

Understanding Regret After Delorme's Procedure: Predictors, Postoperative and Patient-reported Outcomes

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Introduction

The **Delorme's** procedure is

- for **full-thickness rectal prolapse repair (FTRP)** via **perineal** approach
- usually reserved for **older, frail patients with significant comorbidity**

Study Aim



Investigate **surgical and patient-reported outcomes** of the **Delorme's procedure**

Methods



Included: patients who underwent a Delorme's procedure for FTRP



Time period: 2024-2025



Retrospective data collected via electronic patient records for:

- Baseline demographics
- Post-operative
 - Recurrence of rectal prolapse
 - Faecal Incontinence
 - Incomplete emptying

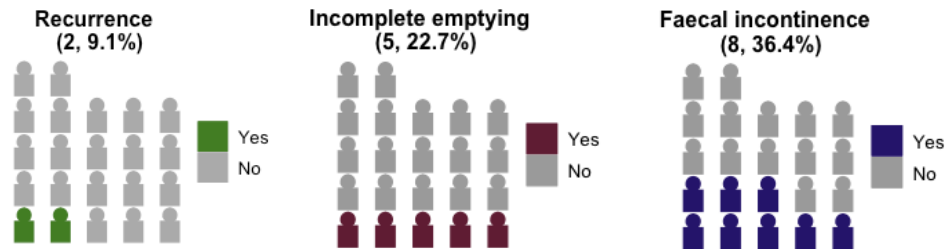


Prospective data collected via patient telephone interviews

- 10-point Likert scale on quality of life before and after surgery
- Ottawa Decision Regret Scale (ODRS)

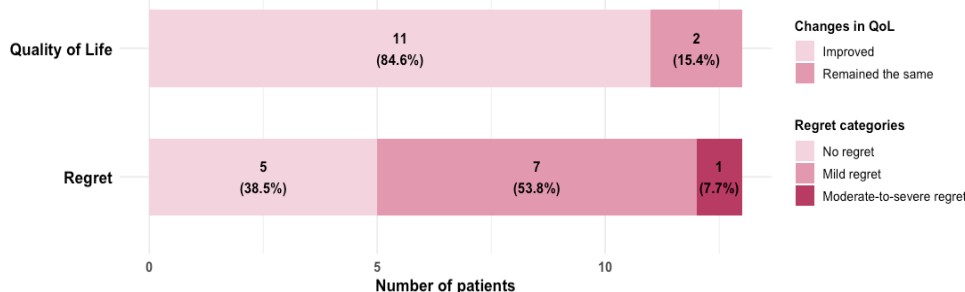
Results

Postoperative outcomes



Patient-reported outcomes

Distribution of Decisional Regret and Quality-of-Life Change Among Patients (n=13)



- **Twenty-two patients** underwent Delorme's procedure during the study period

Demographics (n=22)

Age - mean years (range)	71.6 (33-93)
Prior rectal prolapse repair	8 (36.4%)
ASA	
• Grade II	12 (54.5%)
• Grade III	10 (45.5%)

Clinical and Surgical details

Type of prolapse	
• High take-off	4 (18.2%)
• Low take-off	18 (81.8%)
Concomitant	
• rectocele	3 (13.6%)
• enterocele	4 (18.2%)
Follow-up – median months (range)	51 (2-146)

- **No association** found between the regret categories, baseline characteristics, and postoperative symptoms

Conclusion

- Delorme's procedure showed **low recurrence (9.1%)** but high postoperative faecal incontinence (36.4%)
- Although **61.5 % expressed regret**, **84% still reported improved quality of life**
- Regret may reflect the unexpected burden of postoperative symptoms
- Lack of association between regret and postoperative symptoms or recurrence suggests **multifactorial influences**

Future Directions

- Conduct **qualitative studies** to understand regret and perceived quality of life improvement
- Use findings to strengthen shared decision-making for rectal prolapse care