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# Systematic Review and Meta-Analysis on the Influence of Surgeon Specialization on Outcomes Following Appendicectomy in Children

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**Abstract:** The aim of this study is to assess the influence of surgeon specialization on outcomes following appendicectomy in children.

General surgeons and pediatric surgeons manage appendicitis in children; however, the influence of subspecialization on outcomes remains unclear.

Two authors searched Medline and Embase to identify relevant studies. Eligible studies were comparative and provided data on children who had appendicectomy while under the care of general or pediatric surgical teams. Two authors initially screened titles and abstracts and then full text manuscripts were evaluated. Data were extracted by 2 authors using an electronic spreadsheet. Pooled risk ratios and pooled mean differences were used in analyses.

We identified 9 relevant studies involving 50,963 children who were managed by general surgery teams and 15,032 children who were managed by pediatric surgery teams. A normal appendix was removed in 4660/48,105 children treated by general surgery units and in 889/ 14,760 children treated by pediatric units (pooled risk ratio 1.79; 95% confidence interval [CI] 1.26–2.54; P = 0.001). Children managed in general units had shorter mean hospital stays compared with children managed in pediatric units (pooled mean difference -0.70 days; 95%CI -1.09 to -0.30; P = 0.0005). There were no significant differences regarding wound infections, intra-abdominal abscesses, readmissions, or mortality.

We found that children who were managed by specialized pediatric surgery teams had lower rates of negative appendicectomy although mean length of stay was longer. Our article is based upon a group of heterogeneous and mostly retrospective studies and therefore there is little external validity. Further studies are needed.

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**Abbreviations**: CI = confidence interval, CT = computed tomography, IQR = interquartile range, N/A = not available, PRISMA = Preferred Reporting Items for Systematic Reviews and Meta-Analyses, SD = standard deviation, SEM = standard error of the mean.

Hospital, Sligo, Ireland (. e-mail: donagh1@hotmail.com). The authors have no funding and conflicts of interest to disclose. Copyright © 2015 Wolters Kluwer Health, Inc. All rights reserved. This is an open access article distributed under the Creative Commons Attribution-NoDerivatives License 4.0, which allows for redistribution, commercial and non-commercial, as long as it is passed along unchanged and in whole, with credit to the author. ISSN: 0025-7974

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A ppendicitis is the most common pediatric surgical emergency.<sup>1</sup> There are in excess of 40,000 cases in England annually<sup>1</sup> and its incidence is about 9.4 cases per 10,000 patient years.<sup>2</sup> In 2010, the Global Burden of Disease Study estimated that appendicitis causes 19 years of life lost per 100,000 population and 21 disability adjusted life years per 100,000 population globally;<sup>3</sup> therefore, it is important that we strive to improve the management of appendicitis.

INTRODUCTION

An expanding body of evidence suggests that surgeon subspecialization affects outcomes; studies found that colorectal surgery subspecialization<sup>4</sup> and orthopedic surgery subspecialization<sup>5</sup> lead to improved results and that outcomes from a variety of cancers are improved with subspecialization.<sup>6</sup> Higher volume surgeons have also been shown to generate improved outcomes.<sup>7</sup> At present, appendicitis in pediatric patients is managed by both general surgeons and specialized pediatric surgeons;<sup>8</sup> however, the influence of surgeon subspecialization on outcomes is unclear. We performed a systematic review and meta-analysis to determine the influence of surgeon subspecialty on outcomes following appendicectomy in children. Our hypothesis was that surgeon specialization influences outcomes in appendicitis in children.

### **METHODS**

This systematic article was conducted according to the Preferred Reporting Items for Systematic Reviews and Meta-Analyses guidelines. There was no requirement for ethical approval.

Eligible studies were comparative and provided data on children who had appendicectomy while under the care of general or pediatric surgical teams. Randomized and observational studies were eligible. Eligible studies had to report on at least 1 of the following outcomes: normal appendicectomy rate, wound infections, intra-abdominal collections, readmissions, mortality, and length of stay. We excluded studies that reported selectively on laparoscopic or open procedures. We also excluded review articles, case reports, and case series and we limited eligibility to English language studies.

