OUTPATIENT HYSTEROSCOPY: A PATIENT SATISFACTION SURVEY

Obstetrics & Gynaecology, UHNS
Background

- Outpatient hysteroscopy is becoming increasingly popular as an alternative to hysteroscopy under general anaesthesia.
- Potential to cause discomfort and embarrassment, thus reducing patient acceptance.
Objectives

• To assess the satisfaction and acceptability of outpatient hysteroscopy services provided in UHNS

• To try and correlate contributing factors to those who experienced high pain.
Methods

• Prospective observational study
• Anonymous questionnaires given to women who underwent the procedure from January 2011-August 2011
• Women were asked
  • To mark the pain experienced on a 100 mm Visual Analogue Scale
  • To answer a short questionnaire about the acceptability of the procedure
Results

- 65 questionnaires were completed and returned
Age distribution

Mean age: 46.62 years
Pain during the procedure

<table>
<thead>
<tr>
<th>Range</th>
<th>No of Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-3.9</td>
<td>39</td>
</tr>
<tr>
<td>4-6.9</td>
<td>17</td>
</tr>
<tr>
<td>7-10</td>
<td>9</td>
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</tbody>
</table>
How would you describe the procedure?
Did you find the exposure required uncomfortable?

- No: 27
- Little: 25
- Moderately: 9
- Extremely: 4
Would you recommend the procedure to a friend?

- Yes: 94%
- No: 6%
Would you have the same treatment again if you had a similar problem? 

Looking back, would you have chosen the same procedure?
Did you find the side effects acceptable?

- Extremely: 15
- Moderately: 22
- Little: 17
- No: 4
- NR: 7
High pain score (7-10 on VAS) - 9 patients

- 8 described the procedure as ‘totally’- ‘generally’ acceptable
- Only 1 found the exposure extremely uncomfortable
- 7 would recommend to a friend, choose the same treatment again if required and not change their choice in retrospect.
- Only 2 women found the side effects not acceptable
High pain score (7-10 VAS)

- 2 were nulliparous
- All 9 received only ibuprofen
- None received opioid analgesia
- 7 were perceived to have tolerated the procedure well
Procedures carried out on women with high pain score

<table>
<thead>
<tr>
<th>Procedure</th>
<th>No of women</th>
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<tbody>
<tr>
<td>Hysteroscopy+EB</td>
<td>4</td>
</tr>
<tr>
<td>Hysteroscopy+EB+Coil</td>
<td>2</td>
</tr>
<tr>
<td>Thermachoice</td>
<td>2</td>
</tr>
<tr>
<td>Essure</td>
<td>1</td>
</tr>
</tbody>
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Series 1
• Of the 4 who would not recommend to a friend - 2 would still choose the procedure again and not change their decision in retrospect
• 3 found the procedure generally acceptable, 1 fairly acceptable
• 2 did not find the exposure uncomfortable, 1 found it extremely uncomfortable
• 3 found the side effects 'little-moderately' acceptable and 1 did not find them acceptable
Conclusions

• Outpatient hysteroscopy is associated with good overall satisfaction among patients with good acceptability.
• It is a safe, reliable and cost-effective alternative to hysteroscopy under a general anaesthetic.
• Pain, exposure and side effects after the procedure are determining factors of acceptability.
• 91% of the patients described the memory of the procedure as “totally acceptable” and “generally acceptable”.
• 94% would recommend it to their friends.
References

