



## A Prospective Study on Intestinal Obstruction Admitted in JLNMC, Bhagalpur

### KEYWORDS

Intestinal obstruction, Exploration, Strangulation, Pain, Vomiting

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**ABSTRACT** *Intestinal obstruction is a common surgical problem encountered nowadays to the surgeons. Intestinal obstruction continues to remain a challenge to surgeons despite advances in field of medicine. In this prospective study, 100 cases were surgically treated for intestinal obstruction were evaluated. The aim is to find out the possible common conditions resulting in causing this common surgical emergency. Also to compare the provisional clinical diagnosis about ischemic obstruction and the definitive post operative diagnosis. All patients with complete intestinal obstruction who were particularly thought to be suffering from strangulated obstruction were subjected to early surgical exploration following rapid resuscitation. The presence of strangulation, duration of symptoms and old age are factors affecting mortality*

### Introduction

Intestinal obstruction is a common and dangerous surgical emergency. Epidemiological factors for mechanical intestinal obstruction are related to acquired or congenital anatomic differences, dietary habits, life expectancy and the sophistication of the local medical service. As a result the causes of intestinal obstruction may vary according to geographic area and from year to year. If accidental trauma is excluded this is the commonest in the emergency service. The aetiology and pattern of obstruction vary in different countries. Intra-peritoneal adhesions is the most frequent cause. In Western countries obstructed hernia used to be the commonest cause of intestinal obstruction in the first half of this century. The problem facing the surgeons in this condition include first he should decide that the diagnosis is intestinal obstruction. Secondly the timing of surgical intervention putting in mind possibility of Intestinal Ischemia (strangulation) which needs urgent exploration. We, therefore, conducted this study in patients operated for acute mechanical bowel obstruction in our department to highlight the common causes of intestinal obstruction in this area which had suggested measures for prevention and treatment of the condition.

### Materials and Methods

In this study, 100 cases of intestinal obstruction were included. Study was done in surgery department of JLNMC, Bhagalpur, Bihar from September 2015 to September 2016. Patients who underwent exploratory laparotomy for intestinal obstruction were compared in terms of age, sex, symptoms, etiology of intestinal obstruction, site of obstruction either small bowel or large bowel, operative procedure done. Patients who were managed conservatively were excluded in this study. Detailed examination and Investigations were done like X-Ray abdomen, USG whole abdomen etc.

### Results

In all the cases operated for intestinal obstruction, adhesions were the most common cause (60 cases). Other causes like obstructed hernia, volvulus, intussusceptions, malignancy, stricture, worms and meckel's diverticulum, TB abdomen. Average age group of the patients were 20-40 years of age. Male were more than the females (male-75, female-25). Most common complaint of the patients

were vomiting and abdominal distension with not passing stool and flatus. The mortality rate was significantly increased in patients who had a duration of symptoms more than 24 hours. Small bowel obstruction cases were more than the large bowel obstruction. Post operative complications include SSI, Enterocutaneous fistula.

### Discussion

Intestinal obstruction constitutes a large proportion of emergency general surgical admissions. It is widely stated that intestinal obstruction is seen twice as frequently in males as in females. In recent years, the most common causes of intestinal obstruction are adhesions and malignancy in developed countries, but remain volvulus and strangulated hernia in developing countries. In England and America the commonest cause of intestinal obstruction today is bands and adhesions. Ellis in a definitive article has stated that adhesions are the most common cause of obstruction in western world now days. Playforth et al. found in their series of 111 patients that adhesion, account for more than 50% of the cases of intestinal obstruction and obstructed hernias for 23%. Asbun et al. found in his article, analysis of 105 patients with small bowel obstruction adhesion account for 73% of cases. Blzel et al. reviewed 405 patients and found that almost 75% of the cases of obstruction were due to adhesion and only 8% to hernias. Joslonioh et al in his research in Saudi Arabia population they found adhesion from previous laparotomy constituted the commonest cause of intestinal obstruction 57%.

### Conclusion

In our study, adhesions were the most common causative agent for intestinal obstruction.

Another major cause of intestinal obstruction in our area is due to tuberculosis and it has been supported by many studies from other developing countries. The present observation can be attributed to the increasing number of HIV cases and reduced immune status that results in most commonest co infection tuberculosis. Careful Clinical history with clinical examination remains the cornerstone by which we can differentiate between simple and ischemic obstruction. Early diagnosis of possible strangulation will markedly decrease morbidity and mortality.

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