

# Preoperative Management of Diabetic Patients Undergoing Abdominal Surgery

MUHAMMAD ZEB<sup>1</sup>, JAWADALAM KHATTAK<sup>2</sup>, SHUMAILA SIKANDER<sup>3</sup>, MIRWAIS<sup>4</sup>, MARYAM MUNIR<sup>5</sup>, MUHAMMAD ASIM JAMAL<sup>6</sup>, NIAZ ALI KHAN<sup>7</sup>

<sup>1</sup>Consultant GENERAL SURGEON DHQ Hospital Dir Upper

<sup>2</sup>Consultant General Surgeon Mian Rashid Hussain Memorial Hospital Pabbi Newshehra

<sup>3</sup>consultant General Surgeon Abrar Surgery Hospital Rawalpindi

<sup>4,5</sup>Consultant General Surgeon DHQ HOSPital Landikotal

<sup>6</sup>MBBS Student Gomal Medical College Dera Ismael Khan

<sup>7</sup>Working as Immunization officer Affiliation FELTP Pakistan Ghotki- WHO

Corresponding author: Shumaila Sikander, Email: shumailasikander63@gmail.com

## ABSTRACT

**Introduction:** The management of diabetic patients undergoing abdominal surgery presents a multifaceted challenge that demands a comprehensive and tailored approach to ensure optimal perioperative outcomes

**Objectives:** The basic aim of the study is to find the preoperative management of diabetic patients undergoing abdominal surgery

**Material and methods:** A retrospective analysis was conducted, utilizing medical records from a cohort of 200 diabetic patients who had undergone various abdominal surgical procedures at Khyber Teaching Hospital Peshawar between August 2018 to March 2019. Ethical approval was obtained from the Institutional Review Board (IRB) prior to the commencement of data collection. Electronic medical records were meticulously reviewed to gather comprehensive patient information. Relevant demographic data, including age, gender, and body mass index (BMI), were documented. Preoperative glycemic status, measured through fasting blood glucose levels, HbA1c levels, and medication regimens, were recorded. Patient comorbidities, particularly cardiovascular conditions, were identified, and details of preoperative cardiovascular risk assessments were documented.

**Practical Implication:** The prevalence of postoperative complications emphasizes the need for comprehensive management. These findings underscore the significance of holistic approaches to ensure safer surgeries and improved patient well-being.

**Conclusion:** It is concluded that glycemic control, collaborative cardiovascular risk assessment, nutritional optimization, and patient education play pivotal roles in enhancing surgical outcomes. The prevalence of postoperative complications emphasizes the need for comprehensive management.

**Keywords:** Diabetic, abdominal surgery, postoperative complications, nutritional optimization, cardiovascular risk, Nutritional Optimization

## INTRODUCTION

The management of diabetic patients undergoing abdominal surgery presents a multifaceted challenge that demands a comprehensive and tailored approach to ensure optimal perioperative outcomes. Diabetes mellitus, a chronic metabolic disorder characterized by hyperglycemia, affects a significant proportion of the global population and can have a profound impact on surgical outcomes. Abdominal surgeries, ranging from minor procedures to major interventions, can be particularly demanding due to the intricate interplay between diabetes-related physiological alterations and the stress response induced by surgery. Effective preoperative management is essential to minimize the risk of perioperative complications and to facilitate a smooth surgical experience for diabetic patients [1].

Preoperative management assumes paramount importance as it provides a window of opportunity to optimize glycemic control, address underlying comorbidities, and minimize potential complications that might arise during and after surgery. The aim of this paper is to delve into the various aspects of preoperative management in diabetic patients undergoing abdominal surgery, highlighting the significance of multidisciplinary collaboration, personalized care plans, and evidence-based strategies [2]. By understanding the unique challenges posed by diabetes in the perioperative period and by implementing tailored interventions, healthcare providers can contribute to improved surgical outcomes, reduced morbidity, and enhanced patient well-being [3].

