

EPSIT – A Promising Advancement in Pilonidal Disease Management in a District General Hospital

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Abstract:

Pilonidal disease commonly affects the natal cleft and is present in surgical emergencies with infection and abscess formation. It has always been a challenge to treat this condition due to multiple factors. Historically, surgical intervention, particularly in open procedures, has been the primary management strategy. However, there have been new advancements such as Endoscopic Pilonidal Sinus Treatment (EPSIT), offering promising alternatives with minimal intervention and similar or better outcomes. This review aims to look at recent literature on EPSIT and evaluate its outcomes compared to traditional methods. A comprehensive search was conducted across MEDLINE, EMBASE, Cochrane, and CINAHL databases using keywords related to pilonidal disease, management strategies, and outcomes published in English over the last five years. The aim of this review is to provide an updated overview of effective treatment strategies for pilonidal disease, emphasizing the potential benefits of EPSIT alongside traditional surgical approaches. The findings aim to enhance clinical practice and patient outcomes in the management of this condition. Reviewed the outcomes of EPSIT in DGH over a year with looking at the level of patient satisfaction, length of stay in hospital and recurrence. The data was of 9 patients operated over this time as it is a new procedure performed in a small hospital and gaining popularity over the open procedures for pilonidal disease.

Keywords:

Pilonidal Disease, Endoscopic Pilonidal Sinus Treatment (EPSIT), District general hospital (DGH).