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## Adjustment of preoperative fasting guidelines for adult patients undergoing elective surgery

Solmaz Fakhari, Samira Yavari, Jafar Rahimi Panahi, Mohammadreza Afhami, Bahman Nagipour, Hojjat Pourfathi, Haleh Farzin and Ladan Javidi  
Tabriz University of Medical Sciences, Iran

**Introduction:** The typical order of nothing per oral (NPO) after midnight has been challenged in recent years, thus, the American Society of Anesthesiology (ASA) revised in practice guidelines for preoperative fasting in healthy patients undergoing elective procedures, but many studies showed that guidelines were not considered in clinical practice.

**Aim:** The aim of this study was to evaluate the adjustment of preoperative NPO time with fasting guidelines in adult elective ophthalmic surgeries in a university educational ophthalmology hospital in Tabriz, Iran.

**Method:** In three months period, this descriptive study was conducted on 250 patients who scheduled for elective eye surgery. The investigator interviewed with patients before beginning of anesthesia and evaluated fasting duration for heavy meal, light meal and clear liquids and his or her satisfaction from NPO time and also investigated which staff recommended NPO time before anesthesia induction.

**Results:** Fasting duration from heavy and light meal and clear liquids was 14.31 hours (8-23 hours), 12.46 hours (6-21 hours) and 11.54 hours (3-18 hours), respectively, that was not consistent with ASA guidelines. The discontent of the patients from prolonged NPO time was 60.8%. The most complaint was thirsty (42%). Ward nurses were the personnel who had the primary role in patients fasting time period (47.6%).

**Conclusion:** Preoperative fasting duration for heavy and light meal and clear liquids for elective ophthalmic surgery in this teaching hospital was very long and not consistent with ASA guidelines

### Biography

Solmaz Fakhari is an Assistant Professor of Anesthesiology and an academic member of Department of Anesthesiology at the Tabriz University of Medical Sciences (TUMS), Iran, since 2011. She qualified in General Medicine (1993-2000) and Specialty in Anesthesiology (2005-2009) at TUMS. She qualified in Palliative Care Medicine in 2011 after participating in 18 months long period fellowship program at TUMS. She has experience in Ophthalmic, Gynecologic and Orthopedic Anesthesia and Pain Medicine fields, and collaborated in many research, nine of them were published in medical journals.

[solmaz\\_fakhari@yahoo.com](mailto:solmaz_fakhari@yahoo.com)

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