

To News Editor
For Immediate Release

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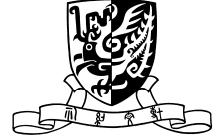
CUHK's Research on Single Incision Laparoscopic Appendectomy Bears Fruits

Acute appendicitis is one of the most common surgical emergencies worldwide. Every year, about 250 cases are treated in the Prince of Wales Hospital, and there are probably 2,000 new cases per year in Hong Kong. Conventional therapy entails surgical removal of the vermiform appendix through a right lower abdominal incision of about 4 to 5 inches long, which causes considerable postoperative wound pain and most patients have to refrain from normal daily activities for at least 2 to 4 weeks.

With the rapid development of minimally invasive surgery in the last two decades, laparoscopic appendectomy is now a widely accepted option for acute appendicitis in many institutes. A standard laparoscopic appendectomy requires at least 3 to 4 keyhole incisions over the lower abdomen. It has been shown in a large number of clinical studies (some of which were conducted at the Prince of Wales Hospital some 15 years ago) that the laparoscopic approach can reduce wound complications and lower analgesic requirement compared to open appendectomy.

Nevertheless, the pursuit of perfecting surgery does not cease as such. Recently, there is an increasing interest in the research of single incision laparoscopic operation, which aims at further reducing surgical trauma and wound pain of patients. From 12 April to 1 May 2009, the Department of Surgery at The Chinese University of Hong Kong (CUHK) applied this new technique to successfully perform 7 consecutive cases of single incision appendectomies on patients with clinical diagnosis of acute appendicitis. This group of patients consisted of 6 men and 1 woman, with age ranging from 21 to 52. The average operating time was less than 1 hour (20 to 60 minutes) in all cases except for the first one. There was no major postoperative complication. All patients were able to resume oral intake on day 1 and be discharged on day 2. The wound size was about 1.5 cm within the umbilicus.

In conclusion, single incision laparoscopic appendectomy is a novel, feasible and safe treatment approach for acute appendicitis. It has the advantages of less wound pain, faster recovery and significantly better cosmetic outcome when compared to the standard laparoscopic appendectomy. The Department of Surgery at CUHK believes that it may become a standard choice of treatment for acute appendicitis in the future.



致新聞編輯
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中大研究單孔腹腔鏡闌尾切除手術見成效

急性闌尾炎（俗稱盲腸炎）是全球最常見的緊急外科手術之一。在沙田威爾斯親王醫院，每年大約有 250 宗切除闌尾炎個案，全港則估計每年約有 2,000 宗新症。傳統開腹闌尾切除術，需在下腹腔開啟大約 4 至 5 寸的切口，惟術後傷口相當疼痛，大部分病人至少有 2 至 4 個星期不能進行日常活動。

過去二十年，隨著科技日新月異及微創技術的快速發展，醫學界已廣泛利用微創腹腔鏡進行闌尾切除手術。標準的腹腔鏡闌尾切除手術至少需要 3 至 4 個如鑰匙孔般大小的切口去完成。大量的臨床研究亦證實，利用腹腔鏡切除闌尾，病人的傷口併發症較少，所需的止痛劑份量亦相對較低。事實上，沙田威爾斯親王醫院亦早於 15 年前已就此進行研究並證實有關結果。

近年，外科醫生繼續致力改進微創腹腔鏡手術，並針對單孔腹腔鏡闌尾切除手術進行了更多研究。此項手術只需開啟一個細小的手術切口，便可成功切除闌尾，進一步減低病人術後的創傷及痛楚。香港中文大學（中大）外科學系在 2009 年 4 月 12 日至 5 月 1 日利用嶄新的單孔腹腔鏡技術，成功連續為 7 名闌尾炎病人進行單孔腹腔鏡手術。病人分別為 6 男 1 女，年齡由 21 至 52 歲。除了第 1 名病人外，其餘病人的平均手術時間皆少於 1 小時（由 20 至 60 分鐘不等）。所有病人並沒有出現術後併發症，且都能在一天後恢復進食及於兩天後出院。手術傷口位於肚臍附近，只有約 1.5 厘米闊。

總括而言，單孔腹腔鏡闌尾切除術是一項嶄新、可行及安全的治療方法。相對標準腹腔鏡外科手術，其優點是傷口痛楚較少、復原迅速及傷口美觀。中大外科學系相信，單孔腹腔鏡將會是治療闌尾炎的未來新趨勢。

二零零九年五月十三日