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Predictors of dehydration following adenotonsillectomy in Jordanian pediatric cases

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Objectives: This observational single-center study aims to measure the prevalence of dehydration among pediatric adenotonsillectomy patients in a tertiary hospital in Amman and to identify the risk factors that could be associated with it.

Methods: Data were collected by reviewing the health records of patients who underwent adenotonsillectomy between January 2015 and June 2020 at Ibn Al-Haytham Hospital. Inclusion criteria were any patient between 1 and 12 years old that has undergone routine adenotonsillectomy. Exclusion criteria were any adenotonsillectomy for neoplasm purposes, patients with reported developmental delay, and patients who underwent adenoidectomy or tonsillectomy alone. Collected data included patients' demographics, indication for adenotonsillectomy, type of surgical technique, and history of dehydration in the following two weeks post adenotonsillectomy.

Results: Three hundred and eighty-four patients met the inclusion criteria of this study. Two-thirds of the patients were male, and the majority of the cases were between 5 and 6 years old. The prevalence of post-adenotonsillectomy dehydration was 5.7%. Dehydration was more prevalent in children aged under three years old. Multivariate analysis revealed that age and gender remained significantly associated with dehydration after adjusting for the other variables.

Conclusions: Dehydration is a serious yet rare complication post adenotonsillectomy. Screening for dehydration pre and post discharge is highly recommended. There is a need for further multi-center and population-based studies to examine the full extent of dehydration complication. It is in the best interest of surgeons and all caregivers to provide the best quality of care for adenotonsillectomy cases. Avoiding dehydration and all other surgical complications would be part of the standards of high-quality health care.

Recent Publications:

1. Al Katatbeh M, Khasawneh L, Al-Mashakbeh Y, Hassaan W, Hendawy H, Abuelnaga M, Sweed A. Role of pre-incisional external bilateral ultrasound guide glossopharyngeal nerve block with diluted bupivacaine mixture in pain management in oropharyngeal surgery: A randomized control trial. *Am J Otolaryngol.* 2022 Apr 8;43(3):103468. doi: 10.1016/j.amjoto.2022.103468. Epub ahead of print. PMID: 35429850.

Biography

Yazan Al-Mashakbeh is a 25 years old newly graduated medical doctor from the Hashemite University-Jordan. He/she is committed to deliver the highest standard quality of care to patients. She/he is trained in evidence-based practice and shows interest in scientific research that emphasizes how to make patients' lives better and how we can help them efficiently and safely along with the latest preventive and therapeutic methods that aid in our greatest goal, making patient's life easier.

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