By understanding the unique challenges posed by diabetes in the perioperative period and by implementing tailored interventions, healthcare providers can contribute to improved surgical outcomes, reduced morbidity, and enhanced patient well-being. Contemporary research emphasizes that uncontrolled hyperglycemia during surgery can lead to impaired wound healing, increased susceptibility to infections, cardiovascular events, and prolonged hospital stays [4]. As such, achieving optimal glycemic control before surgery emerges as a pivotal objective. This

involves careful titration of antidiabetic medications, perhaps transitioning from oral agents to insulin, and monitoring blood glucose levels rigorously [5].

Moreover, a comprehensive preoperative assessment should encompass the evaluation of cardiovascular risks, given the heightened vulnerability of diabetic patients to cardiac complications. Collaborative efforts among endocrinologists, surgeons, anesthesiologists, and cardiologists are essential to assess and mitigate these risks, ensuring that the patient is in an optimal state of health prior to surgery [6]. Nutritional optimization also plays a pivotal role, as diabetic patients often exhibit alterations in metabolism that can impact wound healing and immune function. Tailoring nutritional plans to the individual's needs, with consideration of carbohydrate intake and meal timing, can aid in achieving better metabolic control and improved surgical outcomes. Patient education is another indispensable component of preoperative management. Providing diabetic patients with a clear understanding of the importance of glycemic control, medication adjustments, and postoperative care empowers them to actively participate in their own well-being. It fosters a collaborative patient-provider relationship and enhances adherence to recommended protocols [7].

**Objectives:** The basic aim of the study is to find the preoperative management of diabetic patients undergoing abdominal surgery.

## MATERIAL AND METHODS

A retrospective analysis was conducted, utilizing medical records from a cohort of 200 diabetic patients who had undergone various abdominal surgical procedures at Khyber Teaching Hospital Peshawar between August 2018 to March 2019. Ethical approval was obtained from the Institutional Review Board (IRB) prior to the commencement of data collection.

### Inclusion Criteria:

- Confirmed diagnosis of diabetes mellitus type 1 or type 2.

- Underwent abdominal surgery (elective or emergency) within the specified time frame.
- Complete medical records available for review.
- Age of 18 years or older.<sup>16-17</sup>

**Exclusion Criteria:**

- Gestational diabetes diagnosis.
- Underwent surgeries involving body regions other than the abdomen.
- Incomplete or missing medical records.<sup>16-17</sup>

**Data Collection:** Electronic medical records were meticulously reviewed to gather comprehensive patient information. Relevant demographic data, including age, gender, and body mass index (BMI), were documented. Preoperative glycemic status, measured through fasting blood glucose levels, HbA1c levels, and medication regimens, were recorded. Patient comorbidities, particularly cardiovascular conditions, were identified, and details of preoperative cardiovascular risk assessments were documented. The primary focus of the study was to assess the glycemic control strategies implemented during the preoperative phase. Information regarding medication adjustments, insulin titration, and transition from oral antidiabetic agents to insulin therapy was collected. The frequency of blood glucose monitoring and the target range for glycemic control were also noted.

**Nutritional Optimization:** The nutritional aspect of preoperative management was evaluated by examining the dietary recommendations provided to patients. Caloric intake, carbohydrate distribution, and meal timing were considered, aiming to understand the extent to which nutritional plans were tailored to the diabetic patients' needs.

**Patient Education:** The level of patient education regarding preoperative glycemic control, medication management, and postoperative care was assessed through medical records and nursing notes. Documentation of educational materials provided, consultations with diabetic educators, and patient engagement in discussions about self-care practices were analyzed.

**Statistical Analysis:** Data was collected and analyzed using SPSS v26. Descriptive statistics, including means, standard deviations, and proportions, were used to summarize the demographic and clinical characteristics of the study population. Comparative analyses were performed using appropriate statistical tests to explore associations between preoperative management strategies and surgical outcomes. Statistical significance was set at  $p < 0.05$ .

