EPPOEM: A RETROSPECTIVE MULTICENTER COMPARATIVE ANALYSIS OF SELECTIVE INNER MUSCLE LAYER MYOTOMY VERSUS FULL-THICKNESS MYOTOMY IN THE ENDOSCOPIC TREATMENT OF ACHALASIA USING POEM PROCEDURE

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A retrospective bi-centric study of 158 achalasia patients found no significant difference in clinical efficacy or GERD outcomes between selective inner layer myotomy and full-thickness myotomy during POEM, but full-thickness myotomy resulted in more postoperative pain and longer hospitalization.

KEY POINTS

- Clinical efficacy at 6 months was similar between selective inner layer myotomy and full-thickness myotomy groups (84% versus 90%, p=0.57), as was efficacy at 12 months (70% versus 80%, p=0.74)
- Full-thickness myotomy patients required more opioid analgesics than selective inner layer myotomy patients (45% versus 21%, p<0.01) and had longer hospital stays (2.94 versus 2.17 days, p<0.001)
- Rates of esophagitis at 6 months were comparable between groups (16% selective inner layer versus 12% full-thickness, p=0.73), with no significant difference in heartburn at 6 or 12 months
- The authors conclude that selective internal myotomy should be preferred over full-thickness myotomy based on the similar efficacy but improved postoperative profile

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