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Summary

PER ORAL ENDOSCOPIC MYOTOMY USING A NOVEL SUPER PULSED THULIUM FIBER LASER

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Oesophagus

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A case series of 10 achalasia patients treated with POEM using a 1920 nm super pulsed thulium fiber laser showed clinical improvement with shorter procedure time and hospital stay compared to historical diathermy-POEM data.

KEY POINTS

- All 10 patients with achalasia (4 treatment-naïve, 6 previously treated) who underwent laser-POEM showed improved dysphagia, with clinical success (Eckardt score ≤3) in 9 patients and median Eckardt score decreasing from 7 before POEM to 0.5 at 1-12 months follow-up ($p<0.001$).
- Mean procedure time was 107 minutes for laser-POEM versus 130 minutes for historical diathermy-POEM ($p=0.01$), and mean hospital stay was 2.0 days versus 3.2 days ($p<0.001$).
- In 9 of 10 cases, a single laser instrument completed all POEM steps including mucosal incision, submucosal tunneling, vessel dissection and coagulation, and myotomy using 10-30W energy with saline irrigation.
- None of the laser-POEM patients reported post-operative daily reflux symptoms at follow-up.
- The authors conclude that laser-POEM is feasible and treatment results appear non-inferior to diathermy-POEM, though they note a learning curve is required and further studies are needed to confirm findings.

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