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Mechanical intestinal obstruction, causes, clinical features and early management outcomes in patient operated at Iringa Regional Referral Hospital

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Background & Aim: Intestinal obstruction occurs when the normal flow of intraluminal contents is interrupted such that the peristalsis is working against an obstructing agent. It is one of the most recognized etiology of morbidity and mortality in surgical department all over the world. In Tanzania, like any other developing countries; the cause and management outcome may differ from one area to another with no clear scientific reasons for that. No prospective study has been done on this subject in our setting. The study aims to determine the causes, clinical features and management outcome in patients with dynamic bowel obstruction who were operated at Iringa Regional Referral Hospital.

Method: The study was conducted at the Iringa Regional Referral Hospital. Patients who were diagnosed with intestinal obstruction and meeting the selection between 1st October 2016 and 1st April 2017. It was a hospital-based prospective cross-sectional study. Purposive sampling method was used. Collected data were checked for any inconsistency, coded and entered into SPSS version 20.0 for data processing and analysis. Descriptive and logistic regression analyses were used. Statistical significance was based on Confidence Interval (CI) of 95% at a p-value of <0.05.

Result: 59 patients who were diagnosed to have intestinal obstruction were operated at Iringa Regional Hospital. Male to female ratio was 3.2:1. All patients were managed surgically. There was mortality rate of 6.8%. Among 54 (91%) patients who survived, there were morbidity rate was 18.6% (11) involving nine (15.3%) patients who had wound sepsis and two (3.4%).

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