

# Endoscopic Vessel Harvesting: Using Advancements and Best Practices To Enhance Conduit Quality

Bershinsky, J Matt, PA-C; Bitondo, Jerene M, PA-C; Brennan, Teresa, PA-C, MPAS; Causey, Keith, PA-C; DeMara, David, PA-C; Dinwiddie, Greg, PA-C; Durbin, Harold Jr, PA-C; Eisenring, Christian, ACNP-c; Froelich, David, CRNFA; Ginn, Lonnie J, PA-C; Gottesfeld, Steven M, PA-C; Hahm, Edward, PA-C, MMSc; Hunnicutt, Carol, PA-C; Kollpainter, Robert, PA-C, FAPACVS, RDMS; Keuler, James P, PA-C; Lee, John, PA-C; McCarley, Christopher K, PA-C; Sullivan, Michael L, PA-C; Van Woerkom, Jon, PA-C; Vida, Kevin A, MS, PA-C; Vitali, Richard M, MPH, PA-C\*

## Benefits of the Endoscopic Approach to Vessel Harvesting

During the past decade, endoscopic vessel harvesting (EVH) has become the preferred technique over open harvesting procedures for patients undergoing coronary artery bypass grafting (CABG) surgery in the U.S. In 2008, 76% of CABG cases used EVH in the United States and global adoption of the procedure has been increasing in recent years.<sup>1</sup> (Fig. 1)



Fig. 1 EVH

In the open vein harvest (OVH) technique, the long incision along the medial aspect of the leg has been associated with postoperative complications, including dehiscence, hematoma, cellulitis, edema, and pain.<sup>2,3</sup> These complications delay wound healing and increase costs and length of postoperative care.<sup>2</sup> (Figs. 2 and 3)



Fig. 2 Open



Fig. 3 Bridging

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\* Authors are listed alphabetically

The body of evidence demonstrating clinical, economic and cosmetic benefits of EVH over OVH has steadily mounted, with benefits including:

- Reduced wound complications and infections<sup>2-6</sup>
- Reduced postoperative pain<sup>5-8</sup>
- Reduced length of stay and rate of readmission<sup>9-11</sup>
- Improved cosmesis and patient satisfaction<sup>2,3</sup>

In recent years, the endoscopic method has been increasingly used for harvesting the radial artery, and similar advantages to those seen with the greater saphenous vein have been demonstrated.

### **Assessing Graft Patency with EVH**

While many studies have documented the “short-term” benefits of EVH such as reduced wound complications and postoperative pain, other studies have looked at the quality of the harvested vessel for the bypass procedure. To date, a number of studies have shown equivalent graft patency whether the vessel graft was obtained endoscopically or with the open procedure.<sup>2,12-14</sup>

#### **Graft patency and disease according to vein harvest method<sup>12</sup>**

	EVH (n = 166)	OVH (n = 170)	p values
Patent	113 (68%)	119 (70%)	ns
Significant disease	17 (10%)	21 (12%)	ns
Occlusion	36 (22%)	30 (18%)	ns

*P* = .584. EVH, Endoscopic vein harvest; OVH, open vein harvest

In the largest randomized trial with the longest angiographic follow-up (six months postop), *Yun et al.* showed that occlusion and disease rates were comparable between endoscopic and OVH procedures.<sup>12</sup> The authors concluded that overall patency rates depend on target and vein-related variables (e.g. vein size) and patient characteristics (e.g. congestive heart failure) rather than the method of vein harvesting.

Based on a meta-analysis of studies comparing EVH to open harvesting, the International Society for Minimally Invasive Cardiothoracic Surgery (ISMICS) concluded that EVH should be the standard of care in coronary artery bypass patients requiring saphenous vein grafts.<sup>2,3</sup>

Recently the issue of graft patency with EVH has come under scrutiny with the publication of a secondary analysis of patients who underwent CABG.<sup>15</sup> In light of this study, it is important to understand factors that can affect conduit quality. Endothelial injury, which can diminish patency of the vessel, can be caused by surgical trauma, ischemia, storage conditions, and distension, among other factors.<sup>16,17</sup>

Prompted by a better understanding of physiology and the surgical challenges that harvesters face, clinicians and manufacturers have worked to improve practice techniques and technology over the past several years in ways that promote optimal conduit quality. Harvester experience is a crucial element to consider; ensuring that all harvesters are trained and up to date on the latest clinical techniques is paramount to their success.

This paper will look at EVH technique and technology improvements and share best practice tips from experienced harvesters.

