calculus cholecystitis.<sup>10-12</sup> However, the demand for LC in developing countries will increase as more people become aware of its availability.

Majority (88%) of the patients were female, with a mean age similar to other publications.<sup>3,13</sup> Although gallbladder diseases are more commoner in females the aesthetics of

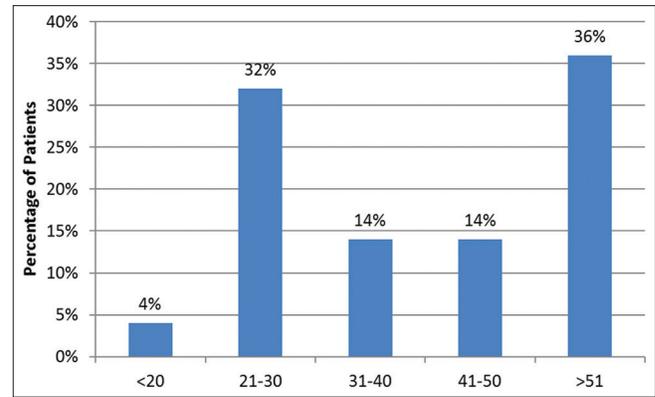


Figure 1: Distribution of age group

Table 1: Distribution of complications

Complication	N (%)
Conversion rate	2 (4)
Wound infection	8 (16)
Hematoma formation	0 (0)
CBD injury	1 (2)
Intraoperative bleeding	1 (2)

CBD: Common bile duct

laparoscopic surgery was a major factor in acceptance of LC in females. Our comorbidity rate was 10%. However, hypertension was the predominant comorbidity as opposed to Type 2 diabetes reported by them. 57.1% of our patients were either overweight or obese. The other comorbid conditions, we have come across are three cases of hypothyroidism and one case of tracheal stenosis who required a pre-operative tracheostomy. However, there was no statistical relationship with surgical outcome of LC as corroborated by other reports.<sup>13-15</sup> 9 (21.4%) patients with previous abdominal incisions were operated without bowel injury.

Operating time ranged from 45 to 75 min with a mean 60 min, this compared favorably with reports from both within and outside the country.<sup>3,5,7,16</sup> The upper end of the range was at the initial phase of the series when the learning curve was steep. This dropped and plateaued, with the average operating time of an hour. Our conversion rate of 4% is at the upper limit of reported conversion rates in larger series of between 4% and 7%.<sup>17,18</sup> The reasons for converting are technical difficulty due to fibrosis of previous stenting procedures.

Reported incidences of CBD injuries during LC have ranged from 0.2% to 3.4%, which is higher than the 0.1-0.2% incidence in open cholecystectomy.<sup>19-22</sup> The incidence of CBD injury (2%) is within the quoted range. The surgical site infection rate of 8% is explained by the occasional spillage of bile when extracting the gall bladder without using retrieval bags. These retrieval bags are scarce and

expensive and hence were unavailable for use at the initial phase. We have however started using retrieval bags for specimen retrieval in recent cases, to forestall the possibility of port site infection or abscess.

In our series, the average post-operative hospital stay was 2.7 days, which is much shorter than 7.5 days for open cholecystectomy in our center. In comparison to a previous audit on our initial set of patients, there is a significant reduction in both operation time and duration of admission. The patients who were converted spent approximately a week while the patient who had CBD injury was referred to the higher center for further management. There is an association between the duration of surgery and duration of symptoms. This may be attributed to the presence of pericolonic adhesions from recurrent inflammation thus making the procedure technically more difficult. Similarly, there is a relationship between the presence of pericolonic adhesions; and duration of post-operative care.<sup>23-26</sup> Prolonged duration of symptoms and late presentation were associated with fibrosis of the gallbladder consequently making grasping and handling difficult thus prolonging the duration of surgery. The extended or increased tissue dissection may account for slightly longer duration of post-operative care.<sup>27-30</sup> Our patients were followed up in the outpatients department for at least 6 months, and none had a port site incision hernia during the period of follow-up. This was because of our follow-up protocol: First visit a week after discharge, second visit between 1 and 3 months later, and the third visit at 6 months after surgery.

Despite the low volume of patients and the absence of fluoroscopy in our hospital as in many centers in developing countries, our results are comparable with high volume centers. These figures have been achieved by careful patient selection. Consequently, the demand for laparoscopic surgery is increasing in developing countries. We need to develop guidelines based on local patient demography and available instruments.

## CONCLUSION

These results support the view that LC is a safe, cost-effective method for performing cholecystectomy with a remarkable improvement in patient recovery time.

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