

A Prospective Study to Assess the Role of Diagnostic Laparoscopy and Special Emphasis on Staging in Patients with Intraabdominal Malignancy.

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ABSTRACT

Background: Aim of this study is to use staging laparoscopy to accurately define the extent of disease, direct appropriate therapy and avoid unnecessary intervention. Routine laparoscopy before laparotomy, especially in cancers which have equivocal operability helps to avoid unnecessary laparotomies. **Methods:** Patients with intra abdominal malignancies (carcinoma of gall bladder, stomach, and colon) who have operable disease on preoperative imaging will be taken for diagnostic laparoscopy and the findings will be corroborated with the findings in laparoscopy. Laparoscopy will include assessment of distant metastasis (liver/peritoneum/omentum), resectability of the disease, and biopsy from lesions of uncertain diagnosis. **Results:** Out of 35 patients taken in this study, 29 patients were operable on radiology and 6 patients had uncertain operability. Out of these 29 patients, only 15 patients were found to be resectable on diagnostic laparoscopy and underwent definitive resection. Out of the rest 14 patients, 7 had isolated peritoneal metastasis, 3 had only liver metastasis (single or multiple) and 4 had both liver and peritoneal metastasis which was confirmed on frozen section and histopathological examination. **Conclusion:** Diagnostic laparoscopy can reduce the number of unnecessary laparotomies that seem resectable on radiology but are found to be irresectable on laparoscopy. It can aid in diagnosis of uncertain malignancies in which image guided biopsy is not recommended in operable disease on radiology (e.g. gall bladder malignancy). It also helps to prove metastatic disease by taking biopsy from peritoneal nodules, or liver nodules along with avoiding a morbid unnecessary laparotomy.

Keywords: Diagnostic laparoscopy, Staging, Intra-abdominal malignancy.

INTRODUCTION

Diagnostic laparoscopy (DL) has become an important tool in the evaluation of patients with certain gastrointestinal malignancies which are being considered for curative resection. Many patients with digestive cancers present with locally advanced or metastatic disease and therefore accurate staging assists in the appropriate treatment selection for cure or palliation. Moreover, research regarding neoadjuvant protocols for locally advanced cancers is ongoing, which makes accurate staging imperative. Even after modern preoperative imaging screening (trans-abdominal and endoscopic ultrasound, CT scan, MRI and PET scan), many patients are found to have unsuspected, unresectable disease at exploration. Laparoscopy allows a surgeon to diagnose and obtain information about

dissemination of disease and to diagnose patients with equivocal radiological findings. This procedure enables the direct inspection of intra-abdominal organs and facilitates obtaining biopsy specimens and aspiration cytology which is sometimes not possible by image guidance. The magnified view of the laparoscope helps in diagnosing and staging GI cancers and enables the surgeon to detect small liver or peritoneal metastases that are not visible with current non-invasive imaging modalities. On the other hand, typically, surgery for these types of cancers are associated with a significant degree of morbidity and poor recovery that would be best avoided if it were known that disease progression was worse than originally radiologically staged.

We undertook a prospective study to assess the value of DL in patients with intra-abdominal malignancy particularly in terms of staging of intra-abdominal malignancy, to collect information complementary to radio-imaging modalities and to compare them, to assess operability and inoperability by confirmation of imaging studies, documentation of hepatic or peritoneal metastases, cytological evaluation of ascitic fluid, plan and documentation of appropriate

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treatment i.e. neo-adjuvant, curative or palliative following diagnostic laparoscopy and to analyse the incidence of perioperative morbidity and mortality related to procedure

MATERIALS AND METHODS

We conducted a prospective observational study between January 2016 to September 2017 with a minimum 30 patients in the Department of General Surgery, IPGMER and SSKM Hospital. All patients >18 years of age diagnosed or suspected to have intra-abdominal malignancy and planned for any major abdominal procedure, or any patient with suspected or known non-metastatic GI cancers with doubtful resectability by clinical assessment and pre-operative imaging, tumours with doubtful fixity to adjacent structures, especially organs that cannot be salvaged were included in the study. Any Stage-IV or non-resectable disease on imaging, hepatic and pancreatic malignancy, patients with non-GIT cancers (lymphoma, gynaecologic cancers, genitourinary cancers, retroperitoneal sarcoma, sarcoma and abdominal metastasis of non-GI cancers) and metastatic cancers which were beyond the scope of curative surgery, patients those not fit for general anaesthesia were excluded from the study. Patients were assessed by history, clinical examination. Informed consent was taken, and patients were counselled about the possible outcome. Fitness for anaesthesia and major surgery was assessed by routine investigations. Pathological diagnosis was confirmed by cytological or histopathological examination of material retrieved by percutaneous, endoscopic or colonoscopic means. Operability was assessed by relevant radiological investigations.