In order to identify studies and determine eligibility, 2 authors (DD and MM) independently searched Medline and EMBASE up to June 24, 2015 using the following search strategy "([paediatric surgery OR pediatric surgery OR pediatric surgeon] AND (appendectomy OR appendicectomy)]." The search terms were inputted as free text. Titles and abstracts were examined initially and then full manuscripts were obtained to finalize eligibility. The reference lists of eligible studies were examined to identify further studies. In cases where there was disagreement regarding eligibility, a third reviewer (DH) was consulted. In addition, conference abstracts from a

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variety of pediatric surgery meetings were searched by 1 author (EM). These comprised the Surgical Section of the American Academy of Pediatrics (2004–2014), the British Association of Paediatric Surgeons (2004–2014), the American Pediatric Surgical Association (2004–2014), the Canadian Association of Paediatric Surgeons (2004–2014), the Pacific Association of Pediatric Surgeons (2004–2014), the Association of Surgeons of Great Britain and Ireland (2004–2014), and the American College of Surgery (2004–2014).

Two authors (DD and DH) independently extracted data from eligible studies using an electronic spreadsheet. Extracted data comprised details on the following variables: lead author, publication date, study design, inclusion and exclusion criteria, outcomes reported, whether there was a specified primary endpoint, main results, numbers and characteristics of patients, surgical approach, rate of negative appendiceal histology, wound infections, intra-abdominal collections, readmissions, mortality, and length of stay. The outcomes for the metaanalysis were rates of negative appendiceal histology, wound infections, intra-abdominal collections, readmissions, mortality, and length of stay. Definitions and timeframes for these outcomes were those specified in individual manuscripts.

Study quality was assessed using the Downs and Black tool.<sup>9</sup> This involves 27 questions that evaluate reporting quality as well as internal and external validity. The checklist allows scores from 0 to 32 which includes a score of 0 to 5 for sample size estimation. We modified the sample size estimation section by awarding 1 point for providing justification for sample size and no point in the absence of justification. Therefore, our quality checklist could award scores varying from 0 to 27 with larger scores denoting higher quality.

Statistical analyses were completed using RevMan version  $5.3^{10}$  (Cochrane Collaboration, Copenhagen, Denmark). Pooled risk ratios and pooled mean differences were used to evaluate the effect of treatment by general surgery units or pediatric surgery units on dichotomous and continuous outcomes, respectively. We used Mantel Haenszel random effects models. The potential for publication bias was evaluated by visually inspecting funnel plots. Statistical heterogeneity was assessed using the I<sup>2</sup> statistic. Higher I<sup>2</sup> values indicate increased heterogeneity. Results were given with 95% confidence intervals (CIs) and *P* values where appropriate and we used the 5% level for significance.

## RESULTS

We identified 1035 Medline sources and 1868 Embase sources. Figure 1 summarizes the results of the search. A total of 1841 citations were excluded based on titles and abstracts. A total of 27 full text manuscripts were examined and 9 studies were finally eligible for inclusion. No additional studies were identified from the gray literature search or from searching included article reference lists.

Characteristics of the 9 included studies<sup>8,11–18</sup> are shown in Table 1 and results from the studies are provided in Table 2. In total the studies comprised 50,963 children who were managed by general surgery units and 15,032 children who were managed by pediatric surgery units. Nine of the studies<sup>11–18</sup> were retrospective cohort studies and 1<sup>8</sup> was a prospective cohort study. Two studies (63,282 children) were retrospective analyses of registry-based hospital discharge data.<sup>13,18</sup> The other 7 studies (2713 children) concerned specified institutions and were either single-center<sup>12,17</sup> or multicenter.<sup>8,11,14–16</sup> Recruitment dates for included studies spanned the period from 1993 to 2012. The age ranges for the eligibility of patients within studies also varied - the maximum age of any included patient was 18 years. No study reported explicitly on criteria that determined whether patients were managed by general surgery teams or pediatric surgery teams - however we think that allocation is likely to have reflected the nature of the on-call team and available resources at any particular time. Most of the studies reported on the proportions of patients who underwent laparoscopic or open appendicectomy procedures<sup>8,11,12,14,16,17</sup> although these data were not reported in some studies.<sup>13,15,18,19</sup> Few studies reported conversion rates from laparoscopic to open surgery.<sup>8,16</sup> Only 2 studies<sup>8,17</sup> specified a single primary endpoint: 1 favored the pediatric surgery group<sup>8</sup> and there was no primary outcome difference in the other.<sup>17</sup> The results of the quality assessment are available in a supplementary table and are also summarized in Table 1.

