



Telemonitoring applied in proctology: A randomized study on symptom progression, treatment efficacy, and the feasibility of remote follow-ups in a rural hospital network

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BACKGROUND

The use of telemonitoring in medicine represents an innovative approach for studying patients, proven to be particularly effective during the recent COVID-19 pandemic.

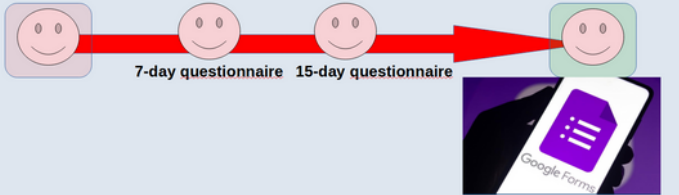
PRIMARY AND SECONDARY ENDPOINTS:

- To assess the feasibility of the proposed model by collecting the parameters required from the questionnaires at the 4 time points (0, +7, +15, +30 days) compared to the random administration of 4 therapeutic regimens with supplements.
- To measure patients' satisfaction with the service offered, with the aim of replacing telemonitoring with the traditional "follow-up outpatient visit."

Timeline for sending questionnaires using the Google Forms platform



First visit questionnaire



SERVIZIO SANITARIO REGIONALE
 EMILIA ROMAGNA
 Azienda Ospedaliera Livio Giglioli di Ferrara

INCLUSION CRITERIA:

Subjects aged between 18–65 years, with a first diagnosis of grade I–II–III hemorrhoids (according to Goligher), not eligible for surgical treatment.

RESULTS

- Eligible patients: 277
- Enrolled patients: 139 (baseline questionnaire at time 0)
- Patients with complete enrollment (all 4 time points): 99

TREATMENT REGIMENS FOR HEMORRHOIDAL DISEASE GRADE I-II-III (Tapering schedule) randomly administered:

- Proctonorm® tablets**
 2 at 8 a.m. and 8 p.m. (for 5 days), then 1 at 8 a.m. and 8 p.m. for 15 days
- Flogovis® tablets**
 2 at 8 a.m. and 8 p.m. (for 5 days), then 1 at 8 a.m. and 8 p.m. for 15 days
- Crioven 500® tablets**
 2 at 8 a.m. and 8 p.m. (for 5 days), then 1 at 8 a.m. and 8 p.m. for 15 days
- Prisma 50 mg® tablets**
 2 at 8 a.m. and 8 p.m. (for 5 days), then 1 at 8 a.m. and 8 p.m. for 15 days

The dropout rate of the study was 28.7%.

(p value 0.006)	7-day questionnaire (%)	15-day questionnaire (%)
Well-being:		
Complete	16,7	28,9
Partial	69	62
None	14,3	9,1
Score assigned to well-being (1-10)		
8-10	31,7	47,1
5-7	50	42,1
1-4	18,4	10,8

Conclusions:

The benefit was perceived starting from the first week of therapy in 75% of patients. Reduction of pain and bleeding were the most frequent responses. No statistically significant advantage was observed among the supplements used. Our findings confirm in almost any aspect telemedicine's potential for motivated patients without technological barriers.