Introduction

Ulcerative colitis (UC) is treated initially with medical treatment. In many cases colectomy may be required when medical therapy fails. Currently, restorative proctocolectomy with ileal pouch anal anastomosis (IPAA) is the gold standard surgery for patients with UC undergoing colectomy, avoiding the negative aspects of a permanent ileostomy (Richards 2001).

Objective

To establish the predictors of type of colectomy performed for ulcerative colitis patients in Spain (COSCOL Study):
- Predictors of functional proctocolectomy with ileal pouch anal anastomosis (gold standard)
- Predictors of carrying a permanent ileostomy
- Predictors of type of surgery tested were:
  - Age at the time of colectomy
  - Sex: female vs. male
  - Duration of the disease
  - UC extension, according to Montreal classification: left vs extensive
  - Study level of patients: without studies and primary school vs. secondary school and universitary studies
  - Colectomy due to treatment failure or severe complications
  - Colectomy performed as an emergency procedure vs elective
  - Size of hospital: <750 beds vs >750 beds

Methods

Study design
- Retrospective audit undertaken at 35 centres which reviewed the medical records of patients who had undergone total colectomy between 2000 and 2005.
- Time horizon: patients were followed up for a period of at least 2 years after the initial colectomy.

Statistical analysis
- To define the predictors of patients undergoing proctocolectomy with IPAA were applied:
  - Non-parametric test for the categorical variables
  - Parametric test for the continuous variables
- Logistic regression was performed to assess the predictors factors of:
  - Proctocolectomy with IPAA (gold standard)
  - Permanent ileostomy
- Predictors of type of surgery tested were:
  - Age at time of colectomy
  - Sex: female vs. male
  - Duration of the disease
  - UC extension, according to Montreal classification: left vs extensive
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Results

Data available on 209 patients with total colectomy due to ulcerative colitis.
- Significant differences (p<0.05) between proctocolectomy with IPAA versus other colectomies were found in the following parameters:
  - Age at the time of colectomy
  - Surgery performed due to treatment failure
  - Surgery performed as an elective procedure

Conclusions

- Although restorative proctocolectomy with ileal pouch anal anastomosis has become the gold standard surgery for ulcerative colitis, it was only performed in 54% patients.
- Only age (younger patients) and elective procedure were predictors of final proctocolectomy with ileal pouch anal anastomosis
- Older patients with colectomy performed as an emergency procedure were more likely to carry a permanent ileostomy

References

1. Richards DP. Quality of life after successful restorative proctocolectomy is normal. Colorectal Dis 2001;3:120-26