



A STUDY ON ACUTE APPENDICITIS IN BUNDELKHAND MEDICAL COLLEGE, SAGAR, MP, INDIA

Surgery

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ABSTRACT

Background: Acute appendicitis is a common problem in children and early adult life. Appendectomy is immediate or emergency procedure 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 42 patients diagnosed as acute appendicitis in Bundelkhand Medical College, Sagar during the year from July 2018 to August 2019. The clinical profile like age, sex, symptoms of the patients and post operative complications were recorded. All patients underwent appendectomy and followed post-operatively.

Results: Out of 42 patients, 76.20% were male and 23.80% were female. Nearly 50% of the patients belonged to the age group of 15-30 years. 100% had pain abdomen, 80.95% had fever and 71.42% had vomiting. The post-operative complication was 7.14%.

Conclusion: Acute appendicitis is very common in younger age groups. Study shows that whenever young patients

KEYWORDS

Appendicitis, Post-operative, Retrocaecal

INTRODUCTION:

The vermiform appendix is considered to be a vestigial organ, its importance in surgery due only 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. This problem occurs sudden in onset and warrants the patients to seek immediate health care.

Occasionally the perforation of appendix may produce life threatening situations. 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. In the General Population, it has an incidence of 86 per 100,000 population per year.¹ 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:

Descriptive study was done at Bundelkhand Medical College, Sagar, MP, India. 42 patients with diagnosis of acute appendicitis were taken for the study. Study duration was July 2018-August 2019.

The study was conducted among randomly selected 42 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 42 patients were underwent appendectomy. And followed in the hospital for immediate complication and also 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 42 patients, 76.20% were Male and 23.80% were Female. Nearly 50% belonged to the age group of 15-30 (Table 1). All 42 patients that is 100% had pain abdomen. About 80.95% had fever and 71.42% had vomiting.

Table 1: Distribution of age and sex of the study population (N=42).

Age(Years)	Male	Female	Total	Percentage
0-14	5	2	7	16.66
15-30	14	7	21	50
31-45	11	0	11	26.19
46-60	1	1	2	4.76
Above 61	1	0	1	2.38
Total	32	10	42	100

Table 2: Distribution of position of Appendix.

Position	Number	Percentage
Retrocaecal	25	59.52
Pelvic	10	23.80
Postileal	04	9.52
Preileal	02	4.76
Paracolic	01	2.38
Subcaecal	0	0
Total	42	100

The position of the appendix during the surgery nearly 59.52% of the position of the appendix was retrocaecal (Table 2). 80.95% of the appendix were inflamed and 14.28% were perforated and 4.76% were gangrenous. About 19.04% of the patients developed fever after the surgery and 7.14% 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 this study. The Proteus organisms, Pseudomonas organisms were found in wound infections.

DISCUSSION:

The present study was conducted among 42 patients diagnosed as acute appendicitis and observed that male were more in number (76.20%) than female shows that male predominance in acute appendicitis is one of the notable factor which is similar to 67.59% in male in a study conducted by Krishnanand et al in Bhopal, India.⁴

This study has found out that most of the sufferer were in the age group of 15-30 years which is supported by a study conducted by Krishnanand.⁴ The present study has observed that pain abdomen was in 100%, fever was in 80.95% and vomiting in 71.42% 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 59.52% of the appendix were in retrocaecal in position that means most of the time appendix present in retrocaecal and 23.80% 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 7.14% of the patients had post operative complication and also were mostly due to wound infection, wound gaping, adhesive small bowel obstruction which is little lower to 11% in a study conducted by Jess P 7.19% of the patients have developed fever post-operatively and may be due to various reasons like urinary 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

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