

Post-operative Enteral Immunonutrition for Gynecologic Oncology Patients Undergoing Laparotomy Decreases Wound Complications

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Objective

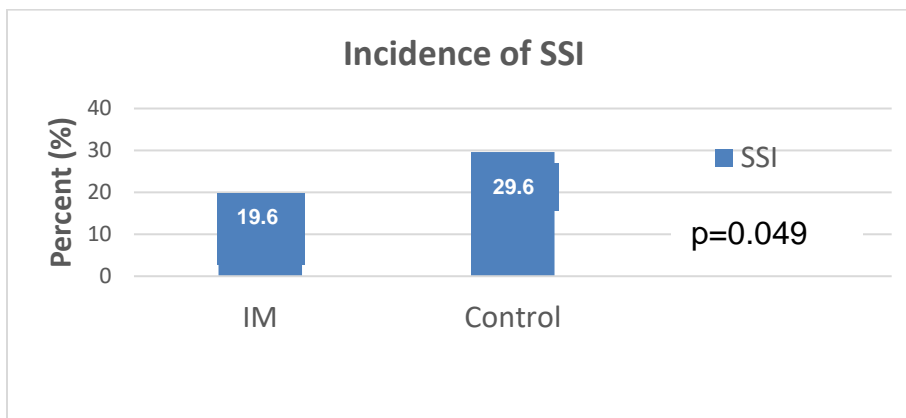
To see if peri-operative immunonutrition (IM) decreases wound complications for gynecologic oncology patients having open surgery.

Methods

A retrospective study undertaken as a quality practice improvement. Patients (n=112) were instructed to consume IMPACT Advanced Recovery® Drink, and were compared with a control group (n=226) not having received any supplementation to a standard diet. The primary outcome was wound infections within 30 days, classified as Centers for Disease Control surgical site infections (CDC SSI).

Results

- Due to access limitations, few patients took the IM supplement preoperatively, and outcomes reflect post-operative use of IM (3 cartons a day x 5 days). Compliance to post-operative supplementation was 75% (112/149).



- Patients consuming IM had 34% fewer SSIs compared to those on a standard diet.
- After controlling for variables associated with the development of wound complications, patients receiving IM had a **78% reduction in the risk of CDC SSI class 2 and 3 infections** compared to a standard diet (p=0.044).
- A subgroup analysis of patients consuming IM showed they were 43% less likely to have wounds incurring significant morbidity e.g. IV antibiotics, wound packing, hospital readmission, negative pressure wound therapy and/or operating room procedures (12% vs. 21%, p=0.03).
- With an absolute risk reduction of 10%, avoiding 1 SSI would require 10 patients to receive IM post-operatively.

Conclusion

In gynecologic patients having open surgery, use of post-operative oral immunonutrition was associated with a significant decrease in overall SSI, as well as the risk of class 2 and 3 SSI.

Summary prepared by Nestlé HealthCare Nutrition, Inc. The complete study can be accessed online from: <http://www.ncbi.nlm.nih.gov/pubmed/25888979>