



“Abstracts submitted for SAFOMS - MENOSOC 2021”

The role of office hysteroscopy in the assessment of postmenopausal bleeding at Colombo South Teaching Hospital, Kalubowila

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Key words

office hysteroscopy, postmenopausal bleeding

Objectives

The use of hysteroscopy for the assessment of endometrial pathology can be dated back to the 1800s. The procedure has made great strides in the field of gynaecology which can be chiefly attributed to the introduction of enhanced visual optics which affords dramatically improved visual resolution. The reduced amount of pain encountered by patients during and after the procedure, and the convenience of having it performed as an office procedure serve to augment its value. The role of hysteroscopy in the assessment of postmenopausal bleeding is a subject of vague debate. Postmenopausal bleeding is a subject of concern conceding little room for diagnostic error. The incidence of endometrial carcinoma amongst patient with postmenopausal bleeding is reported as 10%. The consensus is that hysteroscopy is feasible as an office procedure and adds a new dimension to the work up of patients with postmenopausal bleeding owing to direct visualization and precise identification of abnormal areas of the endometrium. This study encompasses number of endometrial pathologies and analyses the value of Hysteroscopy in the assessment of postmenopausal bleeding.

Method

A prospective descriptive study was designed incorporating 31 patients with postmenopausal bleeding reporting to CSTH for office hysteroscopy from June 2018 to August 2020.

Results

Vulval and vaginal examination of all 31 patients were normal except for atrophic changes. One patient had a cervical polyp and 05 had a stenosed cervix. Four required the use of Cusco's bivalve self-retaining speculum to visualize the cervix and required cervical dilatation. Uterine cavity size was normal in all patients. 06 (19.3%) patients had a single endometrial polyp, 04 (12.9%) were polypoid, 02 (6.4%) had fibroids, 08 (25.8%) had an atrophic endometrium and 03 (9.6%) had an appearance with a high likelihood of being malignancy. Endometrial carcinoma was histopathologically confirmed in all 3 patients. Guided endometrial biopsy was obtained from 05 patients and Pipelle biopsy from 12 patients.

Conclusion

15 (38.7%) of the 31 investigated patients had benign conditions and all patients visually suspected for malignancy were histopathologically confirmed to have endometrial carcinoma.

The findings reiterate the effectiveness of hysteroscopy in the timely diagnosis of cancerous pathologies leading to postmenopausal bleeding. The study concludes that hysteroscopy is highly accurate in the diagnosis of malignant endometrial pathology at CSTH. Furthermore, office hysteroscopy reduces the caseload of operating theatres and can be potentially cost effective to health services.