### **Evolving Technology and Techniques**

First introduced in the mid-1990s, endoscopic vessel harvesting technology has undergone many transformations as manufacturers have developed refinements to make the procedure easier, faster, and more protective of the harvested conduit.

To address the learning curve for those new to the EVH procedure, ergonomic and operational improvements have been made. For example, certain models were designed with in-line instrumentation, in which the scope port and tool port are arranged parallel to the cannula. This design helps reduce vessel manipulation and facilitates the instrumentation in the tunnel, enabling greater surgical control.

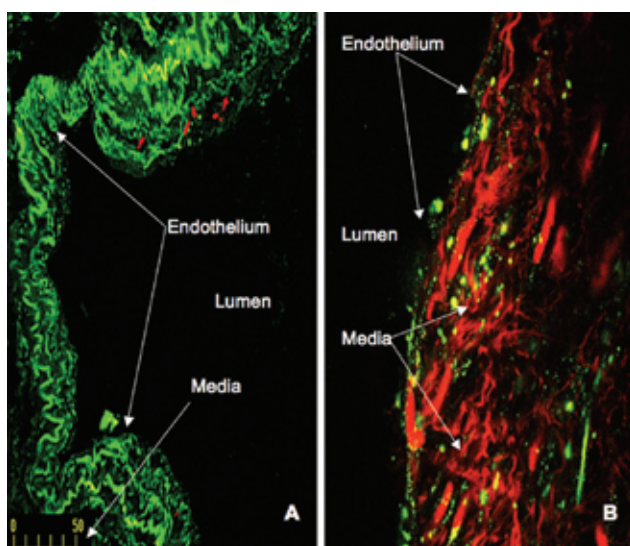
To speed the procedure, features like built-in scope cleaning systems were added, so the harvester would not need to remove the tools from the tunnel when the scope became obscured. Some systems incorporated CO<sub>2</sub> insufflation to enhance visualization and maneuverability during dissection.<sup>5</sup> This function has been refined with the addition of improved port and distal insufflation techniques in more recent technology generations.

Graft failure has been attributed to endothelial cell damage, which may be caused by electrocautery, generally referred to as “thermal spread.” Therefore, strategies to mitigate thermal spread have been pursued. Recent generations of EVH technology enable harvesters to seal and cut in a single step, keeping thermal spread to a minimum (less than 1 mm).

While manufacturers honed technological and design innovations, harvesters developed better clinical

techniques as they gained more experience with the EVH procedure and a deeper understanding of the physiological implications of it. For example, harvesters have developed and enhanced techniques for vessel ligation and removal at the end of the procedure.

A growing awareness of the need to protect the vessel has led to other changes in clinical practice. Distending the harvested vessel by flushing it with solutions has been a common practice prior to grafting to check for leaks. However, studies have shown that overdistension of the vessel can damage the endothelium and reduce long-term patency of the graft.<sup>16,18</sup> Therefore, keeping the pressure at controlled levels is now advised. (Fig. 4)



*Fig. 4 Distension-dependent changes in vessel viability. Green cellular fluorescence indicates cell viability; red nuclear fluorescence shows compromised or dead cells. A) Saphenous vein segment reveals living endothelium and media.*

*B) Distended saphenous vein segment shows denuded and damaged endothelium and media.*

*Thatte and Khuri.<sup>16</sup>*

Another clinical protocol change adopted by some institutions is the administration of heparin prior to EVH. It has been suggested that pre-heparinization lowers the incidence of fibrin strand formation within the lumen.<sup>19</sup>

Recognizing that harvester experience and technique can play a vital role in graft quality and patient outcome, the aforementioned panel of proficient, experienced harvesters has established and endorsed the following set of “best practice” tips that serve as a gold standard for performing EVH.

### **EVH Best Practice Tips**

Many of the tips below are described specifically in terms of harvesting the greater saphenous vein; however, most of the concepts would also apply when performing EVH of the radial artery or lesser saphenous vein.

### **PREOPERATIVE PREPARATION**

#### **Review the patient’s H&P for contraindications and pertinent anatomy preoperatively.**

Look for potential contraindications or issues such as prior surgeries that may have stripped or injured the vessel. In this case, consider using an alternative conduit.

#### **Whenever possible, perform vein mapping with ultrasound to locate and evaluate the vessel.**

While harvesters should have a thorough knowledge of all anatomical landmarks, studies have shown that the use of ultrasound to perform vein mapping is beneficial in selecting the optimum site for the incision.<sup>20,21</sup> Ultrasound can help identify venous abnormalities and small vein segments, and pinpoint the vein location when dealing with challenging anatomies, such as in obese patients.

