

ПАРАСТОМАЛЬНЫЕ ГРЫЖИ И ИХ ПРОФИЛАКТИКА (ОБЗОР ЛИТЕРАТУРЫ)

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Аннотация: На современном этапе развития колоректальной хирургии наблюдается тенденция к увеличению числа пациентов со стомой. Создание стомы является фактором формирования парастомальной грыжи, которая часто приводит к серьезным осложнениям, препятствующим полной реабилитации пациента. Чаще всего парастомальная грыжа образуется в ближайшие два года после операции, но возможность образования грыжи сохраняется на протяжении всего послеоперационного периода. В данной статье представлены современные методы профилактики парастомальных грыж, проанализированы результаты клинических исследований и метаанализов. При описании методов акцент делается на их безопасности, эффективности и экономической целесообразности.

Ключевые слова: парастомальная грыжа, колостома, илеостома, сетчатый эндопротез.

PARASTOMAL CHURRALAR VA ULARNING OLDINI OLISH (ADABIYOTLAR SHARHI)

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Annatsiya: Kolorektal jarrohlik rivojlanishining hozirgi bosqichida stoma bilan og'rigan bemorlar sonining ko'payishi tendentsiyasi kuzatilmoqda. Stomaning chiqarish parastomal churra shakllanishining omilidir, bu ko'pincha bemorning to'liq reabilitatsiyasiga to'sqinlik qiladigan jiddiy asoratlarga olib keladi. Ko'pincha parastomal churra operatsiyadan keyingi ikki yil ichida hosil bo'ladi, ammo churra paydo bo'lishi extimoli operatsiyadan keyingi davrda saqlanib qoladi. Ushbu maqolada parastomal churralarni oldini olishning zamonaviy usullari keltirilgan, klinik tadqiqotlar va tekshiruvlar natijalari tahlil qilingan. Usullarni tavsiflashda ularning xavfsizligi, samaradorligi va iqtisodiy maqsadga muvofiqligiga e'tibor qaratiladi.

Kalit so'zlar: parastomal churra, kolostoma, ileostoma, setkali endoprotez.

PARASTOMAL HERNIAS AND THEIR PREVENTION (REVIEW OF LITERATURE)

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Annotation: At the present stage of development of colorectal surgery, there is a tendency to increase the number of stoma patients. The creation of a stoma is a factor in the formation of a parastomal hernia, which often leads to serious complications that prevent the full rehabilitation of the patient. Most often, a parastomal hernia is formed in the next two years after surgery, but the possibility of hernia formation persists throughout the postoperative period. This paper presents modern methods for the prevention of parastomal hernias and analyzes the results of clinical trials and meta-analyses. When describing the methods, emphasis is placed on their safety, efficiency, and economic feasibility.

Keywords: parastomal hernia, colostomy, ileostomy, mesh endoprosthesis.

The steady increase in the incidence of colorectal cancer and other diseases of the colon leads to an increase in the number of operations ending with the imposition of an intestinal stoma [1,2]. In the United States, about 100 thousand people annually undergo surgical interventions with the formation of ileo- or colostomy [3]. In the Russian Federation, the number of patients who have stoma, according to several sources, reaches 120–140 thousand people [4, 5]. The incidence of parastomal hernias is 28.3% for permanent-end ileostomies and 48% for permanent-end colostomies [7]. Most often, a parastomal hernia is formed in the next two years after surgery, but the possibility of hernia formation persists throughout the postoperative period. Some surgeons believe that the formation of a parastomal hernia is inevitable [8]. In most cases of surgical intervention, the stage of stoma formation is not the main one, while the problem of stoma care comes to the fore for the patient [9, 10]. Parastomal hernia, both in ileo- and colostomy [11], is one of the main reasons that impede the full rehabilitation of the patient since it often leads to the development of serious complications that negatively affect the quality of life of the patient [12]. There are many methods of surgical treatment and prevention of parastomal hernias, however, such hernias remain a serious surgical problem [7]. One of the main reasons for the appearance of parastomal hernias is technical errors in the formation of stomas [13]. Proceeding from this, the solution to the problem is seen in the improvement of the technique of imposing a stoma and the development of methods for the prevention of hernias [14]. It is believed that the location of the stoma on the anterior abdominal wall affects the incidence of parastomal hernias. When forming the stomal canal through the sheath of the rectus muscle, the likelihood of their development is less in comparison with pararectal access [15]. There are several options for passing the intestine through the rectus muscle. Traditionally, a cruciform incision is made on the front sheet of the rectus sheath, the back sheet of the sheath with the rectus muscle is split vertically and a stoma is formed. Another option is to place the stoma in the region of the lateral edge of the sheath of the rectus abdominis muscle, in foreign sources - lateral rectus abdominis positioned stoma (LRAPS) [16]. Thus, a study involving 72 patients and a median follow-up of 24 months showed that the risk of parastomal hernia with LRAPS is approximately 10%, and with the traditional