Operative procedure

DL and ascitic fluid cytology were performed under general anaesthesia with endotracheal intubation, immediately before planned laparotomy. A thorough evaluation of peritoneal surfaces was performed. The suprahepatic and infrahepatic spaces, surface of the bowel, lesser sac, the root of the transverse mesocolon and small bowel, the ligament of Treitz, the paracolic gutters and the pelvis were inspected with bed position changes as necessary. The lesser sac was opened when required. For the lower oesophageal cancers, the exploration of diaphragmatic hiatus was achieved through the incision of the esophagocardial peritoneal fold and blunt dissection with retraction of the stomach to the patient's right or left. Biopsies and frozen sections were examined for any suspicion abdominal lesions. When no metastatic disease was identified on inspection, open laparotomy was immediately performed in the patients without distant metastasis or with certain primary tumour resectability by DL. Postoperatively, pathological diagnosis (pTNM),

recovery period and perioperative complications were assessed.

RESULTS

A total 35 patients who were diagnosed previously to have no metastatic disease on pre-operative clinical evaluation and imaging were included in our study, following all inclusion and exclusion criteria. DL picked up 18 patients (51.4%, n=35) to have occult, previously unidentified unresectable primary or secondary lesion over radiology. Unnecessary Laparotomy could be avoided in them.

Rest of 17 patients underwent laparotomy in the intent of definitive resection. Four more patients (11.4%, 4 of 35) were found to have unresectable lesions which could be confirmed only on laparotomy. These four patients were sent to Neo-adjuvant therapy; based on DL.

After both DL and Laparotomy, only 37% (13 out of 35) patients, were found to have resectable disease. Comparison of resectability of primary tumour by different methods is given in [Table 1].

Table 1: Comparison of Resectability of primary tumour

Resectability	Radiology (N=35)	Laparoscopy (N=35)	Laparotomy (n=17)
Resectable	82.9%	42.9% (n=15)	76.5% (n=13)
Unresectable	0%	51.4% (n=18)	23.5% (n=4)
Uncertain	8.6%	5.7% (n=2)	0.0%

Test of proportion showed that laparoscopy detected significantly higher proportion of unresectable primary tumours compared to radiological (Z=3.7; p<0.05).

DL has diagnosed all the patients with metastasis i.e. 14 cases out of 35, and radiology has identified the only suspicion of 6 cases preoperatively.

DISCUSSION

Our study was conducted for evaluation of role diagnostic laparoscopy as a diagnostic and staging tool for intra-abdominal cancers. Four primary locations were studied: stomach, colon, gall bladder, and bile duct. All these patients were candidates for curative treatment based on their radiological investigations. DL was used as a tool for diagnosing, staging, and assessment of intra-abdominal malignancies in terms of primary tumour resectability, lymph node status and distant metastasis. Complications and morbidity related to procedure were assessed.

Many previous studies showed slight male preponderance for gastrointestinal malignancies.^[1,2] Colon cancer was found to be most common cancer, followed by stomach, liver and biliary system. Adenocarcinoma accounted for the majority of the gastrointestinal malignancies.^[3-5]

Muntean et al.^[1] performed staging laparoscopy in 165 patients with digestive cancers and found that unnecessary laparotomy was avoided in 36(36.4%) of the patients without distant metastasis on imaging pre-therapeutic staging. In our study, DL identified 18(51.4%) patients of radiologically unidentified unresectable primary tumour. Patients with unresectable primary tumour but having no metastatic disease (4 Patients) underwent neoadjuvant therapy.

