MINDful polypectomy: a quality improvement initiative to improve complete resection of colorectal polyps

Incomplete resection of colon polyps is common, and the rate is significantly higher for 1- to 2-cm polyps (17.3%) than for smaller, 5- to 9-mm polyps (6.8%) [1]. We instituted a quality improvement measure to evaluate whether a “MINDful polypectomy” mnemonic summarizing a standardized approach for the resection of polyps ≥1 cm in size would decrease the rates of incomplete resection among outpatients undergoing routine colonoscopy. This earlier version of the mnemonic was: “Move polyp to 6-o’clock position; Inspect carefully, consider NBI and dye spray; If flat, inject contrast mixed with saline for submucosal lift; Note whether borders are completely removed; Due diligence with photo documentation of resection.”

We measured compliance with the mnemonic based on whether biopsy of the polypectomy edge was completed for polyps ≥1 cm in size. Among the endoscopists who followed the protocol, evidence of incomplete resection was found in 4 of the 38 patients (10.5%). Furthermore, of the 38 patients in whom post-polypectomy edge biopsy specimens were taken, 3 (7.9%) had bleeding due to biopsy of the resection site, with 2 requiring immediate endoscopic hemostasis and the third requiring hospitalization for a post-polypectomy bleed 72 hours after initial colonoscopy. Anecdotally, concern regarding bleeding was commonly cited as a reason for not following the original mnemonic. Based on this experience, we conclude that (i) the original mnemonic, promoted by education at baseline and posted reminders, was insufficient to result in consistent efforts to optimize complete polyp resection, and (ii) edge biopsies may not be a feasible way of measuring complete resection in usual practice. We propose that further research is required to identify practices for reducing and measuring incomplete resection. We present a modified polypectomy protocol, coupled with a visual mnemonic to serve as a memory aid, as one potential approach to consider in future studies (Fig. 1).

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Contribution of authors

Shireena Desai1, Beacher Schneider1, Samuel B. Ho1, Samir Gupta1,2

1 Division of Gastroenterology, Department of Medicine, UC San Diego School of Medicine, La Jolla, California
2 Division of Gastroenterology, Department of Medicine, VA San Diego Healthcare System, San Diego, California

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References


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Corresponding author

Samir Gupta, MD, MSCS
Gastroenterology (111D)
VA San Diego Healthcare System
3350 La Jolla Village Drive
San Diego, CA 92161
USA
Fax: +1-858-822-2399
s1gupta@ucsd.edu

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Fig. 1 Proposed modified mnemonic for a structured approach to achieving and documenting complete resection of polyps ≥1 cm in size. NBI, narrow-band imaging.