

Endoscopic Retrograde Cholangio-Pancreatography: A Single Hospital Experience, Aden, Yemen

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Abstract

Introduction: Since the last few years, 22 May Hospital-Aden has launched ERCP (endoscopic retrograde cholangio-pancreatography) services. ERCP is an endoscopic procedure used to diagnose and treat disease in the biliary tract and pancreatic duct. This study aimed to identify demographic characteristic of patients and indications for the procedure and underlying causes, to describe the techniques used during the procedure and the complications of ERCP, and to describe the received and referred cases from and to surgical department during the study period in this hospital.

Methods: This is a retrospective, descriptive study from the 1st October 2017 to 31st September 2019 in 22 May hospital. Available reports of ERCP during the study period were reviewed. Patients who underwent ERCP to remove stent from bile or pancreatic ducts were excluded from the study. Relevant data were extracted. Quantitative variables were expressed as mean and standard deviation whereas categorical variables were expressed as counts and percentages. For statistical entry and analysis, the Statistical Package for Social Sciences (SPSS) software version 17 was used.

Results: A total of 48 ERCP reports were evaluated. Composed of 26 females (54.2%) and 22 males (45.8%). The mean age of the patients was 50.2 with a standard deviation of 17.11 years. The most common indication for ERCP was obstructive jaundice (81.3%) and the most common underlying cause was choledocholithiasis (60.4%). All the ERCPs were done for therapeutic purpose. Common bile duct was successfully cannulated in 46 cases (95.8%). Post ERCP pancreatitis was developed in 2 patients (4.2%).

Conclusion: The findings of the study is comparable to that in many recent published papers in the world. The introduction of ERCP services into the hospital can be regarded as a foundation stone for a new era in the management of pancreatico-biliary disease.

Keywords: ERCP, Obstructive Jaundice, Choledocholithiasis, Laparoscopic Cholecystectomy, Sphincterotomy.

General Surgery Department, Faculty of Medicine and Health Sciences, University of Aden, Republic of Yemen. Corresponding Author: Fuad H. Bin-Gadeem Email: <u>fuadbingadeem@hotmail.com</u> تصوير البنكرياس والأقنية الصَّفْراويَّة بالتنظير الداخلي بالطريق الراجع: خبرة أحد المستشفيات في عدن، اليمن

فؤاد حسن بن قديم

ملخص الدراسة

المقدمة: منذ السنوات القليلة المنصرمة، بدأ مستشفى 22 مايو - عدن خدمة تصوير البنكرياس والأَقْنِيَةِ الصَّفْراويَّة بالتنظير الداخلي بالطريق الراجع. وهي عبارة عن إجراء بالمنظار يهدف إلى تشخيص وعلاج أمراض القناة الصفراوية وقناة البنكرياس. هدفت الدراسة إلى تحديد الخصائص الديمو غرافية للمرضى ودواعي التنظير والأسباب الكامنة. وكذلك وصف التقنيات المستخدمة والمضاعفات ووصف الحالات المستقبلة والمحولة من وإلى قسم الجراحة خلال فترة الدراسة في المستشفى.

المنهجية: هذه دراسة إستيعادية ووصفية من أول أكتوبر 2017 إلى 31 سبتمبر 2019 في مستشفى 22 مايو. تمت مراجعة التقارير المتاحة للتصوير البنكرياس والأَقْنِيَةِ الصَّفْراويَّة بالتنظير الداخلي بالطريق الراجع واستقصاء الحالات التي أجريت لها إزالة دعامة الأَقْنِيَةِ الصَّفْراويَّة أو البنكرياسية كما تم استخلاص المعلومات وثيقة الصلة بموضوع الدراسة والتعبير إحصائياً عن المتغيرات الكمية بالمتوسط الحسابي والانحراف المعياري والمتغيرات النوعية بالعدد والنسبة. تم إدخال وتحليل البيانات باستخدام الحزمة الإحصائية للعلوم الاجتماعية (SPSS) إصدار 17.

