



REVISTA BRASILEIRA DE ANESTESIOLOGIA

Official Publication of the Brazilian Society of Anesthesiology
www.sba.com.br



SCIENTIFIC ARTICLE

Reduced fasting time improves comfort and satisfaction of elderly patients undergoing anesthesia for hip fracture



Luiz Eduardo Imbelloni^{a,*}, Illova Anaya Nasiane Pombo^b, Geraldo Borges de Moraes Filho^b

^a Department of Anesthesiology, Faculdade de Medicina Nova Esperança, Complexo Hospitalar Mangabeira, João Pessoa, PB, Brazil

^b Complexo Hospitalar Mangabeira Gov. Tarcisio Burity, João Pessoa, PB, Brazil

Received 25 August 2013; accepted 16 October 2013

Available online 2 January 2015

KEYWORDS

Spinal anesthesia;
Fasting;
Satisfaction

Abstract

Background and objectives: Patient's satisfaction is a standard indicator of care quality. The aim of this study was to evaluate whether a preoperative oral ingestion of 200 mL of a carbohydrate drink can improve comfort and satisfaction with anesthesia in elderly patients with hip fracture.

Method: Prospective randomized clinical trial conducted in a Brazilian public hospital, with patients ASA I–III undergoing surgery for hip fracture. The control group (NPO) received nothing by mouth after 9:00 p.m. the night before, while patients in the experimental group (CHO) received 200 mL of a carbohydrate drink 2–4 h before the operation. Patients' characteristics, subjective perceptions, thirst and hunger and satisfaction were determined in four steps. Mann–Whitney *U*-test and Fisher exact test were used for comparison of control and experimental groups. A *p*-value <0.05 was considered significant.

Results: A total of 100 patients were included in one of the two regimens of preoperative fasting. Fasting time decreased significantly in the study group. Patients drank 200 mL 2:59 h before surgery and showed no hunger ($p < 0.00$) and thirst on arrival to OR ($p < 0.00$), resulting in increased satisfaction with the perioperative anesthesia care ($p < 0.00$).

Conclusions: The satisfaction questionnaire for surgical patient could become a useful tool in assessing the quality of care. In conclusion, CHO significantly reduces preoperative discomfort and increases satisfaction with anesthesia care.

© 2014 Sociedade Brasileira de Anestesiologia. Published by Elsevier Editora Ltda. All rights reserved.

* Corresponding author.

E-mail: dr.imbelloni@terra.com.br (L.E. Imbelloni).

PALAVRAS-CHAVE

Raqui anestesia;
Jejum;
Satisfação

A diminuição do tempo de jejum melhora o conforto e satisfação com anestesia em pacientes idosos com fratura de quadril

Resumo

Justificativa e Objetivos: A satisfação do paciente é indicador padrão da qualidade da assistência prestada. O objetivo deste estudo foi avaliar se a ingestão de 200 mL oral pré-operatória de uma bebida de carboidratos pode melhorar o conforto e a satisfação com a anestesia no paciente idoso com fratura de quadril.

Método: Ensaio clínico prospectivo e randomizado realizado em hospital público de saúde brasileiro, pacientes estado físico ASA I-III submetidos à cirurgia de fratura de quadril. O grupo controle (NPO) não recebeu nada pela boca, após as 21 horas da noite anterior, enquanto que os pacientes no grupo experimental (CHO) recebeu 200 mL de uma bebida de carboidratos de 2 a 4 horas antes da operação. Características dos pacientes, percepções subjetivas, presença de sede e fome e satisfação dos pacientes foi apurado em quatro etapas. Teste de Mann-Whitney U-test e exato de Fisher foram utilizados entre o grupo controle e o grupo experimental. Valor de $p < 0,05$ foi considerado significativo.

Resultados: Um total de 100 pacientes foram incluídos em um dos dois regimes de jejum pré-operatório. Tempo de jejum diminuiu significativamente no grupo de estudo. Pacientes beberam 200 mL 2:59 h antes da cirurgia e não apresentaram fome ($p < 0,00$) e sede na chegada à SO ($p < 0,00$), resultando em aumento da satisfação com o cuidado perioperatório anestesia ($p < 0,00$).

Conclusões: O questionário de satisfação do paciente cirúrgico poderia tornar-se um instrumento útil na avaliação da qualidade de atendimento. Em conclusão, CHO reduz significativamente o desconforto pré-operatório e satisfação com os cuidados da anestesia.

© 2014 Sociedade Brasileira de Anestesiologia. Publicado por Elsevier Editora Ltda. Todos os direitos reservados.

Introduction

There is an increasing number of studies on patient satisfaction. Satisfaction is the judgment of the quality of patient care and one of the main objectives during any hospitalization.¹ It is also a contributing factor to the outcome, as satisfied patients are more likely to cooperate with the proposed treatment.² Comfort and satisfaction are relevant economic impact criteria during treatment.^{1,2}

Patient satisfaction is a widely used measure of the health care quality and has been associated with other outcome measures and behavioral intentions of the patient. In general, satisfaction seems to be higher in older patients¹ and those with a better global health perspective.³ Measurement and understanding of treatment satisfaction should also be present in elderly patients.

The standard practice of “nothing by mouth” has been applied for decades in patients undergoing elective surgeries. However, recent data indicate that a liberal fasting scheme does not increase the risk in these patients.^{4,5} A carbohydrate-rich drink (CHO) significantly reduces pre-operative discomfort without affecting gastric contents.⁶ Decreased fasting time was related to a lower incidence of nausea and vomiting in patients undergoing laparoscopic cholecystectomy.⁷ The patient satisfaction assessment has been used as a measurement of clinical trial outcomes,⁸ consultations,⁹ and workload.¹⁰ However, little is known about its benefit, particularly on anesthesia care satisfaction of patients who received a drink in the preoperative and postoperative periods.

Anxiety is a state of imminent danger, which involves a lot of tension and suffering and may cause increased heart rate, increased blood pressure, sweating, tremors, heavy breathing, and muscle tension.¹¹ It may be influenced by internal (personal) and external (environment) factors. The hospitalization process itself may bring anxiety to the patient. Depression is also a possible reaction in hospitalized patients. It is closely related to stress and anxiety before surgery.¹² Therefore, minimizing the factors that can cause anxiety is important to avoid physical and psychological health consequences.

The nutritional status increases the risk of post-operative complications and mortality in patients with hip fracture.¹³ In Brazil, the IBRANUTRI study found that, among patients admitted to hospitals of the Brazilian public health system (SUS), malnutrition was present in 48.1% and severe malnutrition in 12.5% of patients.¹⁴

The evaluation of medical treatments, services, and interventions is increasingly focusing on patient satisfaction. The elderly are the fastest growing segment of the population and are responsible for a large portion of the use of health care services. The aim of this prospective randomized clinical trial was to investigate – as part of the ACERTORPE (*Acelerando a Recuperação Total em Ortopedia* – Accelerating Total Recovery in Orthopaedics) protocol implementation – if the ingestion of a carbohydrate-rich drink before surgery could improve postoperative comfort and satisfaction with anesthesia in elderly patients with hip fracture.

Download English Version:

<https://daneshyari.com/en/article/2750128>

Download Persian Version:

<https://daneshyari.com/article/2750128>

[Daneshyari.com](https://daneshyari.com)