

Joint Event

Breast Pathology &amp; Cancer | Gynecology and Obstetrics Pathology | Palliativecare &amp; Gerontology

June 28-29, 2019 | Oslo, Norway

## Indications of hysterectomy for benign gynecological diseases at Moi teaching and referral hospital (MTRH), Kenya

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Hysterectomy is one of the most frequent gynecological surgeries performed on women and has been associated with significant risk of morbidity, lower quality of life and poor health outcomes. Approximately 20-45% of women will have a hysterectomy by the time they are between 60-70 years of age. Even though indications of hysterectomy have been widely reported, congruence of pre-operative clinical indications and post-operative pathologic diagnosis has received little attention. The objective of the study was to identify the benign indications for hysterectomy at MTRH, Kenya. In this hospital-based descriptive study, 76 women admitted for elective hysterectomy for benign conditions were systematically sampled. Questionnaire was administered to obtain patient demographics, and previous gynecologic history. Indications for hysterectomy were abstracted from patient's medical charts. Histopathology was done for tissue specimens after hysterectomy. Congruence between clinical diagnosis and histopathological diagnosis was done by calculating kappa. Mean age of hysterectomy was 45.2 years with standard deviation (SD) of 8.2. Majority had BMI range of 18.5-24.9 at 61 (81.3%); mean parity was 4.0 with SD 2.4. History of previous surgeries was positive in 19 (25.3%) while presence of comorbid diseases was noted in 9 (12.0%). The commonest indication of hysterectomy was symptomatic uterine fibroids at 56 (74.7%) with agreement with histopathology diagnosis (kappa 0.697,  $p < 0.001$ ). In conclusion, majority of hysterectomies at MTRH were done on multipara women with normal BMI. The predominant indication of hysterectomy was symptomatic uterine fibroids with good agreement with histopathology result.