المُتاتج: تُم تقييم إجمالي 48 تقريراً لتصوير البنكرياس والأَقْنِيَةِ الصَّفْراوِيَّة بالتنظير الداخلي بالطريق الراجع لـ 26 انثى (54.2%) و22 ذكر (45.8%). كان متوسط العمر 50.2 مع انحراف معياري 17.11 سنة. كان الصفار الانسدادي من أكثر دواعي إجراء تصوير البنكرياس والأَقْنِيَةِ الصَّفْراوِيَّة بالتنظير الداخلي بالطريق الراجع (81.3%)، بينما كان تحصي الأَقْنِيَةِ الصَّفْر اوِيَّة من أكثر الأسباب الكامنة (60.4%). كل إجراءات التصوير للبنكرياس والأَقْنِيَةِ الصَقْر اوِيَّة بالتنظير الداخلي بالطريق الراجع تمت لأخراض علاجية. تم إقْناء الأَقْنِيَةِ الصَفْر اوِيَّة بنجاح لدى 46 حالة (95.8%). حدث التهاب البنكرياس بعد تصوير البنكرياس والأَقْنِيَةِ الصَقْر اوِيَة بنجاح لدى 46 حالة (95.8%). حدث التهاب البنكرياس بعد تصوير البنكرياس والأَقْنِيَةِ الصَقْر اوِيَة بنجاح لدى 46 حالة (95.8%). حدث التهاب البنكرياس بعد تصوير البنكرياس

الاستنتاج: كانتُ نتائج الدراسة مقاربة لعديد من الدراسات الطبية الحديثة. يمكن اعتبار إدخال خدمة تصوير البنكرياس والأقْنِيَةِ الصَّفْراويَّة بالتنظير الداخلي بالطريق الراجع إلى المستشفى بمثابة حجر الأساس لحقبة جديد من العلاج لأمراض البنكرياس والأقْنِيَةِ الصَّفْراويَّة. المثابة حجر الأساس لحقبة جديد من العلاج لأمراض البنكرياس والأقْنِيَةِ الصَّفْراويَّة. الكلمات المفتاحية: تصوير البنكرياس والأقْنِيَةِ الصَّفْراويَّة بالتنظير الداخلي بالطريق الراجع إلى المستشفى ال

صفار انسدادي، تحصى الأَقْنِيَةِ الصَّفْر اويَّة، استئصال المُرارة بالمنظار ، شقَّ المَصَرَّة.

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Introduction

RCP (Endoscopic retrograde cholangio-pancreatography) is an important technique of pancreaticobiliary disease and has continued to develop for more than 4 decades [1]. ERCP procedure can be defined as an endoscopic procedure with an intention to cannulate the common bile duct (CBD), the pancreatic duct or both [2]. It is a endoscopic combined and fluoroscopic procedure. An upper endoscope is led into a second part of the duodenum, duodenal papilla visualized and cannulated. Contrast material may be injected in the common bile duct or pancreatic duct, allowing for radiologic visualization of these ducts for diagnostic purpose. It is possible to pass other tools via the duodenal papilla into the biliary and pancreatic ducts and therapeutic when interventions carried out, indicated [3]. Removal of debris, stone removal, sphincterotomy, stent placement in symptomatic patients are few examples of therapeutic intervention carried out by ERCP [4].

ERCP once regarded as the gold standard imaging technique of the biliary and pancreatic ducts, its role as diagnostic tool has diminished with the advance of multiple noninvasive imaging test of the biliary and pancreatic systems including high resolution CT-scan, MRCP (magnetic resonance cholangiopancreaticography) and EUS (endoscopic ultrasound) [2,5,6]. One notable exception to this trend is the need for ERCP with tissue sampling suspected malignant biliary in obstruction [4]. The most frequent abnormality encountered in pancreaticobiliary tract is

obstruction, which is commonly caused by stones, tumors, or infection [7]. ERCP has been established as the method of choice for the treatment of choledocholithiasis. Its success rate is 85-90%. ERCP procedures, using ballooned double-lumen catheter, basket. wired and mechanical lithotripsy, found helpful especially in non-operated patients. Other cause obstruction is tumor, of with papillary cholangiocarcinoma being most common, by the follow pancreatic head tumors, whilst the incidence is increasing due to better sensitivity of diagnostic tools [8].

ERCP though complex and invasive, is one of the commonly performed endoscopic procedures [6]. It is really one of the most technically demanding procedure [9,10]. When ERCP performed is by an experienced person, the reported frequency of ERCP specific complications ranges from 5% to 40%. Acute pancreatitis is the most common and serious complication after ERCP [11], and carries a high morbidity and mortality [12]. Other post-ERCP specific complications include papillary bleeding, duodenal perforation and biliary septic complications [13].

