

Eating water ice-cream in the recovery room after bariatric surgery and the effect on quality of recovery

No registrations found.

Ethical review	Positive opinion
Status	Recruitment stopped
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON23668

Source

NTR

Brief title

RAQET

Health condition

Sore throat

Foul smell

Recovery

Sponsors and support

Primary sponsor: Catharina Hospital, Eindhoven The Netherlands

Source(s) of monetary or material Support: Budget Operating Room Department, Catharina Hospital, Eindhoven The Netherlands

Intervention

Outcome measures

Primary outcome

Reduce sore throat and foul smell after general anaesthesia

Secondary outcome

Scoring on the Quality of Recovery QoR-40 Questionnaire.

Study description

Background summary

A lot of times the anaesthesia used during surgery leaves a foul taste in the mouth and a sore throat as side effect. Recently a hospital announced that they give patients ice cream after surgery because “it improves the wellbeing of the patient after recovery”. It seemed that this conclusion was not based after any rigid scientific research but on observations only.

Patients who underwent surgery after general anaesthesia postoperative mostly complain about a sore throat and a foul taste. The sore throat is caused by the intubation and the foul smell is caused by the anaesthesia damps. Careful insertion techniques for both the tracheal tube and laryngeal mask are of importance in the prevention of airway trauma and postoperative sore throat

Despite this, the problems of sore throat and foul smell still is a complaint of many patients.

After a search in PubMed we did not find any study describing the effect of ice on the quality of recovery. Only the use of ice after tonsillectomy is described.

We hypothesize that offering patient after bariatric surgery water ice cream will reduce the side effects of sore throat and foul smell and in general increase the quality of recovery.

Study objective

We hypothesize that offering patient after general surgery water ice cream will reduce the side effects of sore throat and foul smell and in general increase the quality of recovery.

Study design

30-60 days

Intervention

Offering water ice cream after bariatric surgery (rocket ice cream)

Contacts

Public

Department of Operating Rooms, Catharina Hospital Eindhoven

Pieter Stepaniak
Michelangelolaan 2

Eindhoven 5623EJ
The Netherlands
+31 (0) 40 239 1111 / + 31 (0) 6 8152 7385

Scientific

Department of Operating Rooms, Catharina Hospital Eindhoven

Pieter Stepaniak
Michelangelolaan 2

Eindhoven 5623EJ
The Netherlands
+31 (0) 40 239 1111 / + 31 (0) 6 8152 7385

Eligibility criteria

Inclusion criteria

In order to be eligible to participate in this study, a subject must meet all of the following criteria: Adult patients who underwent elective bariatric procedure and are willing/able to eat water ice cream 30-60 min after surgery.

Exclusion criteria

Patients who are not stable after surgery
Patients admitted for re-operation within one week, emergency patients.

Study design

Design

Study type:	Interventional
Intervention model:	Other
Allocation:	Non controlled trial
Masking:	Open (masking not used)
Control:	N/A , unknown

Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	02-02-2015
Enrollment:	172
Type:	Actual

Ethics review

Positive opinion	
Date:	08-01-2015
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL4803

Register

NTR-old

Other

ID

NTR4943

: METC 2014-73

Study results

Summary results

McHardy FE, Chung F. Postoperative sore throat: cause, prevention and treatment. *Anaesthesia*. 1999 May;54(5):444-53

Bathala S, Eccles R. A review on the mechanism of sore throat in tonsillitis. *J Laryngol Otol*. 2013 Mar;127(3):227-32

Agarwal A, Gupta D, Yadav G, Goyal P, Singh PK, Singh U. An evaluation of the efficacy of licorice gargle for attenuating postoperative sore throat: a prospective, randomized, single-blind study. *Anesth Analg*. 2009 Jul;109(1):77-81