STUDY OF SHORT COURSE PROPHYLACTIC ANTIBIOTIC TREATMENT (48HRS) IN CLEAN AND CLEAN CONTAMINATED SURGERIES

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ABSTRACT: BACKGROUND: Surgical site infections are the third most common type of nosocomial infections. Perioperative antimicrobial prophylaxis constitutes the bulk of antimicrobial consumption in any hospital. We need to adapt the policies that decrease the incidence of postoperative wound infection. METHODS: Patients undergoing elective surgeries for clean and clean contaminated cases for various causes from July 2012 to October 2014 under Surgical 1st Unit of bowring and Lady Curzon hospital (Affiliated to Bangalore medical college and research institute) are included in our study. During this period, a total of 650 patients participated. 48hrs of antibiotic prophylaxis was used for the patients during this period. RESULTS: In our study surgical site infection rate is 0.73% in clean surgeries and is 1.86% in clean-contaminated surgeries. Over all infection rate is 0.92% for clean and clean contaminated surgeries. CONCLUSION: Our findings indicate that a short course of perioperative antimicrobial prophylaxis(48hrs) are sufficient and efficacious as well as cost-effective for prevention of surgical site infections in clean and clean-contaminated surgeries in Indian surgical setup. KEYWORDS: Surgical site infections, antibiotic prophylaxis, clean surgeries, clean-contaminated surgeries.

INTRODUCTION: Surgical site infections are the third most common type of nosocomial infections and they account for approximately a quarter of all nosocomial infections. [¹] They have been responsible for increasing cost, morbidity and mortality related to surgical operations and continue to be major problem.[²-⁴] Pathogens that cause SSI are acquired either endogenously from the patient’s own flora or exogenously from contact with operative room personnel or the environment. However, the period of greatest risk remains the time between opening and closing the operating site.[⁵-⁷]

Perioperative antimicrobial prophylaxis constitutes the bulk of antimicrobial consumption in any hospital. Usually, long courses (conventional course) of antibiotic prophylaxis are administered, which are often associated with increasing antimicrobial resistance, super infection with resistant pathogens, toxicity and unnecessary cost. Success in surgery depends on prevention and proper management of the wound. [⁸] We need to adapt the policies that decrease the incidence of postoperative wound infection.

Surgical Wounds can be divided into 4 Classes: [⁹]
- **Clean wounds** Operations in which no inflammation is encountered and the respiratory, alimentary or genitourinary tracts are not entered. There is no break in aseptic operating theatre technique.
- **Clean-contaminated wounds** Operations in which the respiratory, alimentary or genitourinary tracts are entered but without significant spillage.
- **Contaminated wounds** Operations where acute inflammation (without pus) is encountered, or where there is visible contamination of the wound. Examples include gross spillage from a hollow viscus during the operation or compound/open injuries operated on within four hours.
- **Dirty wounds** Operations in the presence of pus, where there is a previously perforated hollow viscus, or compound/open injuries more than four hours old.

**AIMS AND OBJECTIVES:** To determine the effectiveness of short course antibiotic prophylaxis (48hours) for clean and clean contaminated cases and to compare with the existing literature.

**METHODS:** This is a prospective study. Patients undergoing elective surgeries for clean and clean contaminated cases for various causes from July 2012 to October 2014 under Surgical 1st Unit of BOWRING AND LADY CURZON HOSPITAL (affiliated to BANGALORE MEDICAL COLLEGE AND RESEARCH INSTITUTE). During this period, a total of 650 patients participated in the study.

Patients undergoing surgeries for contaminated and dirty wounds were excluded from the study. 48hrs of antibiotic prophylaxis was used for the patients during this period. Patients received Inj. Ceftrioxone 1g IV after test dose 1 to 2hrs before the surgery and 3 more doses of ceftriaxone at 12hrs apart. For clean contaminated cases, metronidazole was added. Surgical wounds were inspected on post-operative day 3, 6 and 10 or until suture removal and at the end of 30days. Most of the patients were discharged on post-operative day 3 and followed up in out-patient department.

The diagnosis of surgical site infection was made on clinical and bacteriological basis. Patient with surgical site wound infection were kept inpatient and treated accordingly. The study protocol, pro-forma, and other documents like patient information sheet and informed consent were taken according to standard protocol.

**RESULTS:** A total of 650 procedures performed with 48hrs of antibiotic prophylaxis. Of which 375 were males and 275 were females. Patient’s age ranged from 14 to 70 yrs.

