

A Study On Acute Appendicitis In A Tertiary Care Hospital

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ABSTRACT

Background : Acute appendicitis is a common problem in children and early adult life. Appendectomy can be an immediate or emergency procedure. It is to reduce morbidity and mortality. The present study was conducted to find out clinical profile of acute appendicitis and complications of appendectomy. **Methods :** This observational study was conducted among 75 patients diagnosed as acute appendicitis in tertiary care hospital. The record of age, sex, symptoms of the patients and post-operative complications were kept. All patients underwent appendectomy. The follow up was done post operatively. **Results :** Out of hundred patients, 64% were male and 36% were female. Nearly 75% of the patients belonged to the age group of 15-30 years. 100% had pain abdomen, 83.2% had fever and 78.2% had vomiting. The post-operative complication was 2%. **Conclusions :** Acute appendicitis is very common in younger age groups. The results shows that whenever young patients present with acute abdominal pain, one of the differential diagnosis to be kept in mind is acute appendicitis. The complication of appendectomy is very minimum and have a good prognosis.

Introduction : The vermiform appendix is considered to be a vestigial organ. Its importance is in surgery due as it

may lead to acute emergencies due to its propensity for inflammation which results in clinical syndrome known as acute appendicitis. Acute appendicitis is a common problem among older children and young adults.^[1] The patients presents with symptoms of sudden onset pain in abdomen and patients usually land up in emergencies to seek medical healthcare.

Sometimes the appendicitis may lead to perforation of appendix. This can lead to life threatening conditions. Several studies reported male predominance than female. Many patients have typical clinical symptoms like abdominal pain, fever and vomiting. Most of the times Appendectomy reduces morbidity and mortality. The lifetime prevalence of acute appendicitis is approximately 7%.^[2] Acute appendicitis is the most common cause of acute abdomen requiring surgical intervention during childhood, accounting for 1-8% of children who present to the paediatric emergency room with acute abdominal pain.^[3]

The present study was conducted to find out the common symptoms, certain demographic profile and post-operative complication of acute appendicitis which may help in diagnosing and management of acute appendicitis.

Methods : 75 Patients with diagnosis of acute appendicitis were taken for the study. Study duration was 2017 to 2018. The study was conducted among randomly selected 75 patients with acute appendicitis diagnosed with the help of clinical examination and other investigation like ultrasonogram. The clinical symptoms were recorded, certain demographic profile like age and sex were collected. All the 75 patients were underwent appendectomy and followed in the hospital for immediate complication and also followed for remote complications. All patients have received 3 to 7 days antibiotics, and regular treatment. Appropriate treatment was given wherever complication was noted.

Results : Out of 75 patients, 64% were male and 36% were female. Nearly 75 % were belonged to the age group of 15-30 (Table 1). All 100 patients that is 100% had pain abdomen. About 83.2% had fever and 78.2% had vomiting.

Age in years	Male	Female	Total	Percentages
0-14	06	03	09	11
15-30	35	21	56	75
31-46	05	03	08	12
46-61	01	00	01	01
Above 62	01	00	01	01
Total	48	27	75	100

The position of the appendix during the surgery nearly 81.4% of the position of appendix was retrocaecal 93.3% of appendixes were inflamed and 5.1% were perforated and 1.6% were gangrenous. About 17.8% of the patients developed fever after the surgery and 2% were developed post-operative complications. Among 3 patients one patient had wound infection, one patient had

wound infection and wound gaping and another patient had wound infection, wound gaping and small bowel obstruction. All these patients were treated appropriately and discharged in good condition. No delayed complications were observed in follow up of the patients. The mortality was not observed in this study. The proteus organisms, pseudomonas organisms were found in wound infections.

Discussion : The present study was conducted among 75 patients diagnosed as acute appendicitis and observed that male were more in number (64%) than female shows that male predominance in acute appendicitis is one of the notable factor which is similar to 60% in male in a study conducted by Chaudhar YP et al in Maharashtra, India.^[4]

This study has found out that most of the sufferer were in the age group of 15 to 30 years which is supported by a study conducted by Pralhad Y. 4 The present study has observed that Pain abdomen was in 100%, fever was in 81% and vomiting in 75% of the patients which is almost close to 99%, 76% and 56% respectively, a study conducted by Kamath P et al.^[5]

The position of appendix was also observed in this study and found out that 81.4% of the appendix were in retrocaecal in position that means most of the time appendix present in retrocaecal and 11.2% in pelvic in position which is supported by 57% retrocaecal and 25%

pelvic a study conducted by Salwe NA.^[6]

This study has noticed that 3% of the patients had postoperative complication and also were mostly due to wound infection, wound gaping, adhesive small bowel obstruction which is little lower to 11% in a study by Jess P 7.19% of the patients have developed fever postoperatively and may be due to various reasons like urinary tract infection or respiratory tract infections also.^[7]

The limitations of the study was size of the sample which is little low and if larger sample may show minimal variations.

Conclusions : Acute appendicitis is very common in younger age groups shows that whenever young patients present with acute abdominal pain may be considered acute appendicitis. The complication of appendicectomy is very minimum and gives good prognosis.

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