

NASOGASTRIC TUBE INSERTION IN ANAESTHETISED INTUBATED PATIENTS: A PROSPECTIVE RANDOMISED COMPARATIVE STUDY OF TWO TECHNIQUES

Anaesthesiology

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ABSTRACT

Background: Nasogastric tube (NGT) insertion is indicated almost routinely in patients undergoing abdominal surgery to decompress the stomach perioperatively. Insertion of NGT in anaesthetised, intubated patients with conventional method is sometimes difficult. Different techniques of NGT insertion have been tried with varying degree of success.

Method: Sixty patients under general anesthesia and orotracheally intubated were studied. The patients were randomized into two groups: Head in Neutral position and Head turned to Right side. The starting point of the procedure was the time when NGT insertion was begun through the selected nostril. If failed second attempt was tried with external laryngeal manipulation. The end point was the time when there was either a successful insertion of the NGT or a failure after two attempts. The success rate of the technique, duration of insertion procedure and the occurrence of complications (bleeding, coiling etc.) were noted.

Results: In neutral position first attempt success rate of insertion was 20% and increased to 90% with external laryngeal manipulation. In head turned Right group first attempt success rate was 46.7% which increased to 90% with external laryngeal manipulation. First attempt success rate was significantly higher ($p < 0.05$) in head turned right position.

Conclusion: NGT insertion is easier when NGT is inserted after turning the patient's head to right. External laryngeal manipulation makes NGT insertion easier.

KEYWORDS

Nasogastric Tube, Neutral, Right, Position, Laryngeal manipulation

INTRODUCTION :

Gastric intubation via nasopharyngeal passage through nose is a common procedure that produces access to the stomach for diagnostic and therapeutic purposes. Insertion of nasogastric tube may be easy in a calm and quiet cooperative patient. But sometimes it becomes a traumatic experience for the patient as well as the medical personnel. Hence, whenever there is a requirement of nasogastric insertion in the perioperative period nasogastric is inserted after induction of anaesthesia.

Surgical procedures such as laparoscopic surgical procedures and laparotomies requires gastric decompression and maintaining decompressed stomach as well as aspiration of gastric contents. Insertion of nasogastric tube to a paralysed and intubated patients is sometimes difficult and frustrating¹. Potentially difficult insertion is difficult to predict by the external appearance of patient face. An average failure rate of nearly 50-66% was reported by 1st attempt made by conventional method with the patient head in intubating position^{1,2}. Repeated attempts of NGT can cause nasal mucosal bleeding and trauma to oropharyngeal structures³.

Some studies shows that turning patient to right lateral increases the success rate of NGT insertion so we decided to study this simple manoeuvre is of any help in increasing the success rate of NGT insertion

MATERIALS AND METHODS

This prospective randomised comparative study was conducted in Yenepoya medical college hospital. After getting the institutional Ethical committee clearance. after written informed consent 60 patients of either sex, aged between 20 and 70 years who belong to ASA physical status I,II and III were included in the study. These patient were posted for laparoscopic surgeries or laparotomy. patients coming for both elective and emergency surgeries were included in the study. Patient with expected difficult airway, nasal, pharyngeal, esophageal anomalies, coagulation and bleeding disorders were not included in the study.

Preanaesthetic evaluation, premedication, induction of anaesthesia and intubation with cuffed orotracheal tube was done as per hospital protocol.

After tracheal intubation, Sterile, lubricated, 14F, 110 cm ROMOLINE NGT (Romsons International, Agra, Uttar Pradesh, India) was used. The NGT is featured with Luer connector at proximal

end, radiopaque line throughout the length, lead markings at the distal end and ball-weighted tip. NGT insertion was always performed by single anaesthesiologist. This is done with the aim to reduce skill bias.

In the neutral position group (**Group A**), a lubricated NGT insertion is performed through the right nostril, the head being maintained in a neutral position. In the Head turned to right group (**Group B**), a lubricated NGT insertion was performed through the right nostril, the head turned to right side. If any resistance is encountered in either group the lubricated NGT is reinserted in the left nostril. If the first attempt failed, the NGT is withdrawn fully and is cleaned. Lubricating jelly is applied generously and the procedure is repeated with External laryngeal manipulation which included reverse Sellick's manoeuvre and moving the larynx to either side. If both attempts at insertion using the selected technique are unsuccessful, then the technique is considered a failure. The NGT is then inserted with the help of Magill forceps under a direct laryngoscopic view. The Duration of the successful procedure is documented.

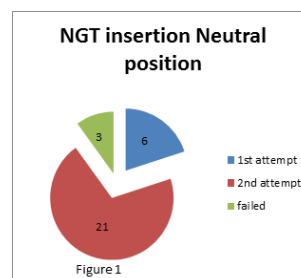
Total NGT insertion duration was recorded any evidence of trauma was also documented.

RESULTS

Demographic data

Sixty patients under general anesthesia and orotracheally intubated were studied. Age of the patient varied from 21 years to 60 years. Mean age in years of Group A was 42.13 and Group B was 38.8. BMI of the patient varied from 20.26 to 26.72 in Group A with a mean of 24.43 and in Group B BMI varied from 21.25 to 27.34 with a mean of 25.12. In both groups there were 16 male patients and 14 female patients.

In neutral position NGT insertion was successful in 6 out of 30 (20%) patients.



In Head turned to Right position we were able to insert NGT in 14 patients out of 30 (46.7%) in first try.