method - 40–60% [16]. At the same time, in a review of nine retrospective cohort studies [17], including 761 patients in total, there was no difference between pararectal access and transrectal techniques (relative risk - 1.29%, confidence interval - 95%). Thus, the relationship between the site of stoma creation and the likelihood of parastomal hernia is currently uncertain [8]. The size of the incision during the formation of the stomal canal continues to be discussed [9]. The study by S. Pilgrim et al. [18], conducted with the participation of 33 patients, confirmed the hypothesis that an excessively long incision of the aponeurosis is a constant predictor of the development of parastomal hernia. The authors found that each additional millimeter of incision in the aponeurosis increases the risk of hernia by 10%.

The main rule for the formation of the size of the incision is a tight girth of the intestine without the occurrence of ischemia, however, this factor remains subjective and difficult to assess [19]. It is known that even if the diameter of the intestine carrying the stoma is ideally matched to the fascial incision, the latter tends to expand [20]. On the other hand, as in the case of the expansion of the hernia defect in postoperative hernia [22], dilatation of the stomal canal also occurs due to a metabolic disorder in the connective tissue due to genetic characteristics and the long-term existence of the abdominal wall defect [23]. The main direction in the prevention of parastomal hernias is to strengthen the diastasis of tissues between the fascial aperture of the stomal canal and the intestine carrying the stoma [24]. Most of these techniques are based on strengthening the entire perimeter of the stomal canal with the help of endoprosthesis. In this regard, an original method of prevention without the use of a mesh implant is of interest. Instead of a cruciform incision in the formation of the stomal canal, recommended by C.C. Lyon and A.J. Smith [25], it was proposed to perform a linear incision of the aponeurosis, the corners of which are reinforced with two interrupted sutures made of non-absorbable suture material [26]. With sufficient effectiveness of the method, it is worth noting its safety and low cost compared to other prevention methods that use mesh prostheses, bioimplants, or specially designed devices. There is evidence that suturing the stoma-bearing bowel segment to the anterior abdominal wall prevents parastomal hernia formation. So, K. von Smitten et al. [27] reported on 54 patients with terminal sigmoidstoma, half of whom used this technique for stoma formation.

However, no statistically significant difference was found between the groups. H. Abcarian and R.K. Pearl argue against bowel fixation, which has also not yet been clinically validated [28]. Thus, the available evidence is insufficient to support or refute the hypothesis that closing the lateral space by fixing the stoma-bearing bowel to the anterior abdominal wall reduces the risk of parastomal hernia [7]. In 1958 J.C. Goligher and C.P. Sames simultaneously described an extraperitoneal method for creating end stomas [29]. The operation consisted of the formation of the retroperitoneal canal along the anterior abdominal wall by exfoliating the peritoneum from the muscular-aponeurotic layer to the place of optimal removal of the intestinal stoma to the anterior abdominal wall. This approach preserves the peritoneum on the inside of the stomal canal [8]. Hamada et al. analyzed the data of 37 patients, 22 of whom had a retroperitoneal stoma created during laparoscopic abdominoperineal extirpation [30].

According to the results of this retrospective study, laparoscopic extraperitoneal colostomy leads to the formation of a parastomal hernia in only 4.5% of cases compared with 33% of transperitoneal colostomy ($p = 0.03$). A similar conclusion was made in a meta-analysis by L. Lian et al. [31], covering 1000 patients. It was found that after open surgery, the incidence of parastomal hernias in retroperitoneal stoma is significantly lower ($p=0.002$) compared to the traditional technique. Despite promising results [20], extraperitoneal stomas are not yet recommended for universal use, even in the formation of permanent stomas [8]. The authors agree that further studies are needed to evaluate the effectiveness of this method of preventing parastomal hernias [7]. In 1977 J.D. Rosin and R.A. Bonardi [32] proposed the use of a mesh prosthesis to strengthen the stomal canal. I. Bayer et al. [33] published the first studies of strengthening the anterior abdominal wall with a mesh prosthesis during the formation of a colostomy in 1986. To date, many types of mesh implants are available for the prevention and treatment of parastomal hernias. Most often, polypropylene prostheses are used especially their large-pore lightweight variants [34]. In addition, composite implants containing biodegenerative anti-adhesive molecules are widespread [21]. There were no complications when using a two-component prosthesis [36]. It was noted that the severity of the inflammatory process of the abdominal

