

WHETHER CHEWING GUM CAN AFFECT GERD AFTER MEAL OR NOT

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Objective:

Gastroesophageal reflux disease (GERD) is very common disorder and still increasing, it caused by frequent acid reflux(Mayoclinic). Worse after meals and antacids are usually consumed after dietary indiscretion. To evaluate and investigate the effects whether chewing gum can affect GERD after meal or not. With this aim, we summarized the results of relative papers and we had some discussions several weeks. Key findings from the study are in the results.

Methods/Intervention :

Planning is the first step for the team to decide search strategies for PICO format. Hospital librarian can discuss during the planning process. Randomized controlled trials of PubMed、Web of Science and Cochrane Library electronic databases were searched (up to 1 July 2018) by using the PICO format . The search strategies of controlled vocabularies and text-words typically consisted a variety of databases, combined the Medical Subject Heading (MeSH) terms “gastroesophageal reflux” with chewing gum from January 2008 to December 2017. Language restriction all in English and Randomized controlled trials were included.

Results (of evaluation) :

A working group of specialists convened to discuss current practices. The search strategy identified 13 articles, of which 4 were relevant comparing GERD with gum chewing in adults that showed chewing gum for one hour after the meal that can reduce the acid contact time. Sugar-free gum for half an hour after a meal would be beneficial.

Conclusions/Lessons learned :

This study meaningfully contribute to systematic reviews team and hospital librarians supported our efforts to teach library education and enhance our understanding of professional search skills. The results of the survey that chewing gum after a meal alleviated symptoms of GERD and following a refluxogenic meal that can help to reduce GERD. Chewing gum might be a non-pharmacological treatment option for some patients with symptomatic GERD.

