

Abstract

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The Effectiveness of Chewing Gum in Post-Operative Recovery of Gastrointestinal Function among Patients Who Undergone Explore Laparotomy Appendectomy in Tertiary Government Hospital in the Philippines

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Objectives:

To evaluate the effectiveness of chewing gum on bowel motility among patient who undergone explore laparotomy appendectomy.

Methods:

The study is a randomized controlled trial. The subjects were patients > 18 years old admitted at tertiary government hospital in the Philippines who underwent explore laparotomy due to ruptured appendicitis under spinal anesthesia. Time recorded in hours as to first bowel sounds, flatus, bowel movement and length of hospital stay were outcomes used to compare patients with gum chewing intervention given within 24 hours after surgery.

Results:

A total of 49 patients were included in study. Twenty-two and 27 patients were randomly allocated to control and experimental groups, respectively. The mean length of hospital stay of patients in experimental group did not vary significantly with the control group ($p=0.4603$). However, the length of hospital stay was shorter in experimental group compared with control group. The average time to first flatus, bowel sounds and bowel movement in experimental group was not statistically significantly different from that in control group ($p=0.1781$, $p=0.0643$, $p=0.0912$), respectively. However, the time of first flatus in experimental group was shorter with 10.66 hours than control group with 13.84 hours, there was a shorter time of first bowel sounds on experimental group which 19.10 hours compared with control group which 29.55 hours.

Conclusions:

Although the study did not demonstrate statistically significant differences between groups, there was positive trend of having first bowel movement and faster time to first bowel sounds among patients given with chewing gum as compared to the group which was just placed on NPO status post-operatively.

References:

Vather R, Trivedi S, Bissett I. Defining postoperative ileus: results of systematic review and

global survey. *J Gastrointest Surg.* 2013;17(5):962-72.