

CLINICAL PRACTICE GUIDELINE FOR DIAGNOSIS AND MANAGEMENT OF CHOLELITHIASIS, ACUTE CHOLECYSTITIS AND CHOLEDOCHOLITHIASIS

- **Title:** Clinical Practice guideline for diagnosis and management of cholelithiasis, acute cholecystitis and choledocholithiasis.
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- **Abstract:**

Background: This paper abstracts the Clinical Practice guideline (CPG) for diagnosis and management of cholelithiasis, acute cholecystitis and choledocholithiasis in the Peruvian Social Security (EsSalud).

Objective: to provide evidence-based clinical recommendations for diagnosis and management of cholelithiasis, acute cholecystitis and choledocholithiasis in EsSalud.

Methods: a guideline task force (GTF) was formed with internists, general surgeons, gastroenterologists, and methodologists. The group proposed 10 clinical questions to be answered in this Clinical practice guideline (CPG). Systematic searches of preview reviews were performed and when it was necessary, primary studies from PubMed and CENTRAL during 2017 were reviewed. The evidence was selected aiming to answer each proposed question. Certainty of evidence was evaluated using Grading of Recommendations Assessment, Development, and Evaluation (GRADE) methodology. In periodical work sessions, the group used GRADE methodology for reviewing the evidence and formulating recommendations, good clinical practice items and three flowcharts for diagnosis and treatment. Finally, the CPG was approved by Resolution N° 046-IETSI-ESSALUD-2017.

Results: This CPG approached 10 clinical questions divided into two topics: diagnosis and management. Based on these questions; one strong recommendation, five weak recommendations, and 17 good clinical practice items and three flowcharts were formulated.

Conclusion: This paper abstracts the methodology and evidence-based conclusions of the CPG for diagnosis and management of cholelithiasis, acute cholecystitis and choledocholithiasis in EsSalud.

Key words: Practice Guideline, GRADE Approach, cholelithiasis, acute cholecystitis, choledocholithiasis.

- PICO questions for CPG:

CHOLELITHIASIS

PREVENTION			
Question 1: What signs, symptoms, and risk factors should alert the physicians to suspect symptomatic cholelithiasis?			
POPULATION	EXPOSURE	COMPARATOR	OUTCOME(S)
- Population with symptomatic cholelithiasis	- Abdominal pain		- Prognosis of symptomatic cholelithiasis

DIAGNOSIS			
Question 2: What is the most accurate strategy to diagnose cholelithiasis in adults suspected of this condition?			
POPULATION	INTERVENTION	COMPARATOR	OUTCOME(S)
- Patients suspected of cholelithiasis	- Ultrasound	- No ultrasound	- Sensibility - Specificity

MANAGEMENT			
Question 3: Which strategies should be used to manage the asymptomatic cholelithiasis?			
POPULATION	INTERVENTION	COMPARATOR	OUTCOME(S)
- Patients with cholelithiasis	- Surgery	- No surgery	- Mortality - Complications related to cholelithiasis
Question 4: What is the treatment of the acute phase of biliary colic?			
POPULATION	INTERVENTION	COMPARATOR	OUTCOME(S)
Patients with symptomatic cholelithiasis	- Opiates, antispasmodics	- NSAIDs	- Decrease in pain - Complications

ACUTE CHOLECYSTITIS

DIAGNOSIS			
Question 5: What signs, symptoms and risk factors should alert to suspect acute cholecystitis?			
POPULATION	EXPOSURE	COMPARATOR	OUTCOME(S)
- Patients with cholelithiasis	- Right quadrant pain - Age - Female		- Prognosis of cholelithiasis
Question 6: What is the most accurate strategy to diagnose acute cholecystitis in adults suspected of this condition?			

POPULATION	INTERVENTION	COMPARATOR	OUTCOME(S)
- Patients suspected of acute cholecystitis	- Ultrasound	- No ultrasound	- Sensibility - Specificity

MANAGEMENT

Question 7: Does early cholecystectomy have better results compared to late cholecystectomy for the treatment of acute cholecystitis?

POPULATION	INTERVENTION	COMPARATOR	OUTCOME(S)
- Patients with acute cholecystitis	- Early surgery	- Late surgery	- General complications - Postoperative wound infections - Damage of the bile ducts during the surgery - Bile leak - Hospital stay

CHOLEDOCHOLITHIASIS

DIAGNOSIS

Question 8: Is the ASGE scale useful to assess the risk of choledocholithiasis?

POPULATION	EXPOSURE	COMPARATOR	OUTCOME(S)
- Patients suspected of choledocholithiasis	- ASGE criteria		- Sensibility - Specificity

Question 9: What is the most accurate strategy to diagnose choledocholithiasis in adults suspected of this condition?

POPULATION	INTERVENTION	COMPARATOR	OUTCOME(S)
- Patients suspected of choledocholithiasis	- Magnetic Resonance Cholangiopancreatography (MRCP)	- Endoscopic ultrasound	- Sensibility - Specificity

MANAGEMENT

Question 10: What is the best strategy to manage the choledocholithiasis?

POPULATION	INTERVENTION	COMPARATOR	OUTCOME(S)
- Patients with choledocholithiasis	- ERCP and surgery	- BDE (bile duct exploration) and surgery	- Mortality - Progression of disease