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IMPACT OF NUTRITION ON COMPLICATIONS AFTER ABDOMINAL SURGERY

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The WHO cites malnutrition as the greatest single threat to the world's public health. Malnutrition was found to be more rampant among the complicated cases dealt within the GI surgery unit in Jaslok hospital, Mumbai and the patients were definitely found to have a higher complication rate. This study was undertaken to assess the effect of pre-operative nutritional status on the post-operative complications. All patients that were operated in the department during May 2013-May 2015, a total of 130 patients were included in the study. The parameters assessed were Body mass index, tissue skin fold thickness, mid arm circumference, absolute lymphocyte count, serum albumin, subjective global assessment. It was found that on an average 26.5% patients were malnourished. The incidence of complications was 33% (n=43). Chi-square test was used to analyse the data. It was found that absolute lymphocyte count, subjective global assessment and serum albumin were significantly related with the post-operative complication ($p < 0.05$). There was a significant increase in the risk of complications amongst the malnourished.

BIOGRAPHY

Bharathi Akula is a trained as general surgeon and has specialised in surgical gastroenterology from Mumbai, India. She has a special interest in upper GI and hepatobiliary surgery. She is currently working in the United Kingdom to further her experience in surgical gastroenterology.

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