ISSN: 2349-2678

Contents lists available at www.ijpba.in

International Journal of Pharmaceutical and Biological Science Archive

Index Copernicus Value 2015: 43.92

Volume 3, Issue 6: 2015, Page No.34-38

COMPARATIVE OUTCOMES OF LAPAROSCOPIC VERSUS OPEN SURGERY FOR LOW RECTAL CANCER: A CASE-CONTROL STUDY

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ARTICLE INFO

Research Article

Received 10 August. 2015
Accepted 26 October. 2015

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ABSTRACT

Aim & Objective: This paper is a case-control study looking at the laparoscopic surgery vs open surgery for low rectal cancer treatment evaluating for postoperative recovery, complications, and survival.

Methods: A quantitative cross-sectional study was carried out involving 200 patients who underwent surgery for low rectal cancer. The patients were randomly selected into Laparoscopic surgery which comprised of 100 patients and the Open surgery which also comprised of 100 patients. Screened mainly the primary outcomes, including the post-surgery complications, the time spent in the hospital, and the rates of 5-year survival. The second set of measures comprised quality of life data and functional status.

Results: The mean postoperative hospital stay was significantly less in the laparoscopic than in the open surgery and the patients complained of lesser degrees of pain. However, the complication rates, anastomotic leakage, and the like are equivalent in the two groups. In the same manner, no statically significant difference was observed in favour of one of the groups with long-term survival rates and quality of life scores.

Conclusion: Laparoscopic surgery has shorter hospital stay, less pain and analgesic requirement, less wound infection and better cosmesis which are comparable to open surgery regarding long-term survival and complications for low rectal cancer.

INTRODUCTION

Low rectal cancer is a special type of cancer because of the location and the presence of nearby vital structures within the pelvic cavity. If open surgery has always been preferred, recent developments in the use of minimal access techniques including laparoscopy have led to a reconsideration of surgery. [1] Laparoscopic surgery uses smaller incisions which may decrease pain after the surgery and recovery time compared to open surgery. These factors are assessed in this study by comparing characteristics like the time needed to get back to normal functioning, days spent in the hospital, and total recovery time between the

two surgical techniques. Wound infections, anastomotic leaks, and postoperative ileus are all imperative factors that should be considered. [1,2] Therefore, the purpose of this study is to compare the complication rates of laparoscopic surgery to that of open surgeries in order to establish whether the technique is advantageous in the reduction of adverse outcomes.

Another important aspect of comparison is long-term survival rates. While the objective of surgery is to provide maximum cancer resection, long-term survival remains one of the most defining outcomes. This work will primarily focus on comparing the overall survival and rates of recurrence in patients who underwent laparoscopic and open surgery to see whether the use of minimally invasive approach enhances survival or not.

This paper sought to review and compare the application of laparoscopic and open surgery in the management of low rectal cancer. In an effort to guide clinical practice for low rectal cancer, the study aims to compare the recovery period after surgery, postoperative complication rates, and long-term survival among patients.

Aim: To compare laparoscopic surgery vs open surgery for low rectal cancer.

Objective:

1. Evaluate the treatment for postoperative recovery, complications, and survival in patients with lower rectal cancer.

Methods

The cohort-study was reviewed at tertiary care Hospital, across patients who underwent surgery for low rectal cancer. The studied patients were T1-T3N0-N1M0 low rectal cancer patients who underwent laparoscopic or open total meso-rectal excision (TME) and met various inclusion criteria. A more restrictive inclusion criteria included patients who had distant metastases, prior pelvic radiotherapy or history of incomplete follow up data.

These data included patient characteristics, such as age and sex; surgical characteristics, including type of surgery and surgical specialties; postoperative clinical outcomes; and follow-up data from outpatient clinic visits. Laparoscopic TME group included patients who underwent surgery by laparoscopic approach and open surgical TME group comprised patients who underwent traditional open surgery for TME.

- Early surgical complications, which include anastomotic leak, wound infection, hemorrhage and abscess formation.

- Hospital care length

- The 5-year survival rate.

- Quality of life assessed by EORTC QLQ-C30 questionnaire.

- Specific HRQoL aspects such as bowel movements and sexual relations

Statistical Analysis

Quantitative data was analyzed using frequency distribution with Statistical Package for the Social Science (SPSS) software version. Comparison between paired samples was done using the paired t test on quantitative data such as age or number of children or using chi-square test for qualitative data. Survival rates were estimated using the Kaplan-Meier method, while the survival difference was analyzed using the log-rank test. undefined 05 was used to determine statistical significance hence the results obtained in this study are credible.

Result

In the present study the total number of patients selected are 200 with fifty each in both the groups. There were no significant differences between the two groups in terms of some essential patient characteristics: These factors include: Age, Gender distribution, Tumor location and co-morbidity.

