

Efficacy of Laparoscopic Versus Open Mesh Repair Techniques in Inguinal Hernia Outcomes: A Comparative Study at Jawaharlal Nehru Medical College

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Abstract:

Background: As inguinal hernia repair evolves, the effectiveness and efficiency of laparoscopic versus open mesh repair continue to be debated. This study evaluates the comparative postoperative outcomes of these two techniques in a controlled setting.

Methods: Conducted at the Department of General Surgery, Jawaharlal Nehru Medical College and Hospital, Bhagalpur, Bihar, India, this retrospective study compares 50 laparoscopic and 50 open mesh inguinal hernia repairs performed between for one year. Key outcomes assessed include complication rates, duration of hospital stay, and time to return to daily activities.

Results: Detailed analysis of postoperative recovery metrics and complication profiles will be presented.

Conclusion: Findings are expected to contribute to the optimization of inguinal hernia management strategies in surgical practice, particularly in resource-limited settings.

Keywords: Inguinal Hernia Repair, Laparoscopic Approach, Open Mesh Repair, Postoperative Outcomes, Comparative Analysis.

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Introduction

Inguinal hernia repair ranks as one of the most prevalent surgical procedures globally, with a significant portion of these operations conducted to alleviate the conditions of a protrusion that can cause pain and other complications if left untreated [1]. Surgical interventions for inguinal hernia have evolved substantially, primarily driven by advancements in surgical techniques and the pursuit of optimizing patient outcomes and recovery times. The two predominant techniques for addressing inguinal hernia are laparoscopic and open mesh repair. Each method offers distinct advantages and poses unique challenges, influencing their adoption based on various factors including healthcare setting, surgeon expertise, and patient-specific considerations [2].

Laparoscopic hernia repair, a minimally invasive technique, has been increasingly favored in many developed countries due to its benefits such as reduced pain post-surgery, quicker return to daily activities, and minimal scarring. This approach utilizes small incisions and specialized equipment to repair the hernia, which can lead to less tissue damage and reduced postoperative pain. Conversely, the open mesh repair technique, which has been a traditional approach for many decades,

involves a larger incision over the hernia site where a mesh is placed to reinforce the abdominal wall [3]. This method is generally perceived as being more straightforward and cost-effective, particularly in settings with limited access to advanced surgical instruments and training.

The debate over the superiority of laparoscopic versus open mesh repair continues as each technique has its proponents and detractors. Proponents of laparoscopic surgery highlight its reduced complication rates and faster recovery periods as primary benefits. However, critics argue that laparoscopic hernia repair requires a higher level of skill and more sophisticated equipment, which may not be available in all surgical settings, particularly in lower-resource environments [4]. Additionally, the learning curve associated with laparoscopic techniques can be a barrier to its widespread adoption.

Given the context of global healthcare disparities, the choice between laparoscopic and open mesh repair is not merely a clinical decision but also a socioeconomic one. In countries like India, where healthcare resources vary greatly between urban and rural settings, the decision on the surgical approach

takes on added significance. The cost implications, availability of skilled surgeons, and patient throughput in busy public hospitals often dictate the preferred surgical method [5].

Jawaharlal Nehru Medical College and Hospital, located in Bhagalpur, Bihar, offers a unique setting to study these surgical techniques. As a tertiary care center, it handles a high volume of surgical cases, providing a rich dataset for evaluating and comparing the efficacy and outcomes of laparoscopic and open mesh repairs. The institution's demographic diversity and the surgical team's expertise present an opportunity to contribute valuable insights into the optimal management of inguinal hernias based on empirical evidence [6].

This study aims to leverage the hospital's comprehensive data to assess and compare the postoperative outcomes associated with laparoscopic and open mesh inguinal hernia repairs. By focusing on a range of metrics including complication rates, recovery durations, and overall patient satisfaction, the research seeks to inform not only clinical decision-making but also policy formulations concerning surgical best practices in similar healthcare settings globally.

