

Can Patients with Acute Appendicitis be Ambulated Safely?

Research for Clinicians - Thursday 05 November 2020

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Introduction

- The COVID-19 pandemic has necessitated change in practice to reduce acute surgical admissions.
- Acute appendicitis accounts for a significant proportion of surgical admissions in the UK¹.
- Intercollegiate general surgery guidance² advises appendicitis should be managed conservatively, or with an open appendicectomy if indicated.

Aim

To determine the efficacy and safety of our ambulation service in the conservative management of acute uncomplicated appendicitis.

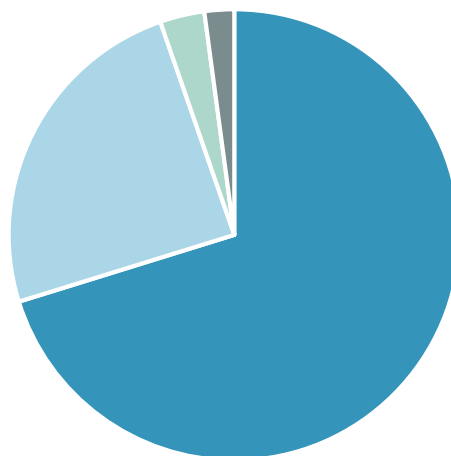
Method

- Data was collected prospectively from 30th March 2020 – 16th August 2020 on all patients presenting with suspected appendicitis.
- Stable patients with clinically suspected or CT-proven appendicitis were discharged with oral antibiotics as per trust guidance.
- Readmissions for ambulated patients were recorded.

Results

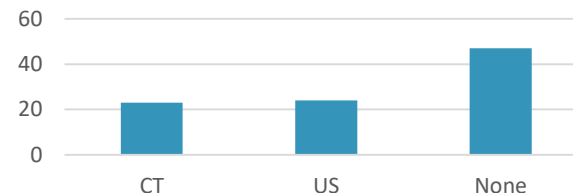
190 patients presented with suspected appendicitis. 49.4% patients were deemed suitable for ambulation on initial assessment, 24% of which had a CT confirmed diagnosis on discharge. 65% of the ambulated patients underwent a telephone review within a 72 hour window.

Ambulatory Follow Up

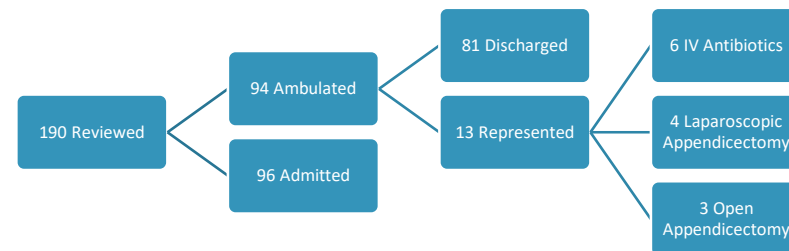


- Telephone Review
- Direct Discharge
- Surgical Assessment Unit
- Onward Referral

Imaging Modality



Summary



Conclusion

Patients with uncomplicated appendicitis can be safely managed with antibiotics out of hospital, with low representation rates.

References

- Hospital admitted patient care activity 2018-2019, NHS Digital, September 2019, Available at: <https://digital.nhs.uk/data-and-information/publications/statistical/hospital-admitted-patient-care-activity/2018-19>, Accessed 15th September 2020
- Urgent intercollegiate general surgery guidance on COVID-19, March 2020, Available at: <https://www.rcsed.ac.uk/news-public-affairs/news/2020/march/intercollegiate-general-surgery-guidance-on-covid-19-update>, Accessed 15th September 2020