#### **Think of the procedure as having three separate stages:**

1. Choosing the incision site and making the incision
2. Dissecting the vessel and the vessel tributaries
3. Dividing the vessel branches

### **INCISION**

#### **Decide on the best place to make the incision and mark the site.**

Harvesters should choose whether to make the incision above or below the knee based on patient variables and preference, taking into account where their dominant hand will be positioned. While some new harvesters feel it is easier to guide the endoscope through subcutaneous tissue in the thigh as opposed to the tighter space in the lower leg, conditions can vary greatly from patient to patient so this should be an individual decision. For example, some harvesters have more difficulty manipulating the scope around an elderly arthritic knee than the lower leg.

**Keep the length of the skin incision to a minimum.**

When making the initial incision, clinicians must balance the need to protect the vessel during removal and achieve a good seal to prevent leaks, if a CO<sub>2</sub> insufflation system is used. The blunt tip of the CO<sub>2</sub> insufflation port placed at the incision should have a good seal, but it should not be forced into the incision. In addition, keep inflation pressure of the balloon to a minimum; inflate it just enough to maintain the seal.

**Consider making the incision to correspond with tension lines of the skin.**

Making an incision that follows skin tension lines can enhance wound healing and cosmesis. Therefore, clinicians may choose to make the above-the-knee incisions transversely and below-the-knee incisions longitudinally over the vein. One advantage of a longitudinal incision is that it is in line with the vein, and if endoscopic harvesting needs to be converted to an open procedure, the incision can simply be extended. An advantage of a transverse incision is that it may offer more leeway in locating the vein if the harvester is not confident in the landmarks or was unable to perform vein mapping with ultrasound prior to the EVH procedure.

**CO<sub>2</sub> INSUFFLATION**

**Use the lowest tunnel pressure possible to reduce the risk of CO<sub>2</sub> embolism.**

CO<sub>2</sub> insufflation is commonly used with EVH and other endoscopic surgical procedures to improve visibility and control, but it does create the potential for CO<sub>2</sub> embolization to occur.<sup>22</sup> One way harvesters can help prevent this risk is by keeping the CO<sub>2</sub> pressure setting as low as possible. It is also helpful to minimize flow settings, so having a good seal at the port site is important.

**Monitor central venous pressure (CVP) to keep the CVP/tunnel gradient in proper balance.**

In a closed system, the CVP should be maintained slightly greater than the tunnel pressure to reduce the risk of CO<sub>2</sub> embolization/microembolization. PEEP (positive end expiratory pressure) can be adjusted to decrease the CVP/tunnel gradient, as tolerated by the patient.

**Use appropriate monitoring to be alerted to CO<sub>2</sub>-related events.**

During CO<sub>2</sub> insufflation, exhaled carbon dioxide levels tend to be elevated. End-tidal carbon dioxide (ETCO<sub>2</sub>) monitoring is the gold standard used by anesthesiologists to assess ventilation.<sup>23</sup> Transesophageal echocardiography (TEE) is also valuable for revealing evidence of gas bubbles in the patient's right atrium, suggesting an increased risk of embolism.

**DISSECTION OF THE VESSEL**

**Establish a regular sequence for dissection.**

Approaching the vessel the same way each time helps develop confidence and enhance harvester skill during the procedure. A sequence recommended by the authors for performing the overall procedure is: dissect thigh, dissect lower leg, divide lower leg, divide thigh. This approach may potentially reduce blood stasis and, therefore, fibrin strand formation. A recommended sequence specifically for dissection is: dissect anteriorly along the vessel, dissect posteriorly along the vessel, followed by lateral dissection, one side then the other side.

**During the initial dissection, use short, gentle motions.**

Avoid any sudden or forceful motion while dissecting along the main body and branches of the vessel. Use small motions, advancing the dissection cannula from side to side along the vessel and around branches. Allow CO<sub>2</sub> to promote dissection along the tunnel by periodically moving the endoscope back a few centimeters. After confirming the orientation, continue with short, gentle advancements.

**Ensure that side branches are thoroughly dissected to allow adequate length during branch division.**

The side branches should be long enough to apply suture ties and/or ligatures during vessel preparation. To support CO<sub>2</sub> insufflation and open up more space around the branch, many harvesters use the "window" technique on the side dissections. The "window" technique involves creating fenestrations into the surrounding fascial layers to allow access to the vessel branches.