organs located near large-porous implants is lower [4]. Janes et al. [37], who performed prophylactic implantation of a mesh prosthesis using the sublay method, with a median follow-up of 5 years, reported the incidence of parastomal hernias in 13.3% versus 81% in the control group. In the study of A.L. Goncharova et al. [46], the median follow-up was 20–25.5 months. It was found that a modified version of the P.H. Sugarbaker with a composite allograft during the primary intervention is safe and can be used prophylactically, as it can reduce the incidence of parastomal hernia by five times. However, the question of the need for total prevention remains debatable, since 73% of patients in the control group did not develop a parastomal hernia during the observation period.

The effectiveness of the prevention of parastomal hernias with the help of a mesh implant installed during the primary laparoscopic surgery was confirmed. In a randomized clinical trial, X. Serra-Aracil et al. [35] implanted a mesh endoprosthesis for prophylactic purposes using a modified P.H. Sugarbaker. The occurrence of a hernial protrusion was diagnosed using CT of the abdominal cavity. As a result, parastomal hernia was detected in 25% of patients in the experimental group and 64% of the control group. The study by A. Lykke et al. [39] assessed the safety and efficacy of preventing paracolostomy hernias using a mesh prosthesis in emergency surgery. In 48% of cases, the surgical field is contaminated. Despite this, a preventive mesh prosthesis was installed in half of the patients. Even taking into account the contamination of the surgical field, no difference in the development of wound complications was found. In addition, at a median follow-up of 12 months, the incidence of parastomal hernias in the experimental and control groups was the same. It is believed that in case of contamination of the surgical field, which occurs from time to time during the formation of an ileostomy or colostomy, a differentiated approach is necessary. In conditions where the surgical field is infected, the use of bioimplants (much more expensive products than synthetic meshes) is preferable due to their lower propensity for bacterial contamination [8]. In addition, they significantly reduce the risk of developing intestinal parastomal fistulas due to less likelihood of intestinal erosion. In clinical practice, Permacol and Strattice bioprotheses are widely used making sheet pigskin, devoid of antigenic structure and chemically soldered (cross-linking).

As a result of the manufacturing process, an implant is made from this material, which is a pure cross-linked collagen and elastin without cellular structures and adipose tissue [40]. Initially, the use of bioimplants was reported to significantly reduce the incidence of parastomal hernias, although this claim was based on a small number of studies involving a small number of patients [41]. The multicentre, prospective, randomized PAISM trial refuted the initial results. After 24 months of observation, statistically identical results of parastomal hernia formation were obtained in the main group (10.2%) versus 13% in the control group, respectively. The authors concluded that the strengthening of the stomal canal with mesh bioimplants is safe, but not economically justified for routine prophylactic use [42]. In summary, recent clinical studies and meta-analyses on the prophylactic use of mesh implants provide encouraging results. However, in most studies, an insufficient number of patients have been studied, so the probability of errors is high [38]. Additional contradictions are introduced by the results, in which there is no significant difference in the incidence of parastomal hernias when using a mesh endoprosthesis [39]. In this regard, it is recommended to use the obtained data with caution in clinical practice [43]. Studies show that the use of mesh polymer endoprostheses in the treatment of ventral hernias reduces the number of recurrences, but leads to an increase in the frequency of wound complications [44]. In this regard, it is possible that with the prophylactic installation of mesh implants and a decrease in the likelihood of developing a parastomal hernia, an increase in the risk of wound complications in the stoma is also inevitable. This assumption is confirmed by studies that indicate an increase in the number of infectious complications associated with a stoma after operations, during which a mesh implant was placed during its formation [45]. It was also noted that parastomal hernia did not form in 52–73% of patients with a permanent terminal colostomy [7]. We believe that in the presence of several alternative methods of prevention that significantly reduce the incidence of parastomal hernia, the total implantation of a mesh endoprosthesis in all patients with a permanent stoma is not necessary, since such an installation exposes a significant group of patients to an unjustified risk of complications. Further studies are needed to identify groups of patients with varying degrees of risk of developing parastomal hernias to rationally prevent them.

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