Among 650 patients, 6 patients had wound infection. 1 patient had surgical site infection, detected on 3rd post-operative day who underwent hernioplasty for Right inguinal hernia, pus drained and sent for culture and sensitivity and the organism was MRSA and treated accordingly with intravenous antibiotics. Patient was discharged on 14th post-operative day. 4 patients had surgical site infection, 2 patients who underwent laparoscopic cholecystectomy, 2 patients who underwent mesh repair for umbilical hernia, managed conservatively. 1 patient had surgical site infection, detected on 3rd post-operative day who underwent jabouleys procedure for hydrocele, pus drained and sent for culture and sensitivity and the organism was MSSA and treated accordingly with intravenous antibiotics. Patient was discharged on 10th post-operatively.

In our study surgical site infection rate is 0.73% in clean surgeries and is 1.86% in clean-contaminated surgeries. Over all infection rate is 0.92% for clean and clean contaminated surgeries.

**DISCUSSION:** No literature recommends prolonged usage of antibiotic prophylaxis in clean and clean contaminated surgeries. Most surgeons however use prolonged antibiotic prophylaxis for the fear of surgical site infections. Many studies have shown short course of antibiotic prophylaxis is sufficient for clean and clean contaminated surgeries.
Linani in his study in 2005 showed that surgical site infection rate is 3.03% in clean surgeries and is 22.41% in clean-contaminated surgeries.\[1\] In a study conducted in western India in 2012 showed that that surgical site infection rate is 3.03% in clean surgeries and is 11.4% in clean-contaminated surgeries.\[5\]

In our study surgical site infection rate is 0.73% in clean surgeries which is very low compared to the earlier studies of 2%-6%. Surgical site infection rate is 1.86% in clean-contaminated surgeries and the earlier studies show 6%-15% of infection rate. Over all infection rate is 0.92% for clean and clean contaminated surgeries.

Antimicrobial prophylaxis for General surgeries is a standard protocol in Indian surgical setup. Antimicrobials used should cover the commonly expected organisms in the surgery. Maintaining aseptic precautions, incorporating appropriate operation theatre protocols and short course antibiotic prophylaxis and sterile dressings will reduce SSI.

**CONCLUSION:** Our findings indicate that a short course of perioperative antimicrobial prophylaxis (48 hrs) are sufficient and efficacious as well as cost-effective for prevention of surgical site infections in clean and clean-contaminated surgeries in Indian surgical setup.

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Infection in various surgeries

| Operations                  | Number of performed | Number of infected |
|-----------------------------|---------------------|--------------------|
| Inguinal hernias            | 172                 | 1                  |
| Other hernias               | 114                 | 2                  |
| Recurrent appendicitis*     | 60                  | 0                  |
| Breast surgeries            | 75                  | 0                  |
| Thyroid surgeries           | 24                  | 0                  |
| Small bowel and large bowel surgeries* | 18 | 0 |
| Gall bladder surgeries*     | 29                  | 2                  |
| Varicose veins surgeries    | 15                  | 0                  |
| Phimosis                    | 14                  | 0                  |
| Hydrocele                   | 22                  | 1                  |
| Others                      | 107                 | 0                  |
| **TOTAL**                   | **650**             | **6**              |

*clean contaminated cases

Surgical site infection from different studies in India

| Wound class | Grant Medical College, Mumbai Maharastra | B. J. Medical College, Ahmedabad, Gujarat |
|-------------|-----------------------------------------|-----------------------------------------|
|             | No. of patients | No. of infected | Infection rate% | No. of patients | No. of infected | Infection rate% |
| Clean       | 132            | 4               | 3.03            | 66             | 02             | 3.03            |
| Clean-contaminated | 58     | 13              | 22.41           | 70             | 08             | 11.4            |
| **Total**   | **190**        | **17**          | **8.95**        | **136**        | **10**         | **7.3**         |

Studies involved 24hrs of antibiotic prophylaxis

Surgical site wound infection by wound classification in our study

| Wound class      | No. of patients | No. of infected | Infection rate% |
|------------------|-----------------|----------------|-----------------|
| Clean            | 543             | 4              | 0.73            |
| Clean-contaminated | 107        | 2              | 1.86            |
| **Total**        | **650**         | **6**          | **0.92**        |
Surgical site wound infection rates according to various studies

| Wound class          | Lilani et al | Patel Sachin et al | Our study |
|----------------------|--------------|--------------------|-----------|
| clean                | 3.03%        | 3.03%              | 0.73      |
| Clean-contaminated   | 22.41%       | 11.4%              | 1.86      |

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