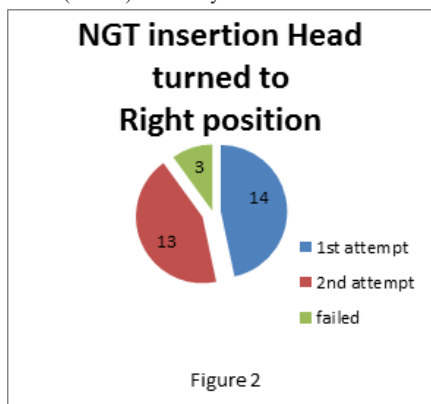


Figure 2

This difference was statistically significant.

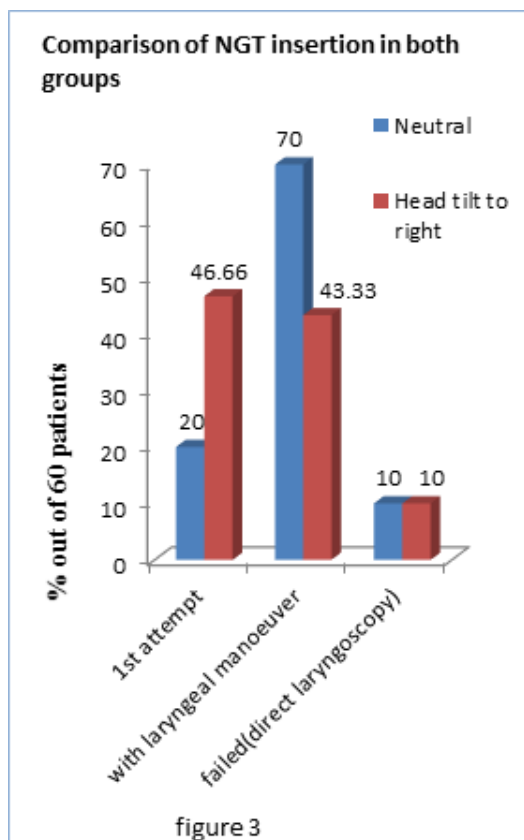
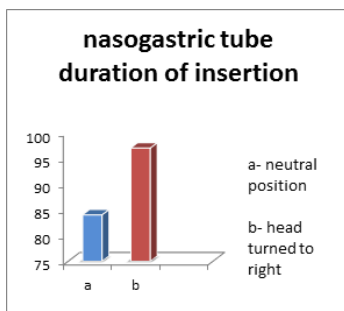


figure 3

NGT insertion rate was increased to 90% with external laryngeal manipulation in both groups. Inability to insert NGT in two attempts was equal in both groups. 3 out of 30 (10%).

Average duration of successful NGT insertion was 84 seconds in Group A and 97 seconds in Group B which was not statistically significant.



Complications : one patient in Group A and Two patient in Group B had minor nasal bleed which was controlled by compression.

DISCUSSION:

Most often insertion of NGT in an Anesthetised Intubated Patient is easy and simple. But rarely it may be frustrating and may cause nasopharyngeal trauma¹⁻⁴. Near the tip of the NGT there are holes and can kink if there is any Obstruction to its smooth passage. Instrumentation to guide the NGT into the oesophagus can cause trauma to uvula and structures in the pharynx²⁻⁶.

It is found that most common sites of impaction of NGT to be the piriform sinuses and the arytenoid cartilages⁷. It was also found that lateral neck pressure converted these impactions to successful passes 85% of the time. passage of the nasogastric or orogastric tube with the patient's head in the lateral position (turned to either the left or the right) often results in a higher success rate than with the patient's head in the neutral position¹. It was also found that by turning the patient's head laterally, the path taken by the tip of the tube follows the lateral border of the pharynx, and the tube glides smoothly through the esophagus into the stomach, without coiling in the laryngopharynx. It may be that having the patient's head turned to one side has a similar effect as applying lateral neck pressure, thus aiding the passage of the tube²⁻⁸. This is one of the many methods used to aid the insertion of NGT⁹.

In our study, in neutral position 6 (20%) patients had successful insertion of NGT at 1st attempt. Various studies have shown varying success rates at 1st attempt where as in head was turned right the successful insertion of NGT was in 14 (46.7%). There was statistically significant increase in success rate $p=0.029$. 2nd attempt was done with the external laryngeal manoeuvre was done in both groups when 1st attempt was failed. External laryngeal manoeuvre was consists of reverse sallick's manoeuvre and moving larynx left or right side. With this we were able to successfully insert NGT in 21 out of the remaining 24 patients in Neutral group and 13 out of Remaining 16 patients in Head turned Right Group. In both groups three patients needed 3rd attempt where NGT was inserted under direct Laryngoscopic vision. This was considered as failed NGT insertion.

Average duration of successful insertion in Neutral Group was 84 seconds and 97 seconds in head turned Right position. In two patients in Neutral group and three patients had minor nose bleed and was controlled by pinching the nostril. No other Complication were Noted.

Summary and Conclusion.

This study was done to study the advantage turning the head to Right side in easing the insertion of Naso gastric tube in Anesthetised intubated patients. We observed that first attempt success rate is high when head is turned right. With external laryngeal manoeuvre we were able to pass NGT in most of the Patients. External Laryngeal manoeuvre is more useful when head is neutral position. This blind insertion with external laryngeal manoeuvre has a success rate of about 90%. we conclude that first time success rate is high when nasogastric tube is inserted in Head turned right position compared to neutral position. With external laryngeal Manoeuvre success rate approaches 90% in both the groups.

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