



A STUDY OF CLINICAL PROFILE OF PATIENTS UNDERGOING APPENDECTOMY

**Dr Gorle Nagabhushana Rao**

M S General Surgeon, Civil Surgeon ,district General Hospital, Vizianagaram.

**Dr Yeluri Naga Siva Jyothi\***

Department of OBG ,Civil Surgeon, District General Hospital, Vizianagaram. \*Corresponding Author

**ABSTRACT**

**BACKGROUND:** In surgical conditions , appendicitis is the most common cause of acute abdomen. Appendectomy is the most common performed surgery globally. The abdominal pain is the most consistent presentation of appendicitis .Diagnosis is usually clinical , supported by ultrasonographic studies.

**OBJECTIVE:** To study the clinical profile of patients undergoing appendectomy.

**METHODOLOGY:** Our study is a hospital based cross-sectional study .It included a total of 60 patients undergoing appendectomy during a period of 4 years from 2014 to 2018 at hospital, Parvathipuram.

**RESULTS:** In our study ,younger adults <30 years are most affected than older adults . Males have preponderance over females for appendectomy. Abdominal pain is seen in all cases, the next most common symptom is vomiting. Right iliac fossa tenderness is seen in all cases.Ultrasonography is more reliable and more sensitive in the diagnosis of appendicitis , however clinical diagnosis with high index of suspicion plays an important role.

**KEYWORDS :** Appendicitis, appendectomy , pain abdomen, right iliac fossa tendernes

**BACKGROUND AND INTRODUCTION**

Appendix is a tubular structure present at the base of caecum , 8-10 cm long , which is regarded as vestigial organ in human beings .Appendicitis is the acute inflammation of the appendix. Appendicitis is the most common cause of acute abdominal emergency. It is seen in all age groups and males have slight preponderance over females. The incidence of appendicitis peaks at the age of 11- 20 year age group and the number of cases in older age group were recently increased<sup>1</sup>.

The diagnosis of appendicitis is mainly based on clinical manifestations, so clinician must have high index of suspicion at the time of diagnosis of appendicitis .pain abdomen is the most consistent symptom other symptoms seen at the time of presentation are nausea , vomiting , fever , loss of appetite .most consistent sign seen in all cases is tenderness in right iliac fossa followed by radiating pain from peri-umbilical area to right iliac fossa. The incidence of appendicitis is high in United States when compared to Asian & African countries , because of changes in dietary habits<sup>2</sup>.

Surgical removal of the appendix is termed as Appendectomy, it can be either open or laparoscopic . open is conventional ,which is being used for over a century. Laparoscopy is the newer invention with greater advantages, and was first introduced in 1983 .Unless complicated , the post operative hospital duration is few hours to few days . Some cases of unruptured appendicitis can be managed conservatively with iv antibiotics.

**OBJECTIVE**

To study the clinical profile of patients undergoing appendectomy

**METHODOLOGY**

Our study is hospital based cross sectional study.

**INCLUSION CRITERIA:**

all patients undergoing appendectomy at area hopsital parvathipuram over a period of 4 years from 2014-2018.

**EXCLUISON CRITERIA:**

patients with negative appendectomy were excluded from our study.

The data source for our study is obtained from medical records, at the hospital.The data includes demogarpic charactersitics like age , gender , area of residence ; clinical characteristics like presenting compliant , associated other symptoms , comorbidities , past history , personal history ,examination findings ;radiological characteristics of ultrasonography, x-ray abdomen .

The statistical reports are expressed as numbers and percentages .

**RESULTS DEMOGRAPHIC**

In our study of total 60 patients undergoing appendectomy ,34 are male & 26 are females. 8 out of 60 are below the age of 10 years, 25 out of 60 are aged 10-19 years, 13 out of 60 are of 20-39 year aged, 12 out of 60 are aged 30-49 years and 2 out of 60 are above 50 years age.

**CLINICAL CHARACTERISTICS**

In our study ,all 60 patients presented with pain abdomen , 54 out of 60 have nausea and vomiting , 48 out of 60 have fever in history of presenting illness. All 60 patients have tenderness in right iliac fossa on examination, migrating pain from periumbilical area is seen in 45 out of 60 cases, palpable abdominal mass is seen in 28 cases out of 60 total cases. 8 of 60 patients have history of smoking, 17 out of 60 have habit of alcohol consumption. 11 out of 60 patients are hypertensive and 7 out of 60 are diabetic . Obesity is found in 15 cases, 4 out of 60 have history of past abdominal surgery.

