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Regional study of gastrostomy tube insertion as regards indication and its effect on the growth of children

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Aim: To undergo a retrospective study, to see if the gastrostomy tube was really indicated or not according to the guidelines in the region of East of England and to assess the effectiveness of the procedure in terms of growth and development.

Methods: Data was collected from the notes of 47 children with ages ranging between 3 years and 16 years who were attending to Colchester General Hospital for follow up. A checklist was made to check the indication of the procedure, the weight gain, the age, the sex, the primary diagnosis, the secondary diagnosis, the time of tube procedure, the type of the tube, any needed medications, if fundoplication was needed, type of feeding through the tube whether bolus or continuous feeds and if night feeding was required or not.

Results: 100% of gastrostomy procedures were indicated according to the criteria of East of England region. 55% of the patients involved in the study were not in need for proton pump inhibitors after the procedure. Most of the patients did gastrostomy because the insufficient oral intake and poor weight gain. 90% of the patients had bolus feeds through the tube. 96% of the children showed improvement of weight gain after gastrostomy. 65% of the patients did not require fundoplication.

Conclusion: The study has showed that regional guidelines for the gastrostomy tube insertion were strictly applied. The procedure was very important in terms of growth and development among indicated children.

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