Since 2nd January 2017, ERCP had been carried out in 22 May Hospital-Aden as a continuously available hospital service, although few ERCP procedures were carried out much earlier by visitor endoscopist to the hospital. Twenty-two May Hospital, Aden was the first governmental, public hospital in Aden, which had started ERCP service in Aden. It was found valuable to make a retrospective study of ERCP in this referral hospital, aiming to identify

demographic characteristic of patients (age and sex only) and indications for the procedure and underlying causes, to describe the techniques used during the procedure and the complications of ERCP, and to describe the received and referred cases from and to surgery.

Methods

This is a retrospective study of ERCP in 22 May hospital; a public referral surgical center in Aden, from 1st October 2017 to 30 September 2019. Available reports of ERCP during the study period were reviewed in this study. Patients who underwent ERCP to remove stent from bile or pancreatic ducts were excluded from the study. Relevant data were extracted. Quantitative data were expressed as mean and standard deviation whereas categorical data expressed as counts were and percentages. Tables and diagram were also used to summarize data and illustrate the description. The results of the study were compared to the literature. Statistical analysis was carried out using SPSS software version 17.

Instrumentation

After written consent, all the procedures were done under general anesthesia. The procedures were performed using Olympus Exera II video- duodenoscopy under fluoroscopic guide. They were carried out by three consultant gastroenterologist and one consultant surgeon.

Results

A total of 48 ERCP reports were analyzed, composed of 26 females (54.2%) and 22 males (45.8%). The mean age of the patients was 50.2 years with a standard deviation (SD) of 17.11 and ranged from 12 to 90 years. Further details are illustrated in Table 1.

Table1: Socio-Demographic Characteristic
of the Study Population (n=48)

	(-)	
Characteristic	No.	%
Gender		
Female	26	54.2
Male	22	45.8
Age (years)		
<20	2	4.2
20-29	6	12.5
30-39	4	8.3
40-49	11	22.9
50-59	9	18.8
60- 69	10	20.8
≥ 70	6	12.5
Mean age + SD (years)	50.2	± 17.11
Range (years)	12	2-90

In Table 2; obstructed jaundice was the main ERCP indication (81.3%) followed by choledocholithiasis (stone in common bile duct) without obstructive jaundice (14.5%) and bile leak from operation site, namely, cholecystectomy (4.2%).

Table 2: Indications for ERCP andUnderlying Causes (n=48)

ERCP Indications [^] & causes*	No. (%)^	No. (%)*
Obstructive jaundice^	39 (81.3)	
CBD stones*		19 (39.6)
Biliary sludge (mud)*		4 (8.3)
Periampullary tumor*		3 (6.2)
Head of pancreas tumor*		3 (6.2)
CBD stones & SCD*		2 (4.2)
Benign papillary stenosis*		2 (4.2)
Stricture of bile duct*		2 (4.2)
Failed cannulation (undetermined)*		2 (4.2)
Mirizzi syndrome*		1 (2.1)
SOD*		1 (2.1)
CBDS without obstructive jaundice^	7 (14.5)	
CBDS*		5 (10.4)
CBDS & SCD *		2 (4.1)
Bile leak after cholecystectomy^	2 (4.2)	
Bile duct injury*		1 (2.1)
Stump leak + missed CBD stone*		1 (2.1)

CBDS: common bile duct stone; SOD: sphincter of oddi dysfunction; SCD sickle cell disease

As illustrated in Table 3, 89.6% of sphincterotomy was done during the procedure. Successful bile duct cannulation was done in 95.8%, in 4.2% whereas bile duct cannulation failed because of obstructed papilla and anatomical variation in position. Common bile duct was successfully cleared of stone in 24 cases and biliary sludge in 4 cases. In another 4 cases, stone extraction failed, because of large size stone. However, bile duct was successfully stented in these cases to relieve obstructive jaundice and patients were referred for surgical consultation. Stent was successfully deployed in position in 33 cases (68.8%), 31 (64.6%) into the bile duct and 2(4.2%) into the pancreatic duct Table 3.

Table 3: Different TechniquesApplied During ERCP (n=48)

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Techniques applied during ERCP	No.	% *
CBD cannulation	46	95.8
Sphincterotomy	43	89.6
Bile duct stenting	31	64.6
CBDS [^] extraction	24	50.0
Biliary sludge extraction	4	8.3
Pancreatic duct stenting	2	4.2

* Percent calculated from total ERCP.

