

RIGHT AND WRONG IN SURGERY & NUTRITION -

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History

- ▣ Patients are not able to eat normal food just after an operation
- ▣ Food is dangerous to the anastomoses
- ▣ "you feed the cancer"
- ▣ It is no good – the patients get nauseous and vomit.
- ▣ It doesn't matter they lose some weight– the patients get over it

TRUE or FALSE?

Influence of postoperative enteral nutrition on postsurgical infections

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This study was undertaken to test the hypothesis that early enteral nutrition might reduce the incidence of serious complications after major abdominal surgery

Design:

- Randomised double blind study
- 30 ptt. received Nutridrink
- 30 ptt. received placebo
- On the day of operation: 600ml through a nasoduodenal feeding tube.
- All ptt. allowed eating on 5. postoperative day
- All ptt. followed up to 30 days by the same investigator

Patients

	Nutrition (n=30)	Placebo (n=30)
Age years	66,5 (27 – 93)	61.5 (27 – 80)
Male/female	18/12	20/10
Malign/benign	19/11	20/10
Height/weight	169,5cm/71.2 kg	172cm/68,5 kg

Operations

Type	Nutrition	Placebo
Oesophago-gastrectomy	2	1
Gastrectomy	2	3
Hemicolectomy	18	17
Low anterior resection	2	5
Abdominalperineal resection	6	4
Total	30	30

Complications

Total number: 27



Severe complications

Type	Nutrition	Placebo
Anastomotic leak	2(1mors)	4(2 mors)
Dehiscence	3	0
AMI	1(mors)	0
ARDS	0	1(mors)
Peritonitis	0	1(mors)
Total	6	6

Infectious complications

Type	Nutrition	Placebo
Pneumonia	1	2
Wound infection	1	10
Intraabd. abscess/ peritonitis	0	2 (1 mors)
Total	2	14

Conclusion

Early enteral nutrition given to patients after major abdominal surgery results in an important reduction in infectious complications

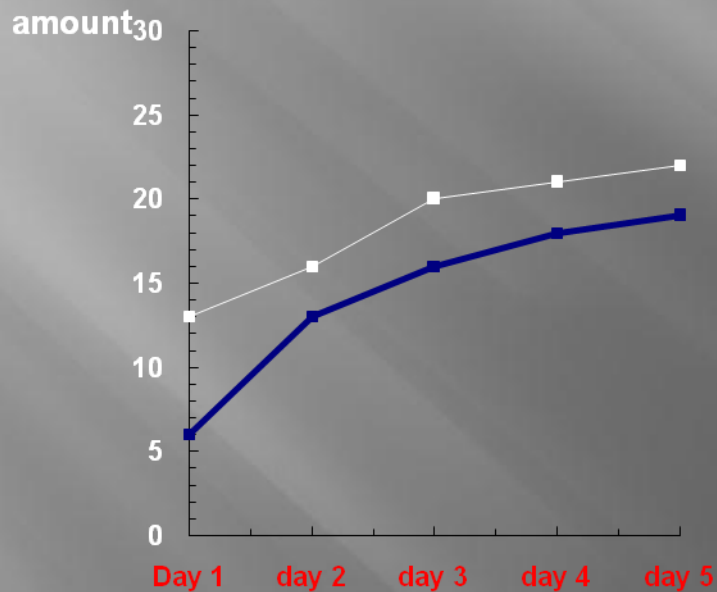
But.....

Nutrition influences on much more:

- ▣ Inconvenience
- ▣ Time for postoperative bowel movements
- ▣ Day of discharge
- ▣ Nitrogen balance

