

Post-Operative Antibiotic Trends in Appendicectomy: A Review and Call for Guidelines

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Abstract

Aims: This study evaluates post-operative antibiotic use in laparoscopic appendicectomy, examining its correlation with uncomplicated vs. complicated appendicitis and surgeon grade, in the absence of national guidelines.

Methods: We reviewed all laparoscopic appendicectomies at an urban DGH from February 1 to April 30, 2024. Non-laparoscopic and repeat procedures were excluded. We focused on intra-operative findings of appendicitis complications and post-operative antibiotic prescriptions, correlating these with surgeon grades.

Results: We reviewed 47 cases, identifying 33 uncomplicated and 14 complicated. Complications included abscess (n=9), perforation (n=9), and gangrene (n=7). Twenty-eight patients received post-operative antibiotics. The mean duration was 2.3 days. Patients with complicated appendicitis were significantly more likely to receive antibiotics (100% vs. 42%, $p=0.0002$). Consultants were most likely to prescribe antibiotics for uncomplicated cases, followed by registrars and SHO's, though not statistically significant ($p=0.431$).

Conclusion: This study highlights variability in post-operative antibiotic use in laparoscopic appendicectomy, influenced by appendicitis complexity and surgeon grade. The lack of national guidelines underscores the need for research to standardise protocols, improving patient care and outcomes.

Keywords

Effective appendicitis management, particularly post-operative antibiotic use, is significantly influenced by case complexity and surgeon experience. National guidelines are crucial to standardise practices and enhance patient outcomes.

