

# A Comprehensive Case Study on the Successful Treatment of Perianal Fistula in a Four-Year-Old Male

Aliaa A. Abdulqadir<sup>1,2\*</sup>, Madanu David Paul Raju<sup>3</sup>, Mukul H Patel<sup>4,5</sup>

<sup>1</sup>Basra Health Directorate, Ministry of Health, Basra, Iraq.

<sup>2</sup>Department of General Surgery, Faculty of Medicine of Sousse, University of Sousse, Sousse, Tunisia.

<sup>3</sup>Hitam Ayurvedic Anorectal Institute, Nizampet, Hyderabad, Telangana 500090, India.

<sup>4</sup>Department of Proctology, Shreyas Ano-Rectal Hospital & Research Centre, Surat, Gujarat 395001, India.

<sup>5</sup>Vice-chancellor, Gujarat Ayurved University, Jamnagar, Gujarat 361008, India.

\*Correspondence to: Aliaa A. Abdulqadir (E-mail: aliaa.alshmary@yandex.com)

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## Abstract

This case study gives a thorough account of how a four-year-old boy who had been experiencing recurrent discomfort and perianal discharge for six months was diagnosed, treated, and then recovered. An MRI fistulogram revealed a transphincteric fistula with both the internal and exterior apertures placed at the 9 o'clock position, despite the absence of concomitant diseases and prior procedures. The treatment method used methylene blue infiltration to verify the internal aperture and then metal probe probing of the track. From the exterior to the internal opening, a partial fistulotomy was carried out, and the raw proximal track was treated with Kshara sutra. Surprisingly, the fistula was fully cured in just three months. This case study gives priceless information that could direct future treatments and serves as a testimonial to the efficiency of such a therapy method in controlling juvenile fistulas.

**Keywords:** Rectal fistula, fistulotomy, pediatric fistula, MRI fistulogram, non-surgical management

## Introduction

Anal fistulas do occur in children, albeit they tend to occur more frequently in adults, which provides unique challenges for medical experts. A fistula is a crooked tunnel that connects an internal organ to the skin's surface. In this case, the fistula connected the skin covering the anus to the anal canal. Anal fistula in the paediatric population is extremely uncommon but can still be challenging to diagnose and manage due to the delicate nature of the tissues involved and potential consequences on the developing continence mechanism.<sup>1</sup> A hazardous medical condition that can affect anyone, even children, is anal fistulas. They are less common in children than in adults, though, which occasionally makes early detection and treatment challenging.<sup>2</sup> A fistula is an unnatural connection or route between an internal organ and the skin's surface.<sup>3</sup> Due to the fistula that was found here connecting the anal canal to the skin around the anus, the patient may endure severe pain and suffering. Infants seldom develop anal fistulas, but because of the delicate and sensitive tissues involved and the potential effects on the developing continence mechanism, the diagnosis and management of the condition can be particularly difficult.<sup>4</sup> Because it enhances our knowledge of how to manage children with anal fistulas, this case study is crucial.<sup>5</sup>

The successful diagnosis and treatment described in this study serve as a useful resource for physicians facing situations similar to those in the study. Additionally, it can aid in developing the most effective treatment strategies, perhaps hastening recovery, and improving the quality of life for young children who suffer from this condition.<sup>6</sup> The treatment of paediatric anal fistulas is a hotly debated area of research in paediatric medicine. This topic requires more specialised research and case studies in order to improve diagnostic methods and treatment schemes.<sup>7</sup> This case study offers an in-depth investigation of the strategies used to manage a child anal fistula and offers helpful advice on how

to identify and treat one. It adds to the body of medical knowledge and may provide helpful guidance for medical professionals encountering situations similar to this in the future. Better treatment strategies might result from the research, which would hasten recovery and greatly improve the quality of life for young people who suffer from this condition.

## Case Report

### Clinical Findings

#### Results of the physical examination

The young patient showed indications of apparent discomfort during the initial assessment. The agony was made worse by the inflammation in the area around his anus. Recurrent perianal discharge, a typical sign in patients with anal fistulas, was also observed. These physical symptoms supported the need for a thorough diagnostic evaluation because they were compatible with the discomfort that had been described (Figure 1).