**RADIOLOGICAL**

The diagnosis of appendicitis is mostly clinical , 32 cases out if 60 have abnormal findings on ultrasonography. On X-ray abdomen only 10 out of 60 cases have abnormal findings for appendicitis.

**Table 1 :Demographic And Clinical Characteristics**

GENDER	NO. OF CASES (N)	PERCENTAGE (n=60)
MALES	34	57
FEMALES	26	43
AGE GROUP	NUMBER OF CASES (N)	PERCENTAGE ( n=60)
<10 YEARS	8	13.3
10-19 YEARS	25	41.6

20-29 YEARS	13	21.6
30-49 YEARS	12	20
>50 YEARS	2	3.33
SYMPTOM	NO.OF CASES(N)	PERCENTAGE n=60
PAIN ABDOMEN	60	100
NAUSEA & VOMITING	56	93
FEVER	48	80
SIGN	NO . OF CASES (N)	PERCENTAGES n=60
RIGHT ILIAC FOSSA TENDERNESS	60	100
MIGRATING PAIN	43	72
PALPABLE ABDOMINAL MASS	6	10
ASSOCIATED CO MORBIDITY	NO.OF CASES (N)	PERCENTAGE n=60
HYPERTENSION	12	20
DIABETES	7	12
OBESITY	11	18
PAST H/O ABDOMINAL SURGERY	4	7

**Table 2 : Habits And Investigations**

HABIT	NO.OF CASES (N)	PERCENTAGE n=60
SMOKING	8	13
ALCOHOL	13	22
INVESTIGATION	NO.OF CASES(N)	PERCENTAGE n=60
ULTRASONOGRAPHY	32	53
X RAY ABDOMEN	10	16

**DISCUSSION**

From our study we found that males have slight preponderance over female in incidence appendicitis undergo appendectomy, most common age group affected are younger adults between 10-19 years. Older people above 50 years are rarely affected with incidence of 3 in our study. Overall people aged <30 years are most affected and undergo appendectomy than people of >30 years age.

Most common symptom is pain abdomen seen in all patients, next most common symptom is nausea and vomiting followed by fever. Most common finding on examination is right iliac fossa tenderness seen in all patients, next most common is migrating pain initially in periumbilical area. Thus abdominal pain and right iliac fossa tenderness are universal findings in our study. 20% patients found to have hypertension and 12% have diabetes, obesity found in 18.5 which are the factors affecting the post operative outcome. 13% are smokers and 22% have alcohol consumption habit, altogether effect the prognosis. The radiological investigations do not have much role in diagnosing the disease, for the diagnosis, clinical picture along with physician's high index of suspicion play a key role, ultrasound appear normal in 47% cases and xray abdomen is normal in 84% cases.

In Mungadi IA et al study, they found that the incidence of acute appendicitis among the cases of abdominal surgical emergencies was 38.9%. The younger age group of 20 -29 years was the most commonly affected and males have a slight preponderance in the ratio of 1.4:1.<sup>3</sup>

In Addiss DG et al study, during their study period they noted that 250000 cases of appendicitis were reported in US. 10-19

years old were found to be the most operated group. They also reported that males were affected more than females in all age groups<sup>4</sup>.

**CONCLUSION**

Present study shows male predominance and younger people undergoing appendectomy more often. Abdominal pain and right iliac fossa tenderness are most commonly seen among all patients. The diagnosis is often clinically made.

**REFERENCES**

1. Craig S, Inceul L, Taylor C. Appendicitis. Medscape 2014;17:773895.
2. Partrick DA, Janik JE, Janik JS, Bensard DD, Karrer FM. Increased CT scan utilization does not improve the diagnostic accuracy of appendicitis in children. J Pediatr Surg 2003;38:659-62.
3. Mungadi IA, Jabo BA, Agwu NP. A review of appendectomy in Sokoto, North-western Nigeria. Niger J Med. 2004;13(3):240-3.
4. Addiss DG, Shaffer N, Fowler BS. The epidemiology of appendicitis and appendectomy in the United States. Am J Epidemiol. 1990;132(5):910-25.