Seven studies<sup>8,11–14,16,18</sup> (62,865 children) reported on numbers of histologically negative appendicectomies. A normal appendix was removed in 4660/48,105 children treated by general surgery units and in 889/14,760 children treated by pediatric units (pooled risk ratio 1.79; 95%CI 1.26–2.54; P = 0.001) (Figure 2). There was evidence for considerable heterogeneity with an I<sup>2</sup> value of 90%. The funnel plot did not suggest publication bias.

suggest publication bias. Eight studies<sup>8,11–17</sup> (23,718 children) reported on wound infections. This complication occurred in 317/18,312 children treated by general surgery units versus 118/5406 children who were treated in pediatric surgery units (pooled risk ratio 1.25; 95%CI 0.64–2.44; P = 0.52) (Figure 3). There was substantial heterogeneity with an I<sup>2</sup> statistic of 63%. The funnel plot did not suggest publication bias. Seven studies<sup>8,11,12,14–17</sup> (2691 children) reported on intra-

Seven studies<sup>8,11,12,14–17</sup> (2691 children) reported on intraabdominal collections. This complication occurred in 34/1443 children who were treated in general surgery units versus 32/ 1248 children who were treated in pediatric units (pooled risk ratio 1.24; 95%CI 0.47–3.25; P = 0.66). There was evidence for substantial heterogeneity with an I<sup>2</sup> statistic of 61%. The funnel plot was asymmetrical indicating possible publication bias. Eight studies<sup>8,11–17</sup> (23,700 children) reported on read-

Eight studies<sup>8,11–17</sup> (23,700 children) reported on readmissions. This occurred in 285/18,301 children treated in general surgery units versus 90/5399 children managed in pediatric surgery units (pooled risk ratio 1.62; 95%CI 0.85–3.06; P=0.14). There was evidence for substantial heterogeneity with an I<sup>2</sup> statistic of 73%. The funnel plot did not suggest bias.

Three studies<sup>11,13,14</sup> (24,665 children) reported mortality. One of 19,863 children managed by general surgery units died versus 0/4802 managed by pediatric surgery units (pooled risk ratio 2.35; 95%CI 0.10–57.51; P = 0.6). It was not possible to general an I<sup>2</sup> statistic based upon these data. The funnel plot did not suggest bias.

Two studies<sup>13,16</sup> (21,430 children) reported on length of hospital stay. Children managed in general units (17,115 children) had shorter mean hospital stays compared with children managed in pediatric units (4315 children) (pooled mean difference -0.70 days; 95%CI -1.09 to -0.30; P = 0.0005). There was evidence for considerable heterogeneity with an I<sup>2</sup> statistic of 98%. The funnel plot did not suggest bias.

#### DISCUSSION

In our article, we examined the influence of surgical specialty on outcomes following pediatric appendicectomy procedures. We included 9 studies comprising 65,995 children and focused on patient important outcomes. We found that



FIGURE 1. Results of the search.

children who were managed by general surgeons were more likely to have removal of a histologically normal appendix (pooled risk ratio 1.79; 95%CI 1.26–2.54; P = 0.001) and mean length of stay was significantly longer in children treated by pediatric surgeons (pooled mean difference 0.70 days; 95%CI 0.30 to 1.09; P = 0.0005) compared with those treated by general surgeons. There were no significant differences between the groups regarding wound infections, intra-abdominal collections, and readmission rates. We think that our findings are noteworthy because appendicectomy is the most common pediatric surgical emergency. Despite this, our findings must be interpreted with caution as our article is based entirely upon observational data.