^ CBDS: common bile duct stone

Regarding complications, Table 4 patients shows that 2 (4.2%)developed mild pancreatitis after procedure. Mild bleeding was visualized during procedure at sphinterotomy 5 site in cases (10.4%),controlled by local hemostasis, and did not associated with hemodynamic changes or drop in hemoglobin level or need for blood transfusion or prolonged hospital stay. One patient (2.1%)developed delayed bleeding after procedure and required 2 pints of blood transfusion. This patient had concomitant liver cirrhosis. No reported duodenal perforation or other complications. Sixteen patients (33.3%)had synchronous cholelithasis (gallbladder stone) and choledocholithiasis (common bile duct stone). After successful ERCP stone extraction from bile duct, advised patients were for laparoscopic cholecystectomy as soon as possible.

Table 4:	Complications of ERCP
(n-48)	

(II= + 0)		
Presence of complication	No.	%
No complication	40	83.3
Mild bleeding	5	10.4
Mild pancreatitis	2	4.2
Significant bleeding	1	2.1

Diagram 1, illustrates the reciprocal referral of patients between the surgical department and endoscopy unit (ERCP). For example, sixteen patients (33.3%) were advised for laparoscopic cholecystectomy as soon as possible after successful endoscopic stone extraction from bile duct. They had synchronous cholelithiasis (gallbladder stone) and choledocholithiasis (common bile duct stone). Whereas 2(4.2%)patients with bile leak after cholecystectomy were advised for ERCP.

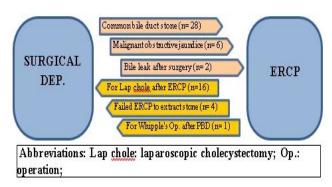


Diagram 1: Referral of cases between surgical department and ERCP

Discussion

The current audit provides insight to the ERCP carried out in a public referral hospital in Aden. To the best of my knowledge, this is the first such study in Aden.

In the current study, the highest percentage of patients were females (54.4%). This is similar to what was reported by Mitra *et al* (56%) [14], Shennak *et al* in Jordan (62%) [15] and others [16,17]. The mean age of the study population was 50.2 \pm 17.1 years. This is in consistence with studies by, Borges *et al* in Brazil (54 \pm 18.9) [18], Shennak in Jordan (49.5 \pm 15.4) [15], and Gurung in Nepal (50.57 \pm 17.8) [17].

The primary indication for ERCP was obstructive jaundice (81.3%). This figure is lower than what mentioned by Salim *et al* in Jakarta where clinically diagnosed obstructed jaundice reached 92% of the ERCP patients [19].

Choledocholithiasis was the most common underlying disease in ERCP patients (60.4%). It presented with or without obstructive jaundice (43.8% respectively), and 14.5% and unfortunately it presented in one case (2.1%) as a bile leak from cystic duct cholecystectomy stump after associated with missed stone in common bile duct. Patients with sickle cell disease (like in this study) mav present with obstructive jaundice due to choledocholithiasis and the differentiation from the usual hemolytic jaundice is crucial.

Research from different parts of the world clearly indicated that choledocholithiasis is the main reason for ERCP [18,20,21]. For example, Jain *et al* in Karnatka, India, indicated that 76.43% of ERCP were carried out for choledocholithiasis, followed by cancer of head of pancreas (4.08%) and periampullary cancer (3.06) [20]. Likewise, Borges et al in Brazil, reported that the major reason for ERCP was choledocholithiasis in 57.8% and suspected choledocholithiasis in 16.6% of the cases [18]. Lee in South Korea identified bile duct stone and biliary sludge on endoscopy in 61.6% and 15.0% of patients respectively who had been diagnosed with acute pancreatitis [21].

In this audit, all the ERCP were done for therapeutic purpose. This is similar to the findings of Mitra *et al* in a non-tertiary referral district hospital in Northeast England [14] and Debnath *et al* in Mymensingh Medical College Hospital in Bangladesh [22]. Similarly, Borges *et al* reported that most of the ERCPs (97.6%) were therapeutic [18].

Successful biliary cannulation was achieved in around 96% of the patients. Similarly, successful biliary cannulation was achieved in most patients as mentioned in the study by Tumi et al in Libya [16], whereas Jain et al reported successful cannulation in desired duct in 90.2% of all ERCP [2]. ASGE (American Society for Gastrointestinal Endoscopy) quality indicator states that cannulation rates should be more than 90% [23]. In the present study, this quality indicator was fulfilled.

