

## INTRODUCTION

Achalasia Cardia (AC) with sigmoid esophagus - **luminal dilatation and tortuosity**

- Peroral endoscopic myotomy (POEM) - technically difficult than non-sigmoid
- POEM + endoscopic fundoplication (**POEM+F**) has not yet been reported in SE patients.

## AIM

This single-centre study reports **safety, efficacy and medium-term outcomes** of POEM+F in AC patients with SE.

## PATIENT & METHODS

- **Study type** - Retrospective analysis of prospectively maintained database
- **Study population** - AC patients with SE undergoing POEM-F
- **Study duration** - March 2020 to March 2024
- **Outcomes** -
  - Procedure time, adverse events, f/u - 1 m, 6 m then annually
  - Eckardt & GERDQ Score, EGD - wrap & esophagitis and pH studies (GERD defined as per Lyon 2.0)

## RESULTS

- **N= 36**
- **Technical success** of POEM-F - **32 (88.9%)** included in further analysis
- **Fundoplication failed** in 4 :
  - Device malfunction - 1; procedure deferred in 3 due to significant orientation change in tunnel from anterior to posterolateral at GEJ with no access to peritoneal cavity.
- Mean age - 52.64 years [ SD 16.67]
- Mean total and fundoplication time (SD) -102.59min (+ 42.17) and 40 min (+ 9.31)
- Mean myotomy length (SD) 9.44 cm (+ 4.92)
- **AEs:**
  - **Intraoperative** - mucosal injury- 2 (6.3%) - endoclip closure
  - **Immediate** (< 24 hours) - subcutaneous emphysema - 1 (3.1%), post procedure pain - 3 (9.4%)
  - **Delayed** (>24 hours) - 1 (3.1%) - conserved.

## CONCLUSIONS

Safe and effective with sustained outcomes.  
GER in 20.6% patients - fundoplication -protective  
Technical challenges to maintain tunnel orientation more frequently

## FOLLOW-UP

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Duration of f/u (Median)	25 m (IQR - 19-40)
Maximum f/u	54 m
Clinical F/u	32/32 (100%)
Endoscopic f/u and pH studies	29/32 (90.6%)
Dysphagia improvement	32/32 (100%)
Post-POEM ES - Mean [SD]	1.39 [0.67]
ES at last f/u - Mean [SD]	1.66 [0.96]
Mean GERDQ for cohort	2.20 [SD 2.10]
Daily PPI requirement	1/32 (3.1%)

## F/u EGD

Intact wrap	28/29 (96.5%)
Loose wrap with Gr C esophagitis	1/29 (3.44%)

## Confirmed GER

abnormal EAET	6/29 (20.6%)
GerdQ > 8	1/29 (3.44%)

## Borderline GER

asymptomatic Gr A/B esophagitis, normal EAET	2/29 (6.9%)
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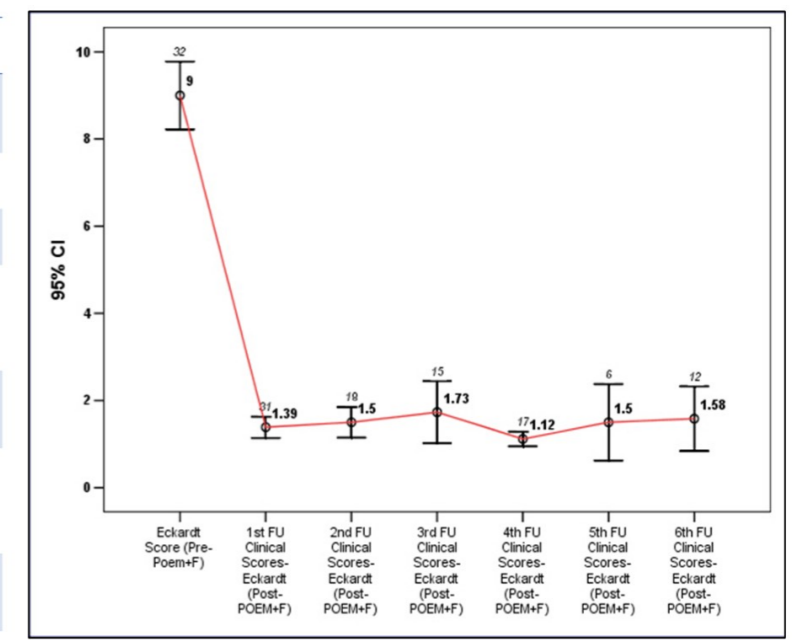


Figure 1. Pre and Post ES

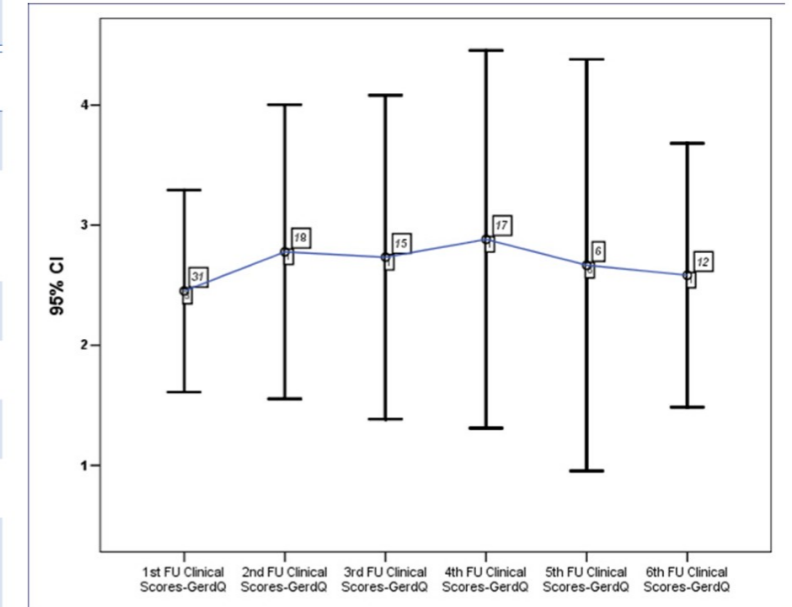


Figure 2: GERDQ At f/u

## CONTACT INFORMATION

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