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Role of intravenous dextrose on reducing postoperative nausea and vomiting in children undergoing tonsillectomy and/or adenoidectomy: A randomized, double-blind, controlled study

Aim: To evaluate whether the postoperative IV administration of 5% dextrose water following surgery decreases postoperative symptoms focusing on postoperative nausea and vomiting (PONV) in patients undergoing tonsillectomy and/or adenoidectomy.

Methods: Prospective, randomized double-blind, controlled study. Ninety pediatric patients undergoing adenotonsillectomy were randomly assigned into two groups (n=45 each). Dextrose water (DW) and ringer lactate (RL) groups. The incidence of postoperative symptoms was assessed.

Results: The incidence of nausea at 30 min postoperatively in DW group was significantly lower 3(6.7%) than RL group 26(57.8%), $p=0.000$. At one hour, the incidence of nausea in the DW group 7 (15.6%) was significantly lower than RL group 21(46.7%), $p=0.001$. At overall period the incidence of nausea (0-5 hours) in DW group 22(48.9%) was significantly lower than the RL group 35(77.8%), (P-value 0.004). At 30 minutes postoperatively, $M\pm S.D$ of VAS-N scale in the DW group (0.27+0.81) is significantly lower than the RL group(1.6+1.57), $p=0.000$. At one hour, in the DW group (0.31±0.73) is significantly lower than the RL group 1.07+1.25, $p=0.001$. At discharge from the hospital, in the DW group (0.04±0.3) is significantly lower than the RL group (0.4+0.91), $p=0.015$. There is a significant difference in the use of rescue anti-emetic medication throughout the study period between the dextrose group 7 (15.6%) compared to ringer lactate group 17 (37.8%), $p=0.017$. Dextrose water reduces significantly the incidence of post-operative symptoms that are headache, drowsiness, fatigue, thirst and hunger compared to the RL group, $p<0.05$.

Conclusion: The administration of intravenous dextrose postoperatively for patients undergoing adenotonsillectomy reduces significantly the incidence and intensity of nausea, the incidence of headache, drowsiness, fatigue, thirst and hunger.

Biography

Aidah Alkaissi is currently a Dean of Nursing College at An-Najah National University, Palestine. She is also coordinator of the Master programs of Nurse Anesthetists and Critical Care Nursing. She graduated BSN, MSN, PhD in Anesthesiology from Linköping University, Sweden. She also has Bachelor of Law degree from Arabic University of Beirut, Lebanon. She has published more than 17 papers in reputed journals and has been serving as a Vice Chairman of IRB at An-Najah National University.