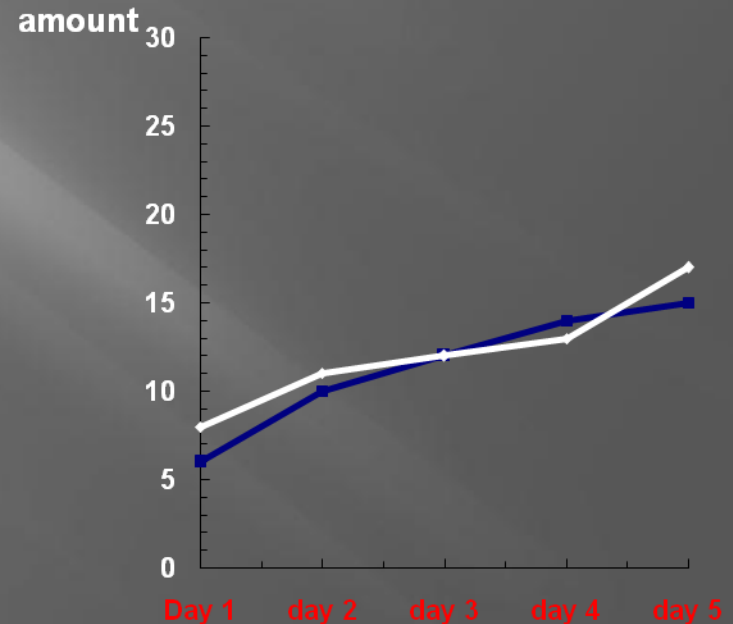
Inconveniences

Number of patients with nausea



■ Nutrition ■ Placebo

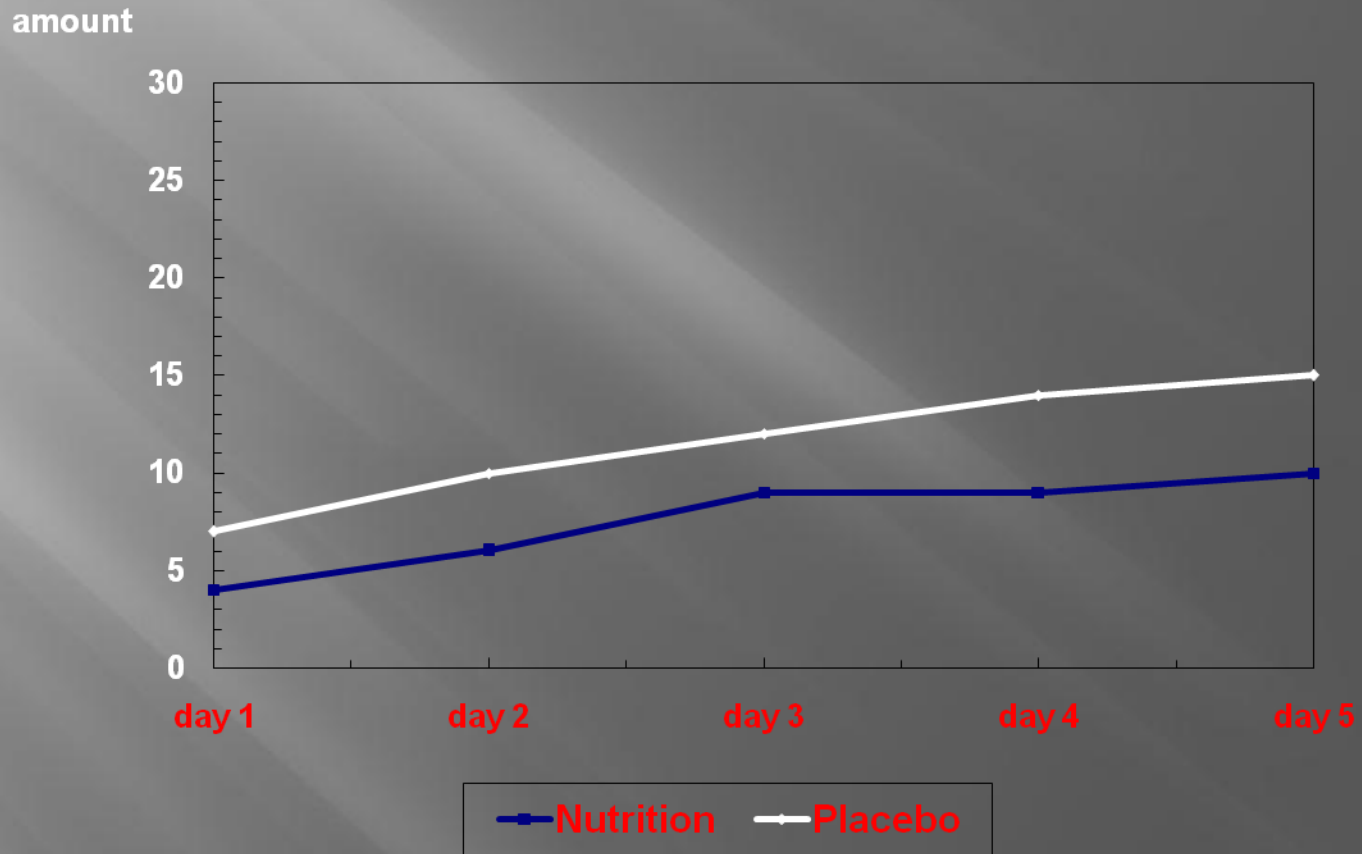