Several noncausal factors may account for the observed difference in the negative appendicectomy rate. One possibility is that specialized pediatric units may have better access to high quality imaging. Four studies reported on the use of preoperative imaging<sup>8,11,16,17</sup> – 1 study found no difference in use of

imaging,<sup>11</sup> 2 studies found that children who were managed by specialized pediatric surgical teams were more likely to have undergone ultrasound scanning.<sup>8,17</sup> The final study found similar overall use of imaging (computed tomography scanning and ultrasonography) across the groups but more use of computed tomography in the general surgery group.<sup>16</sup> Another possible explanation relates to the tendency for children with more severe disease to have been managed by pediatric surgical teams - in many of the included study rates of perforation and gangrene were higher in the pediatric surgery group (Table 2). Another possibility is that management in pediatric units may reflect enhanced processes of care. It is important to highlight that both groups in our article had acceptably low-negative appendicectomy rates (9.7% in the general surgery group versus 6% in the pediatric surgery group) but nonetheless any true improvement in this outcome is likely to be clinically meaningful. Regarding the difference in length of stay, we think that the difference we observed probably reflects the tendency for

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TABLE 1. Characteristics of Included Studies

x	Date Published	Design	Inclusion	Exclusion	Outcomes Reported	Specific Primary Outcome	Main Results
	2013	Retrospective multicenter cohort study	Consecutive appendicectomies for acute appendicitis performed in patients younger than 16 years of age between January 2008 and December 2009	Interval and incidental appendicectomies were excluded. Procedures carried by general surgery attending surgeons were excluded	Complications, readmissions, rate of negative histology, antibiotic use, length of stay	Morbidity and length of stay	Complication rates were similar. Length of stay was shorter in the general surgery group.
	2014	Retrospective single center cohort study	Consecutive children aged less than 16 years who underwent appendicectomy between January 2010 and December 2011	Incidental appendicectomy, removal of a histologically normal appendix, interval appendicectomy	Complications, length of stay, time from emergency department assessment to operating room, readmissions within 30 days	Complication rate	Overall complication rate was not different. Intra- abdominal abscesses occurred more frequently in the group treated by general surgeons. Other outcomes were not different.
	2014	Prospective multicenter cohort study	Consecutive children less than 16 years who underwent appendicectomy for suspected appendicitis between May 2012 and June 2012	Interval or incidental appendicectomies were excluded	Negative appendicectomy rate, use of imaging preoperatively, use of laparoscopy, consultant involvement, 30 day adverse events including infections, readmissions and reinterventions	Normal appendicectomy rate	Negative appendicectomy rate was lower in the pediatric surgery group. Adverse event rates were similar.
	2014	Retrospective cohort study based upon hospital discharge data from all hospitals in Canada except for Quebec	Patients less than 18 years of age who had appendicectomy between 2004 and 2010	Elective admissions, incidental appendicectomies were excluded	Negative appendicectomy rate, rate of perforation, length of stay	No specified primary outcome	The study identified factors that were associated with each of the outcomes using regression analyses.

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	Readmissions	1/66 was readmited within 30 days 24/242 24/242 N/A	
Intra- abdominal	Abscess	0.66 19:242 N/A	
Wound	Infection	5/66 9/242 N/A	
	Length of Stay	Median length of stry was 4 days (range 3 - 7) N/A N/A	
Negative	Histology	N/A 25/242 25/242 476/9255	
	Characteristics	≤ 5 years, ≤ 5 years, 30 66 were aged between 5 and 10 years, 55 were between between years, 37/66 were mid- docurrented as having e-frontion or gaugenet, 32.468 had uncompleated angueronizient or gaugenet 123/22 were mais, 102/25 had gaugenetoris 10 years (10 years (10 years (10 years) appendicitis NA	
N Pediatric	Surgery	66 242 225 225	ICAII.
Other	Complications	Reoperation was required in 4.28 N/A N/A N/A	
	Mortality		la ula
_	Readmissions	228 were within 30 days 38/461 28/461 N/A SEM — chan-	OEM - Main
Intra-abdomins	Abscess	3.28 11/461 N/A N/A	u ucviation,
Wound	Infection	2228 10461 N/A	U — Stallual
ceneth	of Stay	of stry of stry 3 days (1082–4) N/A N/A N/A	Idule, SI
Negative	Histology	N/A 1	liut avai
	Characteristics	23/28 were aged between and 5 years and 5 years and 5 years 9 years 9 year or gangrenous appendicitis 21/28 had uncomplicated appendicitis (range 4-15). 12 years (range 4-15). 23/3461 were made, 84 were were were made, 84 were were were were were were were were	I alige, IV/A —
General	Surgery	28 461 30,008	huaiuic
Date	Published	2014 2014 2014	
	Study	da Silva Tiboui Cheong	VAI

