

# Clinical Profile of Patients Posted for Hysterectomy

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## Abstract

**Objective:** To describe the clinical profile of patients posted for Hysterectomy at Women and Children hospital, Bapuji Hospital and Chigateri General Hospital, Davanagere from the period of Oct 2008 to July 2010. **Methods:** Total number of cases under the study was 50. These patients were admitted to Gynaecology wards of the above hospitals and were scheduled for elective inpatient hysterectomy for various indications. Age distribution and indications for hysterectomy were described. **Results:** The most common age group in the study population that underwent hysterectomy was 40- 49 years followed by the 30-39 years age group. Uterine fibroid was the most common underlying cause accounting for 41 cases (82%) that underwent hysterectomy. Dysfunctional uterine bleeding, Adenomyosis and endometrial polyp were the other indications for hysterectomy. **Conclusion:** The age distribution and indications for hysterectomy in our study group is in line with the data available from the low socioeconomic status population and from the developing world population.

**Key words:** Hysterectomy, Uterine fibroid.

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## INTRODUCTION

Hysterectomy is one of the most common major surgical procedures performed in gynecology.<sup>1</sup> In the developed countries there is increasing trend towards minimally invasive management options for benign gynecological diseases like endometrial ablation, uterine artery embolization, laparoscopic hysterectomy, etc. However, the situation is exactly opposite in developing countries, particularly in rural areas. Due to scarce resources available, women often present very late to health care facility and prefer a permanent cure to their disease at the most affordable rates possible.<sup>2</sup> Thus, hysterectomy; abdominal or vaginal, still remains the widely accepted and practiced treatment of choice for majority of gynecological diseases in rural areas. Data concerning major gynecological surgery is scarce in Indian sub-

continent.<sup>3</sup> Present study describes the age distribution and indications of patients posted for Hysterectomy at Women and Children hospital, Bapuji Hospital and Chigateri General Hospital, Davanagere from the period of Oct 2008 to July 2010.

## METHODS

Cases for the present study were taken from the Women and Children hospital, Bapuji Hospital and Chigateri General Hospital, Davanagere from the period of Oct 2008 to July 2010. Total number of cases under the study was 50. These patients were admitted to Gynaecology wards of the above hospitals and were scheduled for elective inpatient hysterectomy for various indications. Data was collected i.e. patient's age, indications for hysterectomy, detailed clinical history which included patient's complaints, duration, menstrual and obstetric history, any significant past, family and personal history. Clinical Examination included a detailed general physical examination and systemic examination. Per abdominal examination was done for any previous surgical scars, any palpable mass or tenderness. Vulvo - Vaginal examination, per speculum examination, bimanual examination were done to identify pelvic pathology. Pre-operative investigations included haemoglobin percentage, urine for albumin, sugar, microscopy, HIV, HBsAg, blood group and Rh typing, FBS/RBS, blood urea, serum creatinine, ECG, pre-operative ultra

sonography for large uterine fibroid. After making primary diagnosis, the route of hysterectomy was decided.

## RESULTS

**Table 1:** Age Distribution of Patients that Underwent Hysterectomy

Age (years)	Number of Cases
Less than 30	1
30 to 40	13
40 to 50	34
More than 50	2
<b>Total</b>	<b>50</b>

As shown in Table 1, most common age group in the study population that underwent hysterectomy was 40- 49 years followed by the 30-39 years age group.

**Table 2:** Indications for Hysterectomy

Indication	Number of Cases
Fibroid	41
Adenomyosis	2
Dysfunctional Uterine Bleeding	6
Endometrial Polyp	1
<b>Total</b>	<b>50</b>

As shown in the above table, Uterine fibroid was the most common underlying cause accounting for 41 cases (82%) that underwent hysterectomy. Dysfunctional uterine bleeding, Adenomyosis and endometrial polyp were the other indications for hysterectomy.

## DISCUSSION

In the present study, it was observed that most common age group in the study population that underwent hysterectomy was 40- 49 years followed by the 30-39 years age group and Uterine fibroid was the most common underlying cause accounting for 41 cases (82%) that underwent hysterectomy. Dysfunctional uterine bleeding, Adenomyosis and endometrial polyp were the other indications for hysterectomy. Study by Sabbour SM has reported that mean age of women that underwent hysterectomy was 45.4+/-8.9 years; the highest frequency of hysterectomy was in the age group 45-54 years (41.2%) whereas Hysterectomy in those aged less than 35 years was 7.3%.<sup>4</sup> Study by Gaym A has reported that the three major indications for hysterectomy were leiomyoma (41.1%), uterovaginal prolapse (23%) and ovarian tumours (19.5%).<sup>5</sup> Study by Sait K et al has reported that the most common indications for hysterectomy were uterine fibroids (n=107, 41.6%) and dysfunctional uterine

bleeding (n=68, 27.1%).<sup>6</sup> Study by Leung L et al has reported that over three quarters of study population that underwent hysterectomy were aged between 36 and 55 years and Uterine fibroid was the most common indication for hysterectomy.<sup>7</sup> Further review of literature has also shown that leiomyoma uterus is the most common indication for hysterectomy worldwide.<sup>6, 7, 8, 9</sup> Our study has limitations of a smaller sample size and observational study design. Further robust and longitudinal studies in large sample of population and different centres need to be done to further the understanding on the subject. To conclude, the age distribution and indications for hysterectomy in our study group is in line with the data available from the low socioeconomic status population and from the developing world population.

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