



## Service Priorities and Programmes Electronic Presentations

**Convention ID:** 233

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### **Policy and Guideline of Resuming Sips in Post-Anaesthetic Care Unit Advance Patient First Sips and Resuming Clear Fluid after Operation**

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#### **Keywords:**

Resume clear fluid

resume sips of water

enhanced recovery after surgery

#### **Introduction**

Early enteral nutrient was shown to improve postoperative mortality and shorten hospital length of stay. Resume clear fluid is usually first step before resume oral nutrient intake. Even though there is no surgical contra-indication, the first sips of water patients received postoperatively can varies from one hour postoperatively to more than 6 hours postoperatively. The time for first sips depends on the practice of different department and different wards. The delay of first sips delayed meals, which prolong patient fasting.

#### **Objectives**

To develop new policy and new guideline of resume sips of water in post-anaesthetic care unit (PACU) in order to advance the first sips of water followed by first oral nutrient intake.

#### **Methodology**

Target patients: patients who are surgically fit for resuming sips of water after all mode of anaesthesia, including general anaesthesia, neuroaxial blockade, other regional anaesthesia, monitored anaesthetics care and local anaesthesia

Guideline:

PACU nurses offer sips of water (30ml) to patients if

1. No local anaesthetics topicalization over the airway during operation
2. Easily following verbal command and clinically stable (assessed by Aldrete Score )
3. No post operative nausea and vomiting
4. Patients feel able to take sips of water

If patients can take sips of water without difficulties, they can take another sips or clear fluid as tolerated according to the surgical plan.

#### **Result**

Audit: 48 patients (age from 4 – 93 years old) received orthopaedics, colorectal,

gynaecological operations under general anaesthesia, spinal anaesthesia or monitored anaesthetic care. All patients fulfilled the guideline criteria, 43 patients received sips of water in PACU (40 of them receive less than 60min after PACU admission). 5 patients refused sips of water despite of no PONV. All patients show no difficulty or adverse effect on receiving sips of water. All these patients' first sips-of-water time was advanced.

The guideline was adopted as department guideline and used on all patients.

The guideline will be discussed with surgical departments for any interest of adoption.