Review on the outpatient treatment for pelvic inflammatory disease, what is the best for Hong Kong?

評論什麼是最適合香港的盆腔炎門診治療方法?

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Pelvic inflammatory disease is an important risk factor for infertility, ectopic pregnancy and chronic pelvic pain. Although the Centers for Disease Control and Prevention published treatment guidelines for pelvic inflammatory disease in 2002, the effectiveness of treatment has been affected by the emergence of quinolone-resistant Neisseria gonorrhoeae. The prevalence of quinolone-resistant Neisseria gonorrhoeae is highly variable with time and place. In Hong Kong, quinolone-resistant Neisseria gonorrhoeae is over 90%, thus ceftriaxone, doxycycline and metronidazole should be the treatment of choice. For patients sensitive to cephalosporins, azithromycin and metronidazole can be considered as alternative treatments. (Hong Kong j.emerg.med. 2005; 12:162-167)

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Introduction

Pelvic inflammatory disease (PID) is inflammation and infection of the upper genital tract in women, typically involving the fallopian tubes, the ovaries, and the surrounding structures. The pathogens most commonly involved are Neisseria gonorrhoeae and Chlamydia trachomatis. The normal vaginal flora including streptococci, Escherichia coli, Haemophilus influenzae and anaerobes such as Bacteroides, Peptostreptococcus and Peptococcus often contribute. PID increases the risk of infertility (x 10) and ectopic pregnancy (x 2-10). One-fifth of chronic pelvic pain is related to PID.

There is no single historical, physical or laboratory finding which is both sensitive and specific for the diagnosis of PID. Thus, PID is difficult to diagnose. Clinical diagnosis of symptomatic PID has a 65-90% positive predictive value for salpingitis. On the other hand, the endocervical swab may not pick up infection within the uterus. So, treatment solely based on its result will not only delay the treatment, but may result in inappropriate or inadequate treatment.

In view of this, we need a standardised diagnosis and treatment guideline for PID basing on the local