Number of patients vomiting



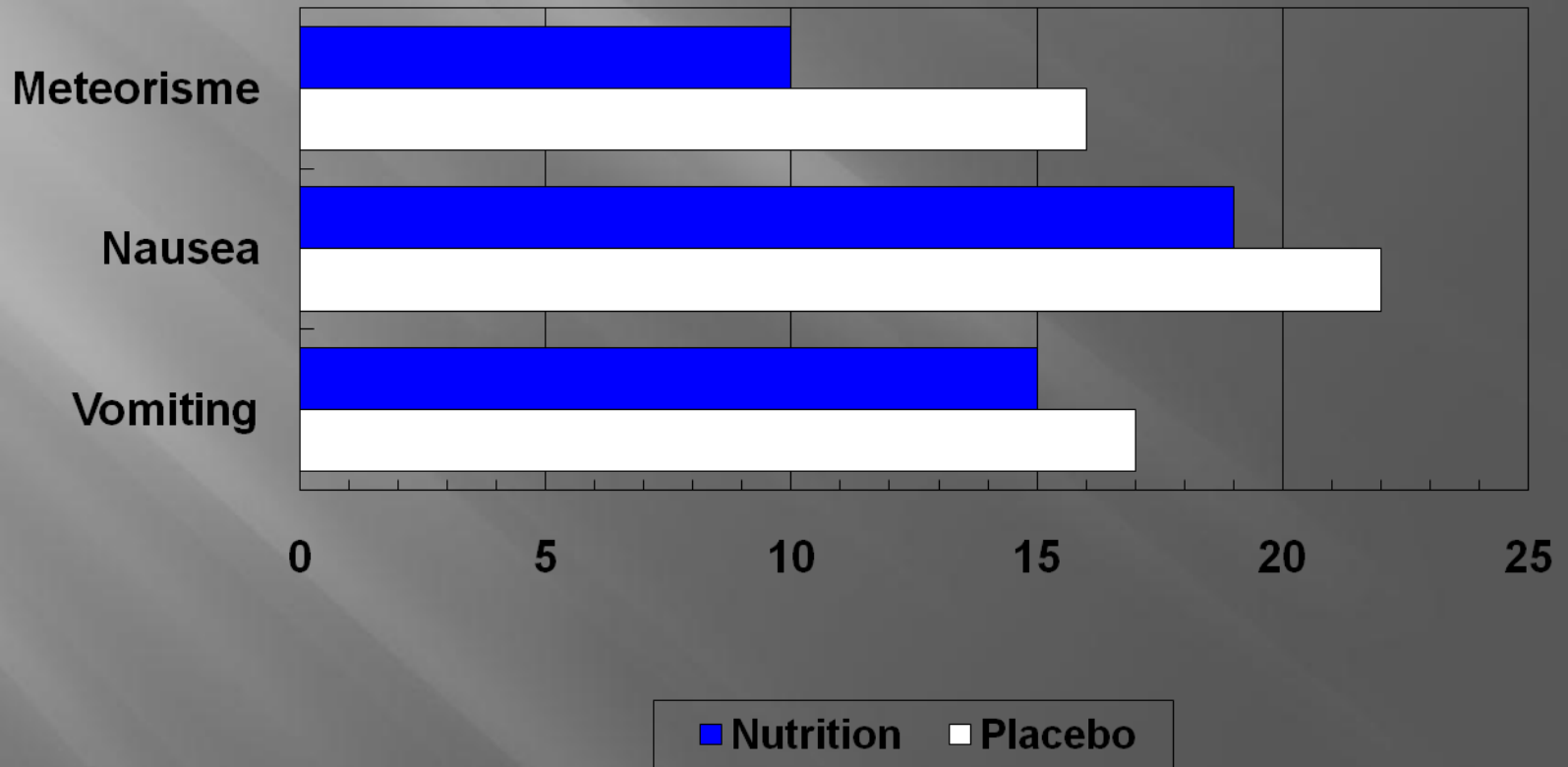
■ Nutrition ■ Placebo

Inconviences

Number of patients with meteorism

