

Is POEM a good answer in the long-term?

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Presentation

Oesophagus

Primary Care

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The speaker reported that while poem shows 90-98% short-term success for type 3 achalasia and 75-93% success at 1-2 years for distal oesophageal spasm and jackhammer oesophagus, long-term data remain limited and patient selection is critical to outcomes.

KEY POINTS

- The speaker stated ten-year success rates for achalasia overall are 74%, but numbers specifically for type 3 achalasia are too low to draw valid conclusions about long-term efficacy
- Patients on opioids had significantly higher failure rates after poem in a propensity-matched study of 120 patients, with a dose-dependent effect where higher opioid doses predicted worse outcomes
- The speaker emphasized that careful patient selection is essential, requiring exclusion of GERD, oesophageal hypersensitivity, and opioid-induced spasm, with evaluation over 6-12 months and failure of other treatments before considering poem for spastic disorders
- Tailoring myotomy length based on manometry findings and considering whether to spare the lower oesophageal sphincter in distal oesophageal spasm and jackhammer may reduce reflux without compromising outcomes, though data are limited to small studies
- The speaker recommends multidisciplinary discussion with motility specialists and cautions that poem may not fully resolve symptoms if functional components are present, particularly in spastic disorders beyond type 3 achalasia

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