Ectopic Pregnancy
Are we underutilising medical management?

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Methods
A retrospective audit was undertaken of all women who presented to Nelson hospital in New Zealand from 1st January 2012 until December 31st 2017 with a diagnosis of an ectopic pregnancy.

There were 101 ectopic pregnancies over the 6-year period. Eligibility for each management option was analysed based on symptoms, contraindications and guidelines as per NICE/RCOG (table).

Results
83% of presentations were surgically managed. Only 9 (9%) women had medical management, although the proportion meeting the criteria for this was 31/101 (31%).

Of the women who received methotrexate, only two (22%) required further treatment.

Were those eligible for medical management offered this? (documented)

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<th>48%</th>
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Criteria for medical management
- No significant pain, stable
- HCG <5000IU/L
- Unruptured adnexal mass <35mm with no FHR
- Able to adhere to follow up

Management of women with ectopic pregnancy based on eligibility

Conclusion
- The majority of ectopic pregnancies are managed surgically, however medical management using methotrexate can be a safe and effective option in selected women.
- In the population studied, less than a quarter of women eligible for medical management undertook this option. Increased education and discussion may facilitate more women to utilise this option and avoid surgical intervention.