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The effect of intracuff alkalinized lidocaine combining with dexamethasone on post-extubation morbidity in smoker patients undergoing laparoscopic surgery under general anesthesia: A randomized double-blind study

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Background: Endotracheal intubation has been known to cause post-intubation airway related adverse effects.

Objective: To compare between the effect of combination of [alkalinized 2% lidocaine plus dexamethason] , alkalinized 2% lidocaine alone, dexamethason alone, and air on post extubation reaction that are cough, sore throat and hoarsness when inflated in endotracheal tube cuff.

Methods: A prospective, randomized double-blind study. 100 smoking patients, undergoing laproscopic surgery under general anesthesia. Patients are divided randomly into 4 groups each of 25 patients. Patients are randomly allocated to receive a different intracuff endotracheal tube agents either [alkalinized 2% lidocaine (L group, n=25), dexamethazon, D group, n=25, alkalinized 2% lidocaine +dexamethason LD group, n=25, air, A group, n=25]. Their ETT cuffs were inflated according to the group in a volume sufficient to establish a cuff pressure that would prevent from leaking during positive pressure ventilation, at an intra-airway pressure of 20-25cm H₂O.

Results: The groups were similar with respect to patient characteristics.

COUGHING: The incidence of cough at emergence of general anesthesia and in PACU was significantly lower in the three groups compared to air group ($p < 0.000$). The number of patients with no cough at 2 hr., 8 hr, and 24hr were significantly higher in the three groups compared with air group ($p=0.000$).

SORE THROAT: There are significant differences between the number of patients with no sore throat at 2 hours in (Lidocaine , Dexamethasone, Lidocaine plus Dexamethasone) and air group ($p=0.000$). Further statistical analysis was shown that L group and LD group are superior to D group and A group. $P= \leq 0.05$. The number of patients with no sore throat at 8 hr, and 24 hr in , were significantly higher in the three groups compared with air group ($p=0.000$).

HOARSNESS: The number of patients with no hoarseness at 2 hrs, 8 hrs and 24 hrs were significantly higher in the three groups compared with air group ($p=0.000$).

Conclusion: Alkalinized lidocaine and alkalinized lidocaine +dexamethason lowered the incidence of cough, sore throat and hoarseness at all documented times. All the three drugs were superior to air and recommended to be considered in clinical practice to improve patients' outcomes.

Biography

Dr. Aidah is currently Dean of Nursing College at An-Najah National University, Nablus-Palestine since 2007. The head of Basclor of Science in Nursing and Midwifery Programs. She is coordinator of the Master Programs of Nurse Anesthetists and critical care nursing, Faculty of Higher Studies-An-Najah National University). She was coordinator for master program of community mental health nursing (2010-2014). Dr Aidah was graduated at BSN, MSN, Doctor of Nursing in anesthesiology from Linköping University - Sweden. Teaching in Higher Education speciality from Hadassa University & Linköping University. Aidah has also Bachelor of Law, Arabic University of Beirut, Lebanon. Research Interests, Critical care nursing, anesthetic nursing and mental health nursing.