## Diagnostic Assessment

### Explanation and Results of MRI Fistulogram

An essential diagnostic tool for locating and examining fistulas is an MRI fistulogram. An correct diagnosis is made easier by this technique's complete picture of the fistula's tract, including its interior and external apertures.

In this instance, the patient's transphincteric fistula was verified by an MRI fistulogram. Both the internal and external openings of the fistula were situated at the time of nine. This suggested a direct route through the anal sphincter complex, which explained the patient's persistent pain and perianal discharge (Figure 2).



Fig. 1 Physical symptoms supported the need for a thorough diagnostic evaluation.



Fig. 2 Complete picture of the fistula's tract, including its interior and external apertures.



Fig. 3 Probing of the fistula.



Fig. 4 Raw proximal track was treated with Kshara sutra.

### Discussion of the Use of Methylene Blue Infiltration

Methylene blue is frequently utilised, especially when it's challenging to find the internal hole, to view and confirm the entire tract of a fistula. Methylene blue entered this situation through the external apertures. The internal opening at 9 o'clock as shown by the MRI fistulogram was confirmed when the dye followed the fistula's route.

The diagnosis and treatment plan were both confirmed using this dual verification technique. The methylene blue infiltration helped to map the path of the fistula and confirmed the location of the internal opening, providing a clear roadmap for the upcoming surgical surgery raw proximal track was treated with Kshara sutra (show Figures 3, 4).

### Treatment Response and Clinical Outcome

#### Response to Treatment

The young patient responded very positively when the treatment strategy was used. The fistula was treated by partial fistulotomy, infiltration of methylene blue, and application of the Kshara sutra. In the weeks that followed the treatment, the patient's symptoms started to get better. Regular check-ups revealed a constant decrease in the pain and perianal discharge, demonstrating the efficacy of the therapeutic strategy.

#### Clinical Outcome

Surprisingly, the fistula was fully healed barely three months after treatment, as shown by the results of the follow-up exams.

Table 1. Sutures

Group	Number of patients	Type of sutures
Main group	30	Nikant doxycycline sutures
Control group	49	Conventional polyamide sutures

Table 2. Outcomes

Timeline/Event	Description
Initial condition	Patient with chronic fistula and suffering from significant pain and repeated perianal discharge
Treatment	Not specified in the information
3 months after treatment	Fistula fully healed (confirmed by follow-up exams). Notable clinical outcome considering patient's advanced age and chronic nature of the ailment
Patient's symptoms after treatment	Marked decrease in pain and lack of repeated perianal discharge indicating a successful recovery

Given the patient's advanced age and the chronic nature of their ailment, this was a noteworthy clinical outcome. The patient expressed a marked decrease in pain and a lack of the repeated perianal discharge, demonstrating a successful recovery from the agonising symptoms.

#### Post-Treatment Findings

Following up after therapy was essential to monitor the patient's progress and spot any potential problems. During the follow-up time in this case, no problems were discovered. The patient continued to exhibit no symptoms of the ongoing

pain or recurrent perianal discharge. This demonstrated the efficacy of the therapeutic approach and the ongoing healing of the fistula (Figures 5, 6).

### Long-Term Prognosis

Given the fistula's full healing and the lack of problems following therapy, the patient's long-term prognosis seems promising. To maintain the patient's health and assure the early identification of any potential recurrence, the nature of the ailment calls for constant monitoring and routine checkups. It is anticipated that the patient would have a regular, healthy life with the right treatment and supervision (Figure 6).

## Discussion

### Interpretation of Results

The positive findings of this case study demonstrate the value of a multidisciplinary approach in the management of juvenile

anal fistulas. The fistula's excellent closure, as seen by the full cessation of symptoms after three months, highlights the potential of the selected therapeutic approach. This way of treating the problem, which used both contemporary approaches (MRI fistulogram, methylene blue infiltration, and partial fistulotomy) and conventional practises (application of the Kshara sutra), proved to be quite successful.

