Remaining Open about the Recurrence of Pediatric Pilonidal Disease: Setting the New Standard

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Remaining Open about the Recurrence of Pediatric Pilonidal Disease: Setting the New Standard

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Introduction

- Pediatric pilonidal disease is a chronic inflammatory disease of the natal cleft that impacts 26 out of 100,000 adolescents (1).
- Known etiologies for this disease include poor hygiene, coarse hair growth, and obesity (1).
- When left untreated, chronic, draining wounds develop within the natal cleft that leads to high morbidity (3).
- There is little to no standardization for the treatment of this pediatric disease to minimize recurrence rates (2).

Objectives

- Identify demographics for patients with open, chronically draining wounds.
- Analyze prior treatment plans to determine successful therapies.
- Establish standardization based on patient and disease characteristics.

Methods

Retrospective Study

- Researched current treatment practices for pediatric pilonidal disease.
- Performed a chart review using the EPIC database of pediatric patients treated for pilonidal disease at LVHN Surgical Specialties Center.

Data Analysis

- Analyzed data input from codebook.
  - Inclusion Criteria: 0-25 years; have open, chronically draining wounds
  - A pediatric wound care nurse practitioner was introduced to the program in 2021.

Initiation of Standardization

- Developed a standardized Epic template used during initial consultation, operation, and post-operation.
- Standardized patient education about dressing changes and proper hygiene in order to reduce recurrence rates.

Results

Total Number of Patients	50
Avg. Age	15.8 years
Gender	66% Male, 44% Female
Avg. BMI	27.1
Hair Burden	52% significant
Symptoms Chronicity	48% several weeks, 24% several months
Avg. Number of Pits/Sinuses	2.56
History of Mental Illness	24% Documented
Operative Technique	78% Trephination with Debridement
Avg. Recurrence Rate Overall	56%
Avg. Recurrence Rate 2018-2020	80%
Avg. Recurrence Rate 2021-2022	36%
Avg. Reoperation Rate	54%
Opioid Prescription	0%

Standardized Dressings for Wound Care

Aquacel Advantage

Promagram Prisma

Hydrocellular Foam Dressing

Pre-Operation Pilonidal Disease

Post-Operation Pilonidal Disease

Conclusions

- Open chronically draining wounds lead to a higher recurrence rate and need for reoperation.
- Addition of a dedicated wound care nurse practitioner dramatically decreased recurrence rates in this population.
- Improved documentation through standardized Epic templates would improve outcome analysis.

Future Recommendations

- Increase the involvement of the pediatric wound care nurse practitioner for patient education and best practice care for future patients.
- Utilize the standardized documentation to allow for a better future understanding of measures to prevent recurrence of pediatric pilonidal disease.

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