**Apply appropriate pressure with the opposite hand to promote ease of dissection along the vessel.**

Applying countertraction on the patient's thigh can be helpful for increasing the length of branches.

## DIVISION OF BRANCHES

**Establish a regular sequence for dividing the branches.**

As with dissection, establishing a regular sequence for the branch division improves confidence and efficiency. Most clinicians start the dissection of the vein in the thigh, ending with the lower leg, and therefore start dividing the branches in the lower leg at the distal end of the tunnel, working back toward the incision (in retrograde fashion). Some harvesters may divide branches as they navigate the tunnel if branches are at risk for damage.

**Consider making a fasciotomy along the tunnel if the space is very tight.**

If harvesters encounter a very tight tunnel during branch division, they should consider performing a fasciotomy along the length of the tunnel to increase the size of the tunnel and therefore to decrease the risk of injury to the vessel or the vessel branches. The fasciotomy may not be necessary along the entire length, but enough to get through a very confined area.

**Before dividing the branch, consider whether it is of adequate length to clip or tie.**

Branches should be long enough to ensure an adequate margin to prevent thermal injury, allow for effective ligation, and moreover, to avoid compromising the vessel lumen in order to deliver a good conduit to the surgeon. Larger branches may need to be somewhat longer. If branch length is inadequate, dissect it farther out to obtain enough length.

**Keep energy settings as low as possible during branch division.**

While dividing with electrocautery, keep energy settings on the lowest possible setting. This will allow the branches to adequately seal before division and minimize bleeding in the tunnel. To prevent thermal injury, do not cauterize longer than necessary; usually 1 to 1 ½ second bursts of cauterization are adequate.

## VESSEL REMOVAL AND PREPARATION

**Make sure all branches and connective tissue are free from the vessel before removing it.**

Before dividing and ligating the ends of the vessel, make a final circumferential pass along the length of the vessel to ensure that all branches and connective tissue have been removed. This final pass also allows the harvester to visually inspect the tunnel to assess hemostasis.

**Use an appropriate technique for distal ligation of the vessel.**

Clamping and ligating the distal end of the vessel can be challenging, and harvesters have developed a number of techniques to accomplish it. The decision of which technique to employ may depend on the EVH technology being used, how the harvester was trained, and other variables. One of the most common techniques is "stab and grab" in which a small, stab incision is made at the distal end of the tunnel using a #11 blade, and the vessel is pulled through the stab wound incision with a hemostatic clamp, and divided and ligated externally under direct vision. (Fig. 5) Another option is to use a knot pusher to create a ligation loop.



*Fig. 5 "Stab and grab" technique for distal ligation of vessel*

**Take care to not stretch the vessel when removing it from the EVH tunnel.**

To preserve the quality and longevity of the vessel, the authors of this paper believe it is critical to minimize vessel trauma during removal and preparation. Avoid dimpling the vessel during branch ligation of the harvested conduit, and be especially mindful to not overdilate the vessel. Irrigate the removed vessel with solution according to hospital protocol (e.g. heparinized saline/blood) to flush out any potential clot or fibrin strands—avoiding overdilatation during this process.



**Once the vessel is extracted and prepared, place it in the specified solution until ready for use in the surgery.**

Place the harvested vessel in the storage solution specified by hospital protocol until the surgeon is ready to use it. Note that studies have shown that endothelium and smooth muscle cells are affected by the storage solution used,<sup>16</sup> and the type of solution may therefore play a role in long-term graft patency.

## **Conclusion**

Because of the numerous benefits demonstrated by endoscopic vessel harvesting versus the open approach, EVH has become more than a technique—it has become a standard of care. The procedure, as well as the technology, has undergone continual refinements. By adopting best practices, harvesters promote optimal conduit quality, which contributes to a successful outcome for patients undergoing CABG surgery. Surgeons can support these practices by allowing ample time for them to be accomplished.

## **Key Takeaways**

### **PREOPERATIVE PREPARATION**

- Review the patient's H&P for contraindications and pertinent anatomy preoperatively.
- Whenever possible, perform vein mapping with ultrasound to locate and evaluate the vessel.
- Think of the procedure as having three separate stages: choosing the incision site and making the incision, dissecting the vessel and vessel tributaries, and dividing the vessel branches.

### **INCISION**

- Decide on the best place to make the incision and mark the site.
- Keep the length of the skin incision to a minimum.
- Consider making the incision to correspond with tension lines of the skin.