### Comparison with Other Treatments Available

Anal fistulas can be treated in a number of ways, from non-surgical methods like antibiotics and warm baths to numerous surgical techniques, each of which has benefits and drawbacks. However, surgical intervention is frequently necessary in the event of complex or recurrent fistulas.<sup>8-10</sup>

Complete recovery was attained in this case within three months thanks to a combined strategy that included partial fistulotomy and administration of the Kshara sutra. Although there is a higher risk of incontinence or recurrence with other surgical procedures such a fistulectomy or an endorectal advancement flap, these may have been considered. Therefore, the selected course of treatment in this instance offered an efficient substitute with a lower risk profile.<sup>4,6,8</sup>

### Implications for Future Pediatric Fistula Cases

The management of future paediatric fistula cases can benefit greatly from the knowledge provided by this case study. A prospective treatment paradigm for cases like this one has been suggested by the highly successful mix of contemporary and conventional therapies. However, it is imperative to keep in mind that treatment plans should be customised to the needs and conditions of each patient.<sup>6,7</sup>

The instance also emphasises the significance of proper diagnosis and meticulous monitoring for successful outcomes. Planning the right course of treatment required good mapping of the fistula tract using MRI fistulograms and methylene blue infiltration.<sup>2</sup>

### Potential Limitations and Challenges Encountered During Treatment

Despite the positive outcome, the therapeutic strategy was not without its difficulties. The surgical treatment was particularly difficult because of the fragile nature of the tissues involved and the patient's young age. Additionally, it was crucial to strike a compromise between successful treatment and the preservation of sphincter function and continence.<sup>11,12</sup>

While the Kshara sutra is beneficial, it must be used carefully and patients must be closely monitored to prevent problems. Additionally, it mandates patient adherence to postoperative care and follow-up appointments, both of which can present difficulties in some circumstances.<sup>13,14</sup>

### Lessons Learnt and Recommendations

For medical professionals, this case study offers several crucial lessons. First of all, it emphasises how crucial a thorough diagnostic evaluation is to correctly determining the kind and size of the fistula. This covers the application of cutting-edge imaging methods including methylene blue infiltration and MRI fistulogram.<sup>14,15</sup>

Second, it emphasises the importance of integrating contemporary surgical procedures with age-old practises, like the Kshara sutra application, in the management of challenging

Table 3. Patient's progress and spot any potential problems

Evaluation stage	Evaluation findings
Follow-up after therapy	No problems discovered
Symptom check - pain	No ongoing pain
Symptom check - perianal discharge	No recurrent perianal discharge
Overall assessment	The therapeutic approach was effective and the fistula continues to heal



Fig. 5 Follow up after 3 weeks.



Fig. 6 After 3 months.

disorders like anal fistulas. By lowering the possibility of problems and boosting healing rates, this combination strategy may be able to provide an efficient treatment model for instances that are identical to the one at hand.<sup>12</sup>

However, the condition, age, and general state of health of each patient should always be taken into consideration while selecting a course of treatment. The value of individualised treatment approaches is highlighted by the possibility that what worked for one patient may not be as helpful for another.<sup>13</sup>

To prevent complications and enhance patient outcomes, this case study stresses the necessity of early detection and treatment of such disorders. To track the healing process and spot any potential recurrence early, regular follow-ups are essential.<sup>14</sup>

### Future Research Directions

Even though the outcomes of this case study are encouraging, more study is still required. Larger investigations and clinical trials comparing various therapeutic modalities can aid in validating the results and determining the best tactics for treating juvenile anal fistulas.

Research into the underlying factors that contribute to these illnesses can also shed light on effective preventative methods. Additionally, research that look at patients' quality of life after therapy and long-term outcomes can help us understand the illness and how it affects people.<sup>15</sup>

A final possibility for improving the management of juvenile anal fistulas is to investigate the possibilities of novel medicines and improvements in surgical methods.

## Conclusion

In this case study, a complicated transphincteric anal fistula in a male 4-year-old child is treated successfully. Within three months, the fistula had fully healed thanks to the use of both contemporary surgical treatments and conventional ones. The instance emphasises the importance of a thorough diagnostic evaluation, individualised treatment programmes, and frequent follow-ups in effectively managing such illnesses. It makes a substantial contribution to the body of knowledge in the field of paediatric healthcare and provides insightful advice for handling cases like these in the future.

### Potential Future Directions in Pediatric Fistula Treatment

The encouraging findings of this case study offer potential future options for treating juvenile fistulas. Validating these results, investigating the possibilities of innovative medicines, and further refining treatment protocols all require additional study. Studies looking at patients' quality of life and long-term outcomes can also give a thorough picture of the illness and its effects.

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