

IMPACT OF LAPAROSCOPIC COLORECTAL SURGERY ON BODY IMAGE

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INTRODUCTION: The aim of this study is to evaluate the impact of laparoscopic colorectal surgery (LCS) on body image using the validated Body Image Scale (BIS) as a parameter of surgical quality.

MATERIAL AND METHODS: We conducted an observational descriptive study. Patients who underwent scheduled LCS between June 2015 and December 2019 by a General Hospital Coloproctology Unit were included.

RESULTS: The sample included 180 patients, 115 men (63.9%) and 65 women (36.1%) with a median age of 67 years. Right hemicolectomies (31.7%) and sigmoidectomies (28.3%) were the main procedures performed. In most patients, a suprapubic (69.4%) or transverse (19.4%) incision was made. 21.9% suffered some type of postoperative complication (13.9% wound complication, 10.6% incisional hernia).

The general result of the BIS questionnaire was satisfactory, with a median of 0 in the responses (no alteration of body image). We found that 46.2% of the women had some alteration in body image, compared to 28.7% of the men ($p=0.018$) and low and ultra-low anterior resection were the surgeries that obtained worst scores, with 13.5% and 12.5% respectively of patients with a BIS score above 5 ($p=0.044$). Patients with a stoma also obtained worst punctuation (25% above 5 vs 6.1%, $p=0.001$). No statistically significant differences were found regarding type of incision, presence of complications and anxiety or depression.

CONCLUSION: Study results show, in general, good post-surgical body image after LCS. However, patients with stoma and women were more dissatisfied. Interestingly, there is no worse body image due to type of incision, so we recommend the least iatrogenic one.