### **CO<sub>2</sub> INSUFFLATION**

- Use the lowest tunnel pressure possible to reduce the risk of CO<sub>2</sub> embolism.
- Monitor central venous pressure (CVP) to keep the CVP/tunnel gradient in proper balance.
- Use appropriate monitoring to be alerted to CO<sub>2</sub>-related events.

### **DISSECTION OF THE VESSEL**

- Establish a regular sequence for dissection.
- During the initial dissection, use short, gentle motions.

- Ensure that side branches are thoroughly dissected to allow adequate length during branch division.
- Apply appropriate pressure with the opposite hand to promote ease of dissection along the vessel.

### **DIVISION OF BRANCHES**

- Establish a regular sequence for dividing the branches.
- Consider making a fasciotomy along the tunnel if the space is very tight.
- Before dividing the branch, consider whether it is of adequate length to clip or tie.
- Keep energy settings as low as possible during branch division.

### **VESSEL REMOVAL AND PREPARATION**

- Make sure all branches and connective tissue are free from the vein before removing it.
- Use an appropriate technique for distal ligation of the vessel.
- Take care to not stretch the vessel when removing it from the EVH tunnel.
- Once the vessel is extracted and prepared, place it in the specified solution until ready for use in the surgery.

**J. Matt Bershinsky, PA-C**

Physician Assistant  
 Memorial Health System Cardiothoracic Surgery  
 Colorado Springs, Colorado

**Jerene M. Bitondo, PA-C**

Chief Physician Assistant, Cardiac Surgery  
 Massachusetts General Hospital  
 Boston, Massachusetts

**Teresa Brennan, PA-C, MPAS**

Chief Physician Extender for Cardiovascular Surgery  
 William Beaumont Hospital  
 Royal Oak, Michigan

**Keith Causey, PA-C**

Chief Physician Assistant, Clinical Director,  
 Cardiothoracic Surgery  
 Emory Healthcare  
 Atlanta, Georgia

**David DeMara, PA-C**

Chief Physician Assistant  
 Atlanticare Regional Medical Center  
 Pomona, New Jersey

**Greg Dinwiddie, PA-C**

Cardiovascular Surgery  
 Intergrity Baptist Hospital  
 Oklahoma City, Oklahoma

**Harold Durbin Jr., PA-C**

University of Nebraska Medical Center  
 Omaha, Nebraska

**Christian Eisenring, ACNP-c**

Division of Cardiothoracic Surgery  
 Ronald Reagan Medical Center  
 David Geffen School of Medicine at UCLA

**David Froelich, CRNFA**

WakeMed  
 Raleigh, North Carolina

**Lonnie J. Ginn, PA-C**

Physician Assistant Services of Texas LLP  
 Heart Hospital Baylor Plano  
 Plano, Texas

**Steven M. Gottesfeld, PA-C**

Senior Physician Assistant, Division of Cardiac and  
 Thoracic Surgery  
 Sharp-Rees-Stealy Medical Group  
 San Diego, California

**Edward Hahm, PA-C, MMSc**

Pacific Coast Cardiovascular Surgeons

**Carol Hunnicutt, PA-C**

Physician Assistant, Surgical Assistants of Dallas, LLC  
 Baylor University Medical Center at Dallas  
 Heart Hospital Baylor Plano

**Robert Kollpainter, PA-C, FAPACVS, RDMS**

Aspirus Wausau Heart & Lung Surgeons  
 Wausau, Wisconsin

**James P. Keuler, PA-C**

President, Intervasc, LLC  
 International Vascular Consultants  
 Milwaukee, Wisconsin

**John Lee, PA-C**

Kaiser Moanalua Medical Center  
 Honolulu, Hawaii

**Christopher K. McCarley, PA-C**

Chief Physician Assistant, Cardiothoracic Surgery  
 Cardiothoracic Surgery Clinic of North Mississippi

**Michael L. Sullivan, PA-C**

Chief Physician Assistant  
 Cardiac Surgical Associates  
 Tampa, Florida

**Jon Van Woerkom, PA-C**

St. Vincent Heart Center of Indiana/Corvasc MD's  
 Indianapolis, Indiana

**Kevin A. Vida, MS, PA-C**

President, VidaProcure, LLC  
 West Hartford, Connecticut

**Richard M. Vitali, MPH, PA-C**

Administrative Director, Department of Cardiovascular &  
 Thoracic Surgery  
 St. Michael's Medical Center  
 Newark, New Jersey

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