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Summary

PER-ORAL ENDOSCOPIC MYOTOMY IN THE MANAGEMENT OF ZENKER'S DIVERTICULUM (Z-POEM): CLINICAL OUTCOMES OF A RETROSPECTIVE SINGLE CENTRE STUDY

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Oesophagus

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Single-centre retrospective series of 50 Z-POEM procedures for Zenker's diverticulum demonstrated 96% technical success and 89.6% clinical success with significant symptom improvement over 12 months.

KEY POINTS

- Fifty Z-POEM procedures were performed on 49 patients (mean age 71.3 years, 73.2% male) with mean ZD length 15.3 mm between October 2020 and March 2023.
- Technical success was achieved in 96% of cases with mean procedure time 16.6 minutes and mean myotomy length 18.2 mm.
- Kothari-Haber scores decreased significantly from baseline (6.3) to 1 month (1.0), 6 months (1.6), and 12 months (2.0) post-procedure, all $P < 0.001$.
- Complications included two mild intraprocedural events (bleeding, mucosal perforation) managed intraoperatively and one severe oesophageal perforation (2%) requiring surgery.
- Clinical success rate was 89.6%; three patients required successful endoscopic retreatment at 1, 6, and 7 months; authors conclude larger comparative trials are needed.

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