	General sur	rgeons	Paediatric su	rgeons		Risk Ratio		Ris	k Ratio	
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% C	I	M-H, Rar	ndom, 95% CI	
Alexander 2001	3	96	2	79	3.4%	1.23 [0.21, 7.21]				
Cheong 2014	1841	30008	476	9255	23.7%	1.19 [1.08, 1.32]				
Emil 2007	9	161	13	304	10.2%	1.31 [0.57, 2.99]		-	+	
Mizrahi 2013	11	246	7	157	8.9%	1.00 [0.40, 2.53]			+	
Somme 2007	2634	16869	358	4516	23.6%	1.97 [1.77, 2.19]				
Tiboni 2014	110	461	25	242	18.2%	2.31 [1.54, 3.46]				
Whisker 2009	52	264	8	207	11.9%	5.10 [2.48, 10.49]				
Total (95% CI)		48105		14760	100.0%	1.79 [1.26, 2.54]			•	
Total events	4660		889							
Heterogeneity: Tau <sup>2</sup> = 0.13; Chi <sup>2</sup> = 62.80, df = 6 (P < 0.00001); I <sup>2</sup> = 90%							H		+ +	
Test for overall effect: Z = 3.27 (P = 0.001)							0.01 F:	U.1 avours general surgery	1 10 Favours paediate	ic surgery

FIGURE 2. Forest plot for negative appendicectomy rate.

younger children and children with more severe disease (Table 2) to have been managed by pediatric surgical teams. Another consideration is that the shorter length of stay in the general surgery group may be a reflection of the higher negative appendicectomy rate in this group. However with the limited available summary data, it is not possible to explore these theories at present. It is noteworthy that we found no difference in wound infections, intra-abdominal infections, readmissions, and mortality even though our sample sizes for these outcomes were considerable.

The principle strength of our review is our exhaustive search strategy which included a detailed gray literature search. It yielded a large number of eligible studies and patients. We focused on patient important outcomes and we extracted and presented data on a wide range of important baseline factors. Regarding limitations, the main issue is the retrospective nature of most of the included studies. Only one involved prospective data collection.<sup>8</sup> Furthermore, no randomized data were available and therefore our review is prone to biases and confounding. We aimed to make this limitation as transparent as possible by reporting clearly on study characteristics and by including quality assessment scores (Table 2). We also wish to highlight that a large proportion of our data came from discharge registries<sup>13,18</sup> which are known to be prone to inaccuracies. Overall,

these limitations limit the external validity of this article. Additionally, it is notable that our study evaluated surgeon specialization rather than institutional specialization.

We wish to encourage further research on outcomes in pediatric appendicitis. Randomized trials are unfeasible given the likely logistic difficulties and the large sample sizes that would be required for a trial to demonstrate superiority in relation to any outcome; therefore, we think that prospective multicenter appendicectomy registries represent the most feasible study design. Such databases will need to consider a range of baseline, predischarge and postdischarge factors in order to generate externally valid conclusions. We wish to emphasize the need to consider the effect of clustering in future studies – this is an often ignored source of bias in such studies (none of the studies in this article provided data on outcomes from individual surgeons).

## CONCLUSIONS

We found that children who were managed by specialized pediatric surgery teams had lower rates of negative appendicectomy although mean length of stay was longer in this group. However, our article is based upon a group of heterogeneous and mostly retrospective studies, and therefore there is little





external validity. We wish to encourage future research through the use of large-scale prospective multicenter registries.

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