Peroral endoscopic myotomy (POEM) has been regarded as the main treatment for achalasia [1]. The creation of a submucosal tunnel during POEM is one of the key steps. Previous studies have suggested that using blunt dissection to create the tunnel can facilitate the procedure and reduce complications such as bleeding and perforation [2, 3]. We report here the use of a novel blunt dissection forceps (Fig. 1) that we have invented for tunnel creation during POEM. The device integrates the functions of blunt dissection, electroresection, and electrocoagulation, making the procedure more convenient.

A 32-year-old woman presented with intermittent dysphagia that had lasted for 6 years and was diagnosed with achalasia. POEM was performed for this patient (Fig. 2, Video 1). The patient was
under general anesthesia throughout the procedure. After submucosal injection, mucosal incision was performed at 10 cm proximal to the gastroesophageal junction using a conventional dual knife (▶Fig. 2b). Then, the blunt dissection forceps was applied for tunnel creation, during which blunt dissection, electroresection, and electrocoagulation were used as appropriate (▶Fig. 2c–e). Myotomy was performed using the dual knife (▶Fig. 2f). The mucosal entry was closed using endoscopic clips (▶Fig. 2g). The operation time was 45 minutes. There was no mucosal injury during the whole procedure, or bleeding or perforation. The patient recovered uneventfully, and was discharged after 3 days (▶Fig. 2h). During 6 months of follow-up, the patient was well, and had no further dysphagia or other discomforts.

In our experience, the blunt dissection forceps we have developed can facilitate tunnel creation during POEM, allowing a simple, fast, and safe procedure. Further studies with large sample sizes are required to evaluate the safety and effectiveness of the blunt dissection forceps for POEM and other endoscopic interventions.

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Endoscopy
DOI 10.1055/a-1965-3708
ISSN 0013-726X
published online 2022
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Georg Thieme Verlag KG, Rüdigerstraße 14, 70469 Stuttgart, Germany

Funding

1·3·5 Project for Disciplines of Excellence—Clinical Research Incubation Project, West China Hospital, Sichuan University 2020HXFH016
Natural Science Foundation of China 82170675
China Postdoctoral Science Foundation 2022M712265

Competing interests

The authors declare that they have no conflict of interest.

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