

Extended Abstract

ENDOTRACHEAL TUBE SIZE AND POST OPERATIVE SORE THROAT IN WOMEN: RCT

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Abstract

Postoperative sore throat and hoarseness are common and disturbing complications following endotracheal intubation, and women are more frequently affected by these symptoms. The purpose of an endotracheal intubation is to ensure a secure airway and provide an opportunity for positive pressure ventilation and minimal risk of aspiration. The cause of POST could be mucosal injury in the trachea or vocal cord injury, and there are several contributing factors for these injuries. Previously recognized risk factors for POST include female gender, size of the ETT, grade of difficulty in intubation, and duration of surgery. If the ETT cuff is overinflated, it might damage the mucosa and cause POST.

OBJECTIVE

To determine the proportion of women with postoperative sore throat an hour after elective surgery in women intubated with a size endotracheal tube versus size 7 endotracheal tube.

MEASUREMENTS AND RECORDINGS

Before induction of anaesthesia, the patients assessed whether they had any pre-operative sore throat, discomfort due to their symptoms or any pre-operative hoarseness. Post-operatively, the patients rated their symptoms of sore throat,

hoarseness and discomfort of these symptoms at two time points: after 1–2 h in the PACU and after 24±2 h. If the patient had a sore throat and/or hoarseness after 24 h, she was contacted at home after 72±2 h and at 96±2 h after extubation. For those patients who had a sore throat or hoarseness after 96 h, a doctor's appointment was offered.

RESULTS

Mean ± SD of age ETT 6 and ETT 7 group was 34.36±9.46 with C.I (31.99----36.72) and 37.34±10.96 with C.I (34.60----40.07) years, respectively. Mean ± SD for duration of surgery in ETT 6 and ETT 7 group was 117.70±30.57 with C.I (110.06----125.33) and 125.17±55.0 with C.I (111.43----138.90) minutes, respectively. In comparison of both groups postoperative sore throat was noted in 38 (59.4%) in ETT 6 group whereas 62(96.9%) noted in ETT 7 group and p value found to highly significant i.e. (p=0.0001).

CONCLUSION

It is to be concluded that highly significant difference was found in postoperative sore throat between the group endotracheal tube size 6 in comparison to the group endotracheal tube size 7.

KEYWORDS

Endotracheal Intubation, Sore Throat, Hoarseness, Postoperative Complications, Elective surgery.