A retrospective analysis of 193 cases by Popova et al.^[6] showed that surgery for GC could have been avoided in 42.5% of instances if laparoscopy had been instituted during the initial evaluation. Another prospective comparative study by Stell et al 61 in 103 patients showed that laparoscopy was more accurate in detecting metastases than ultrasound and CT. In a study of 92 patients by Conlon et al,^[8] conducted at Memorial Sloan-Kettering Cancer Centre, Conlon and Karpeh reported that in one-third of the group, laparoscopy identified metastatic disease that had gone undetected by preoperative imaging. D'Ugo et al,^[9] found undetected metastasis disease in 13% to 57% of patients with gastric cancers initially staged resectable by conventional modalities. Thus, exploratory laparotomy was avoided in over 20% patients.

In our study unnecessary laparotomy were avoided in 13 of the 35 patients who were diagnosed as having no metastatic disease on clinical evaluation (M0-cTNM) by preoperative imaging, contributing to 37.1 %.

Study by D'Angelica,^[10] on hilar cholangiocarcinoma and Ca GB done in Memorial Sloan Kettering Cancer Centre, laparoscopy identified 84 inoperable cases out of 153, increasing resectability from 62% to 78%. In present study although DL could pick up 18 patients (51.4%) of unidentified unresectable primary lesion over radiology, it still missed unresectable primary lesions in 4 patients (11.4%) which could be confirmed only on laparotomy.

In Muntean et al.^[56] DL done in 99 patients and 61 patients found unsuspected peritoneal and liver lesions. Among these, 36 patients had frozen section positive metastatic disease (hepatic 4, peritoneal 24 and hepatic and peritoneal 8).

In our study, DL done in 35 patients with either no evidence of metastasis (M0-cTNM) or lesions suspicious of metastasis in radiological evaluation, 14 patients (40%) found to have unsuspected peritoneal and liver lesions. Among these 14 patients, 3 having only hepatic lesions (8.6%), 7(20%) with only peritoneal lesions and 4(11.4%) having both hepatic and peritoneal lesions. Frozen section and biopsy were found to positive in all 11 cases having peritoneal metastasis on DL.

In one prospective multi-institutional study by national cancer institute¹¹, US, CT scan, magnetic resonance imaging and endoscopic ultrasound failed

to identify 25% of metastatic disease identified by DL. In our study DL diagnosed distant metastasis disease in 14(40%) which were missed by preoperative radiology.

Reported complications have been rare and include bleeding, infection, visceral injury, bile leak (particularly if liver biopsy was performed) and anaesthesia related complications. Procedure related morbidity has been reported between 0 and 4%.^[12,13] In another study 119 patients with DL, we observed 3 (2.5%) complications and no death⁵⁶. Nair C K et al¹⁴ reported complication rate of 25 % in diagnostic laparoscopy in gastrointestinal malignancy.

Our study revealed per-operative complications including 2 cases of bleeding, and 2 cases of postoperative morbidity in the form of wound infection. Overall morbidity in this study is 11.4% without any mortality.

Average length of hospital stay after SL was 1-3 days, which compares favourably with open exploration.^[56,65] Staging laparoscopy is more cost-effective than open exploration when it is the only procedure required, with a 55-60% reduction in total hospital charges.^[16]

It is notable that patients remained in hospital for an average of 3.97 days only. Most of patients began oral intake next day itself.^[56] The average duration of keeping patients nil per mouth in post diagnostic laparoscopy was 10 ± 2 hours (range 8-10 hours) and the median was 9 hours.

Studies showed total hospital stay was 2.02±0.66 days (range 1-3 days) and the median was 2 days for patients who underwent only DL. The mean operative time of SL was 48 minutes and the immediate morbidity 2.5%⁵⁶. The mean operative time in our study was 49.31± 9.95 minutes with a median of 50 minutes thus being comparable to previous studies.

Our study was limited with small sample size. This study has not considered other gastrointestinal malignancies (pancreatic, hepatic).

CONCLUSION

To conclude, DL can significantly reduce the number of unnecessary laparotomies in cases which are deemed resectable on radiology. It can aid in diagnosis of uncertain malignancies in which image guided biopsy is not recommended in operable disease on radiology (e.g. gall bladder malignancy). It also helps to prove metastatic disease by taking biopsy from peritoneal nodules, or liver nodules, Lymph nodes or samples for Ascitic fluid study. However, further studies are required including all gastrointestinal cancers with a larger sample size in a multi institutional setting.

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