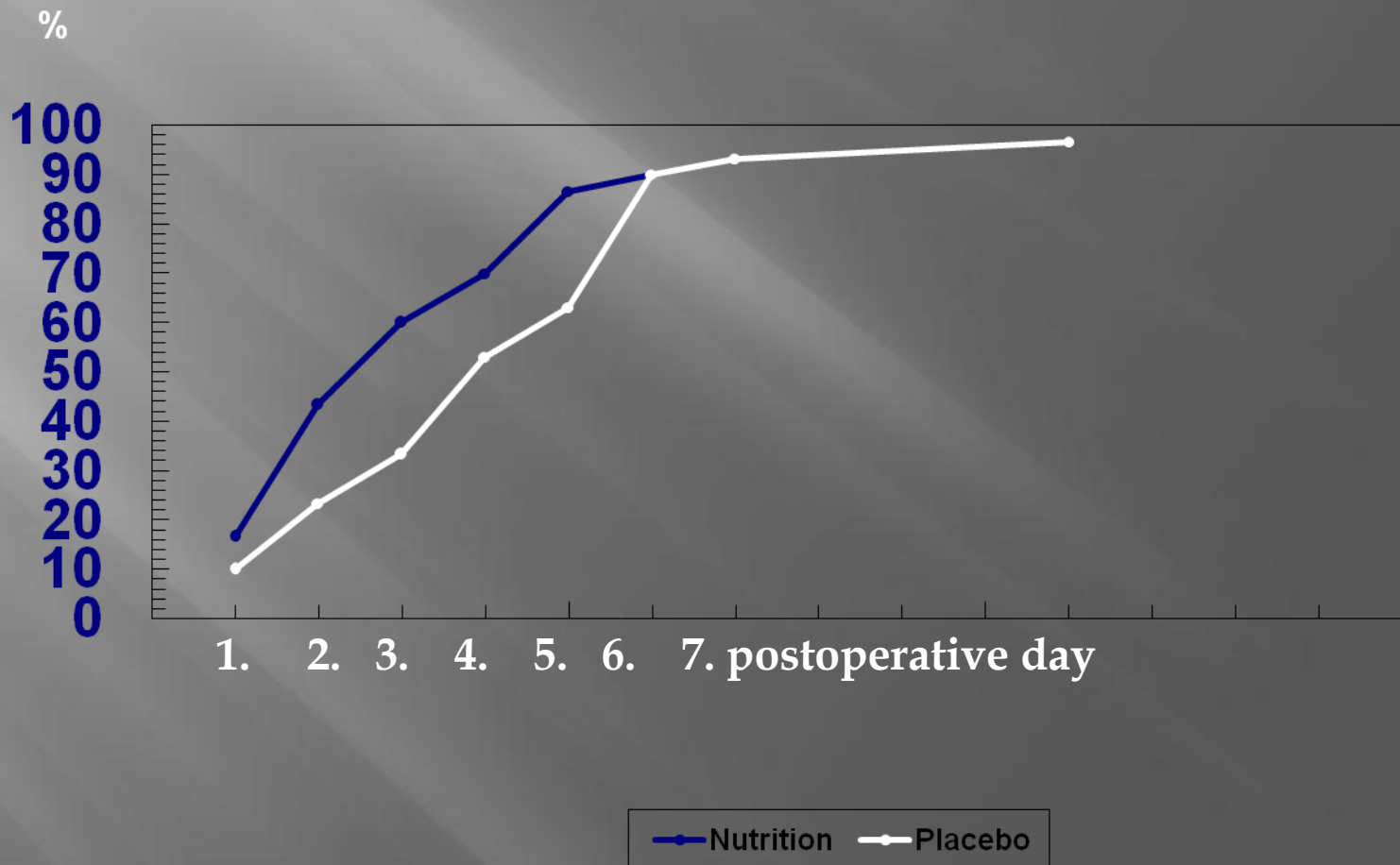


Inconveniences



Time of bowel movements

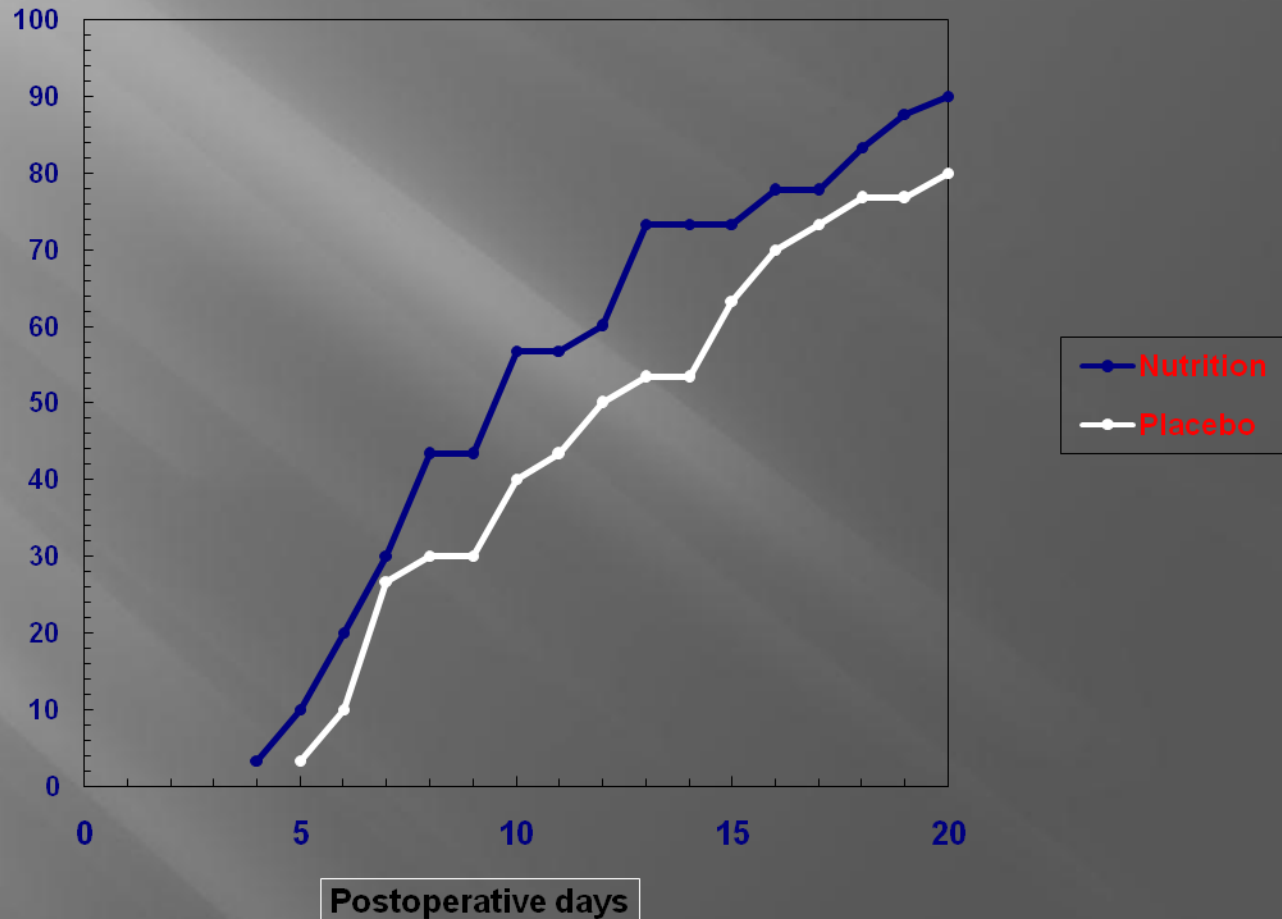
% of patients with bowel movements



Day of discharge

Nutrition: n:28 Placebo n:26

% of discharged
ptts.



**Thank you for your
attention**