Methodology

This retrospective cohort study was carried out at Department of General Surgery, Jawaharlal Nehru Medical College and Hospital in Bhagalpur, Bihar, India that serves a diverse patient population. The study included 100 patients who underwent inguinal hernia repair between for one year with the patient cohort evenly split between those who received laparoscopic hernia repair and those who underwent open mesh repair.

Eligibility criteria for inclusion in the study were adults aged 18 to 65 years who were diagnosed with unilateral inguinal hernia and had no prior history of hernia repair. Patients with recurrent hernias, bilateral hernias, or significant comorbid conditions such as cardiovascular diseases or immune disorders were excluded to minimize variability in postoperative outcome assessment.

Data collection involved reviewing medical records to extract information pertinent to the study

objectives. Variables collected included patient demographics (age, sex, body mass index), details of the hernia (side, type), surgical approach (laparoscopic vs. open), anesthesia type, intraoperative and postoperative complications, duration of surgery, length of hospital stay, time to return to regular activities, and any instances of recurrence within a year post-surgery.

The study adhered to the STROBE guidelines for observational studies, ensuring the comprehensive collection, analysis, and reporting of data. The primary outcomes of interest were the postoperative pain as measured by the Visual Analog Scale (VAS) at 24 hours post-surgery, the incidence of complications within 30 days post-surgery, and hernia recurrence within one year. Secondary outcomes included the duration of surgery and the length of hospital stay.

Statistical analysis was performed using SPSS software (version 25.0). Descriptive statistics such as means and standard deviations were calculated for continuous variables, and frequencies and percentages were used for categorical data. Comparative analysis between the two surgical techniques was conducted using the Chi-square test for categorical variables and the Student's t-test for continuous variables. A p-value of less than 0.05 was considered statistically significant.

This methodology provides a solid foundation for evaluating and comparing the effectiveness and safety of laparoscopic versus open mesh repair for inguinal hernia, with a focus on clinical outcomes that are most relevant to patients and healthcare providers.

Results

The study analyzed and compared the outcomes of 50 laparoscopic and 50 open mesh inguinal hernia repairs. Key metrics such as operation duration, recovery time, pain levels, complications, and recurrence rates were evaluated. The data suggest that the laparoscopic approach generally resulted in shorter recovery times, lower pain scores, fewer complications, and a lower recurrence rate, enhancing patient satisfaction.

Table 1: Patient Demographic Information

Sr. No.	Parameter	Laparoscopic (n=50)	Open Mesh (n=50)	p-value
1	Average Age (years)	45 ± 12	47 ± 10	0.45
2	Gender (M/F)	40/10	42/8	0.76
3	BMI (kg/m ²)	25 ± 3	26 ± 4	0.37

Table 2: Anesthesia Types

Sr. No.	Parameter	Laparoscopic (n=50)	Open Mesh (n=50)	p-value
1	General Anesthesia (%)	90%	88%	0.62
2	Local Anesthesia (%)	10%	12%	0.74

Table 3: Surgery Duration

Sr. No.	Parameter	Laparoscopic (n=50)	Open Mesh (n=50)	p-value
1	Average Duration	75 ± 15	60 ± 10	0.03
2	Range	60-90	50-70	0.05

Table 4: Hospital Stay

Sr. No.	Parameter	Laparoscopic (n=50)	Open Mesh (n=50)	p-value
1	Average Stay	2 ± 0.5	3 ± 1	0.01
2	Range	1-3	2-4	0.02

Table 5: Time to Return to Activities

Sr. No.	Parameter	Laparoscopic (n=50)	Open Mesh (n=50)	p-value
1	Average Time	10 ± 2	15 ± 3	0.002
2	Range	7-14	13-18	0.001

Table 6: Postoperative Pain (VAS Scores)

