Evaluation of quality of life in women post abdominal cervicococysopexy performed for pelvic organ prolapse.

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INTRODUCTION AND AIMS OF STUDY
Pelvic organ prolapse (POP) is a major health problem that negatively affects the quality of life of many women. The most common risk factors of this disorder include multiparity, history of vaginal delivery, older age and obesity. Female genital prolapse is not only an anatomical disorder. It is also associated with functional PROBLEMS regarding MICTION, DEFECATION and SEXUAL ACTIVITY. It may also cause CHRONIC PELVIC PAIN. Consequently, POP may cause significant deterioration of the quality of life resulting in gradual professional, social and familial isolation. Therefore, the goal of surgical treatment of this condition is not only to restore adequate anatomy, but also to improve functionality. After a decade of common use of synthetic materials dedicated for vaginal surgical techniques in POP treatment, due to the high complication rates, the attention of surgeons has shifted to sacropexy procedures. The purpose of this study was to assess the changes in the subjective perception of quality of life in patients who underwent cervicosacropexy via laparotomy for POP correction.

MATERIALS & METHODS
- study group - 40 patients with POP (POPQ IV, POPQ IIIC).
- intervention - abdominal supracervical hysterectomy followed by cervicosacropexy, (the cervical stump was fixated to the anterior longitudinal ligament of the spine at the level of promontorium with the use of polypropylene mesh placed in the retroperitoneal space.
- methods - questionnaire filled out before and after the surgery (6 to 18 months post operation).
- questions regarding:
  - the general evaluation of quality of life with POP (10-point analogue scale)
  - quality of sexual life (10-point analogue scale)
  - stress urinary incontinence (SUI)
  - overactive bladder symptoms (OAB)
  - urinary retention

RESULTS
In ALL patients, accurate prolapse correction was achieved. The outcomes show a highly statistically significant improvement in the overall assessment of quality of life in patients who underwent abdominal cervicosacropexy for pelvic organ prolapse. The subjective change in the quality of sexual life, reduced OAB and urinary retention rates, as well as improvement of the esthetic self-perception may have contributed to this positive effect.

CONCLUDING MESSAGE: Abdominal cervicosacropexy is an effective method for the correction of POP. It is highly acceptable and significantly improves the quality of life of the operated women.