In the current study, sphincterotomy was done in 89.6% of the procedures. Perdigoto *et al* in Portugal reported that biliary sphincterotomy was executed in 81.4% of the ERCP procedures. [24]. The high success rate of biliary cannulation was probably due to the use of sphinterotome, which differs from a standard biliary cannulation catheter due to the presence of an electrosurgical cutting wire at the distal end of the catheter. This cutting wire, which is intended to incise the papilla after cannulation, also assists in alignment of the catheter for achieving successful duct cannulation. As such, use of as phincterotome rather than a standard catheter has been shown to improve initial biliary cannulation success rates [10].

Acute pancreatitis was developed after ERCP in 2 patients (4.2%). This is comparable to what was reported in some studies [23-26]. The reported incidence of post ERCP pancreatitis (PEP) is around 5% ranging from 3 to 14% [23,24]. PEP remains the most serious complication after ERCP [25]. Prophylactic pancreatic duct stenting was done in 2 patients. Naqvi *et al* in a tertiary care hospital in Pakistan, noted lower percentage of PEP with prophylactic pancreatic duct stenting [26].

Bleeding was visualized during ERCP procedure at sphinterotomy site in 5 cases (10.4%). In our opinion, these findings should not be regarded as complications of the procedure, because thev were controlled during procedure and had no effect on vital parameters, did not required blood transfusion, nor prolonged hospital stay. However, patient (2.1%)one developed clinically manifested post ERCP hemorrhage, and this should be considered as post ERCP bleeding complication. This patient had

associated liver cirrhosis. As noted by Kim *et al*, liver cirrhosis is a significant risk factor related to post-ERCP bleeding [27].

The introduction of ERCP services into the hospital can be regarded as a foundation stone for a new era in the management of pancreatico-biliary disease. For example, with the availability of these services, new algorithm for the management of synchronous cholelithiasis and choledocholithiais have been preferentially selected by many of the local surgeons. This strategy composed of two stages, instead of the traditional one stage open surgical approach. In the current study, 16 cases (33.3%) had been diagnosed preoperatively by imaging technique as synchronous cholelithiasis and choledocholithiais. They were referred from surgical outpatient department to have first the common bile duct cleared of stone by ERCP. After successful extraction, stone patients were laparoscopic have advised to cholecystectomy, as soon as possible. In the literature, no firm consensus exists on the best management plan for synchronous gallbladder stones and common bile duct stones and different valid management plans However. this exist. two-stage management strategy is the most commonly used treatment policy worldwide as it has been proved efficient and safe [28].

In this audit, 6 cases (12.5%) of malignant obstructive jaundice due to cancer of head of pancreas or periampullary carcinoma were successfully managed by endoscopic biliary drainage. In most of these cases (5 patients), biliary drainage was restricted for palliative intent because of advanced tumor stage or comorbidities whereas, one patient after preoperative biliary drainage underwent Whipple's operation (a potentially curative surgery) [29].

Endoscopic biliary stenting is now accepted as the gold standard in case nonresectable of malignant obstructive iaundice. Although endoscopic stenting is associated with earlier recovery and shorter recurrence length stay, of of symptoms and reintervention are less frequent after palliative surgery [29]. In case of malignant obstructive jaundice caused by surgically resectable tumors, preoperative biliary decompression by means of endoscopic biliary stenting can improve patient physiological condition, nutritional status. coagulation function and immunity [30]. However, increased postoperative adverse events noticed by some researchers, like increased post-operative infection rate and anastomosis dehiscence [31,32]. Currently this issue is under active research.

In this study, 2 cases (4.2%) of bile leak were managed by ERCP. Traditionally, surgery has been the gold standard for the management of bile leak, but it is associated with significant morbidity and mortality. Recently, biliary endoscopic procedures including biliary stenting and/or endoscopic sphincterotomy (EST) have become the first choice for diagnosis and treatment of postoperative bile leakage as simple, noninvasive procedure, with low morbidity and mortality, short hospital stay, and coast effective, with demonstrated results comparable to those achieved with surgery [33]. Although ERCP has

become the preferred tool for the management of many conditions as mentioned above, it is still far from optimal. For example, in the current study, the success rate of common bile duct clearance of stone reached 85.7%. There were 4 patients with large impacted stone in the common bile duct, which needed surgical consultation and management. Obviously, local facilities also play an important role in the success rate of such procedure. Medicine is a continuously evolving science. likewise ERCP instrument, accessories and techniques are continuously developing on pressure of demand to improve success rate, the face of difficult even in situations.

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