Sr. No.	Parameter	Laparoscopic (n=50)	Open Mesh (n=50)	p-value
1	Average VAS Score	3 ± 1	5 ± 1	0.001
2	Range	2-4	4-6	0.002

Table 7: Intraoperative Complications

Sr. No.	Parameter	Laparoscopic (n=50)	Open Mesh (n=50)	p-value
1	Complication Rate (%)	4%	10%	0.04
2	Specific Complications	Bleeding	Bleeding, Infection	0.03

Table 8: Postoperative Complications

Sr. No.	Parameter	Laparoscopic (n=50)	Open Mesh (n=50)	p-value
1	Complication Rate (%)	6%	12%	0.05
2	Specific Complications	Seroma	Seroma, Infection	0.04

Table 9: Hernia Recurrence

Sr. No.	Parameter	Laparoscopic (n=50)	Open Mesh (n=50)	p-value
1	Recurrence Rate (%)	2%	5%	0.04
2	Specific Cases	1 case of recurrence	3 cases of recurrence	0.05

Table 10: Patient Satisfaction

Sr. No.	Parameter	Laparoscopic (n=50)	Open Mesh (n=50)	p-value
1	Satisfaction Rate (%)	95%	85%	0.03
2	Feedback Themes	Faster recovery	Visible scar discomfort	0.02

Discussion

The comparative analysis of laparoscopic versus open mesh repair for inguinal hernias in this study elucidates several critical insights into surgical outcomes, aligning with global research while addressing the specifics observed at Jawaharlal Nehru Medical College and Hospital. The significant advantages of laparoscopic surgery, such as reduced postoperative pain, shorter hospital stays, quicker recovery, and lower rates of complications and recurrences, are highlighted in our findings [7]. These benefits advocate for the laparoscopic approach, especially in settings where rapid recovery is essential.

Laparoscopic hernia repair, despite its higher initial cost and technical demands, presents substantial long-term benefits that include reduced postoperative complications and enhanced patient

satisfaction. This is particularly valuable in high-volume surgical centers where efficiency and patient throughput are critical. The minimally invasive nature of laparoscopy leads to less physiological stress on patients, promoting faster healing and minimizing the likelihood of post-surgical complications [8].

However, open mesh repair continues to play a vital role, especially in resource-limited settings where the cost and availability of advanced surgical training and equipment might be prohibitive. Our study suggests that even in such environments, the long-term benefits of reduced complications and quicker return to normal activities might offset the initial investment in laparoscopic capabilities [9].

Furthermore, the lower recurrence rates associated with laparoscopic repairs reinforce its suitability for long-term hernia management. Patient satisfaction

metrics in our study further support the shift towards patient-centered care, where the quality of life post-surgery is a crucial metric of success [10].

Overall, our data support the broader adoption of laparoscopic techniques for inguinal hernia repair in tertiary care settings capable of leveraging its advantages over traditional methods. The choice of surgical technique should, however, be individualized based on the patient's medical condition, the surgeon's expertise, and the specific healthcare context to ensure optimal outcomes [11].

Conclusion

This study demonstrates that laparoscopic inguinal hernia repair offers significant advantages over open mesh repair in terms of reduced postoperative pain, quicker recovery times, and lower rates of complications and recurrence. These benefits are crucial for enhancing patient outcomes and satisfaction, which align with the goals of modern surgical care.

Given the findings, laparoscopic repair should be considered a preferable option in tertiary care settings where the necessary resources and expertise are available. It aligns with the trend towards minimally invasive procedures that not only provide better clinical outcomes but also improve overall patient experiences. However, the choice of surgical technique must remain tailored to each patient's specific circumstances, including their medical background, the available surgical expertise, and resource availability, to ensure the best possible outcomes.

Future studies should focus on long-term follow-up to further validate the advantages of laparoscopic repair and its impact on quality of life and economic benefits in various healthcare settings. This will help refine surgical approaches and guide more informed decisions in the management of inguinal hernias.

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