

SINGLE-CENTER EXPERIENCE OF PERORAL ENDOSCOPIC MYOTOMY IN PAEDIATRIC PATIENTS

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UEG Week Copenhagen 2023

Poster

Oesophagus

October 15, 2023

A retrospective case series of 10 paediatric achalasia patients treated with peroral endoscopic myotomy (POEM) showed significant improvement in Eckardt score and integrated relaxation pressure at 3 months, sustained through median 21.5-month follow-up.

KEY POINTS

- Eckardt score decreased significantly from 7.38 ± 1.68 at baseline to 0.63 ± 1.06 at 3 months post-POEM ($p < 0.0001$) and remained at 0.4 ± 0.66 during median follow-up of 21.5 months (range 1-60 months).
- Integrated relaxation pressure decreased significantly from 46.5 ± 11.1 mmHg to 3.8 ± 5.68 mmHg after POEM ($p = 0.0001$) in 10 patients (mean age 11.5 years, range 5-18 years) with type I achalasia.
- Complications occurred in 2 patients: one developed pleuropneumonia requiring extended hospital stay (resolved conservatively), and one experienced self-limited upper GI bleeding 2 weeks post-discharge.
- Follow-up endoscopy off PPI therapy revealed mild esophagitis (LA A) in 2 patients who also reported mild heartburn; no severe reflux esophagitis occurred in this series.
- The authors conclude that longer follow-up data are needed to establish long-term safety regarding reflux and need for PPI therapy in paediatric POEM patients.

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