Table 1: Comparison of Patient Characteristics and Outcomes Between Laparoscopic Surgery and Open Surgery

Parameter	Laparoscopic SurgeryOpen Surgery (n=50) (n=50)	p-value

Age (mean ± SD)	58.3 ± 10.2	59.1 ± 9.8	0.67
Gender Distribution	24M/26F	23M/27F	0.85
Tumor Location	-	-	-
Co-morbidity	-	-	-
Hospital Stay (days, mean ± SD)	7.2 ± 1.5	10.5 ± 2.1	<0.01
Anastomotic Leakage Rate	12%	14%	0.72
Superficial Wound Infection Rate	8%	8%	1.00
Overall Survival Rate	82%	80%	0.55
Disease-Free Survival-Rate	-	-	-
Quality of Life (EORTC QLQ-C30 Score)	78.5 ± 9.4	77.9 ± 8.7	0.82
Functional Outcomes (Bowel Functionality and Sexual Health)	Comparable	Comparable	-

Table 1 presents a comparative analysis of patient characteristics and surgical outcomes between laparoscopic and open surgery groups. The analysis reveals no significant differences in essential patient characteristics, including age, gender distribution, tumor location, and co-morbidity.

Regarding hospital stay, patients who underwent laparoscopic surgery had a significantly shorter hospital stay (mean 7.2 days) compared to those who had open surgery (mean 10.5 days), indicating a faster recovery post-operation ($p < 0.01$).

Complication rates were similar between the two surgical approaches. The anastomotic leakage rates were 12% for laparoscopic and 14% for open surgery, with no significant difference in severity ($p = 0.72$). Both groups experienced a uniform rate of superficial wound infections (8%).

Survival rates showed an 82% overall survival for laparoscopic surgery versus 80% for open surgery ($p = 0.55$), with no significant differences in disease-free survival rates.

Quality of life metrics, as assessed by the EORTC QLQ-C30 score, and functional outcomes related to bowel functionality and sexual health, were comparable between laparoscopic and open surgery groups. This suggests that laparoscopic surgery does not adversely affect postoperative functional quality of life compared to open surgery.

Discussion

This investigation conducts a thorough juxtaposition between laparoscopic and open surgical approaches pertaining to low rectal neoplasms, yielding indications that laparoscopic intervention confers benefits in postoperative recuperation, all the while maintaining integrity of long-term prognostic outcomes. Hospital Stay: The days in hospital after operation was fewer in patients who underwent laparoscopic surgery where the mean number of days was 7. 2 days in contrast to 10 days. 5 days during the open surgery ($p < 0.01$). This reduction agrees with previous research pointing to the likelihood that minimally invasive surgery has the potential of quick post-operative recovery [2 -4,5].

In relation to complications, a notable lack of significant difference was observed between the two cohorts. Specifically, the laparoscopic group exhibited a recorded anastomotic leakage rate of 12%, in contrast to the open surgery cohort which presented a leakage rate of 14%. Importantly, the severity of these complications did not exhibit significant disparity ($p = 0.72$). Superficial wound infection occurred in both

cohorts, with a uniform infection rate of 8%. These findings infer that the laparoscopic modality does not intrinsically render the surgical procedure more complicated relative to the open surgical modality [3-5]. In terms of overall survival rates, figures indicated an 82% survival rate for patients subjected to laparoscopic surgery versus an 80% survival rate for those undergoing open surgery ($p = 0.55$). Furthermore, no significant differences were detected in disease-free survival rates across both groups, thus reinforcing the oncological safety associated with the laparoscopic surgical approach [2].

When we compared with the conventional laparoscopic colectomy, Single Port Laparoscopic Colectomy (SPLC) demonstrated a marked enhancement in quality of life (QOL) and functional outcomes. It is noteworthy that the quality of life metrics for the two groups exhibited comparability, as evaluated using the EORTC QLQ-C30 score assessment. [6-8] There were no discernible differences in functional outcomes related to bowel functionality and sexual health, thus providing supportive evidence that laparoscopic intervention does not adversely impact postoperative functional quality of life (QoL).[9-11]

Laparoscopic surgery reduced in-hospital length of stay and was associated with less postoperative pain compared to open surgery. These benefits are in keeping with those of minimally invasive interventions that are associated with lower surgical trauma and quicker convalescence [4]. Other studies have reported that a reduction in hospital length stay is due to less muscle disruption with smaller incisions [2].

Fewer complications were seen with laparoscopic compared to open surgery similar to other recent literature [5,12]. Although there may have been reasons for concern on the anastomotic leakage rates, these were not appreciably different, indicating that this complication is not increased in frequency when laparoscopic techniques are used.

Long-Term Survival: Similar 5-year survival rates between groups as shown in large trials and a meta-analysis [2]. This data demonstrates that laparoscopic surgery is oncologically equivalent to conventional open rectal surgery. When it comes to quality of life, there were no marked differences between laparoscopic surgery and open surgery in terms of functional results, suggesting that laparoscopic surgery does not undermine quality of life after the initial period [1,13]. Given these results are highly relevant when it comes to catering to patient needs, I feel the quality of life should be one of the decisive factors.

Conclusion

Laparoscopic surgery for rectal cancer at or below the distal third of rectum demonstrated fewer hospital days and better postoperative pain than open surgery. Laparoscopy should be considered as an alternative to traditional open surgery in the mid to lower rectum. It may be helpful in maintaining the good health and quality life of patients.

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