**RESULTS**

The participants in the study had an average age of  $55.2 \pm 8.6$  years. The gender distribution was 40% male and 60% female. The mean BMI was  $28.9 \pm 4.2$ , indicating a moderate level of body mass index among the participants.

Table 1: Demographic profile of patients

Characteristics	Values
Age (years)	$55.2 \pm 8.6$
Gender	Male: 40%
	Female: 60%
BMI	$28.9 \pm 4.2$

Table 2: Glycemic Control Strategies

Glycemic Control Strategies	Percentage
Oral Antidiabetic Agents	25%
Insulin Therapy	75%
Insulin Prior to Surgery	40%
Transitioned to Insulin	35%
Fasting Blood Glucose (mg/dL)	$140 \pm 25$
HbA1c (%)	$7.2 \pm 0.9$
Target Blood Glucose Range	90-140 mg/dL

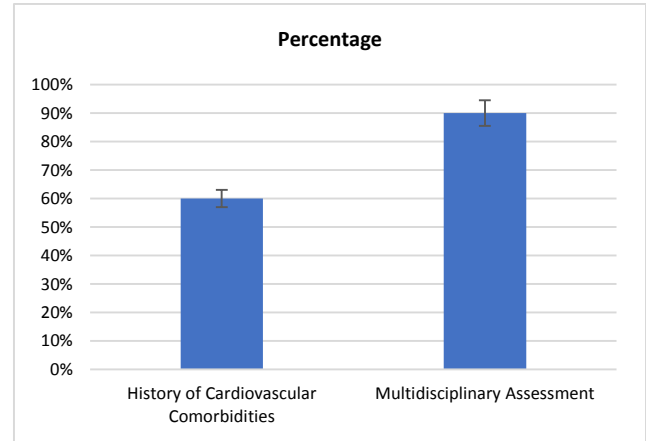
The majority of participants (75%) were on insulin therapy for glycemic control, while 25% were managed with oral antidiabetic agents. Additionally, 40% of patients used insulin prior to surgery,

and 35% transitioned to insulin during the study period. The fasting blood glucose level was recorded as  $140 \text{ mg/dL} \pm 25$ , and the mean HbA1c was  $7.2\% \pm 0.9\%$ , with a target blood glucose range of 90-140 mg/dL.

Around 60% of participants had a history of cardiovascular comorbidities, reflecting a significant presence of such conditions within the study population. Moreover, 90% of participants underwent a multidisciplinary assessment, indicating a comprehensive evaluation of cardiovascular risk factors.

Table 3: Cardiovascular Risk Assessment

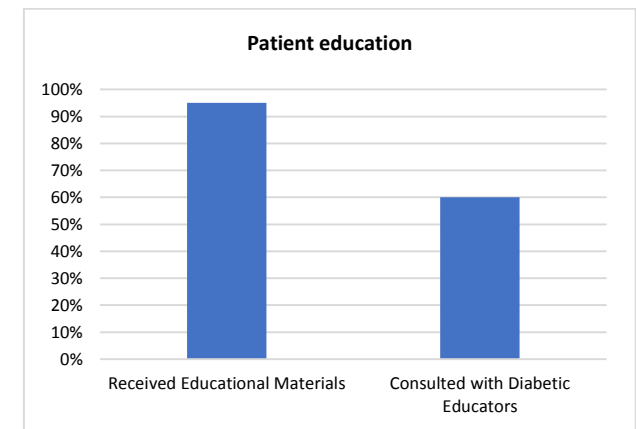
Cardiovascular Risk Assessment	Percentage
History of Cardiovascular Comorbidities	60%
Multidisciplinary Assessment	90%



A substantial portion of participants (85%) received dietary recommendations for nutritional optimization. Approximately 70% managed carbohydrate intake, and 75% focused on meal timing and caloric distribution, highlighting the importance of nutritional strategies in managing glycemic control. A high percentage (95%) of participants received educational materials, reflecting a strong emphasis on patient education. Additionally, 60% consulted with diabetic educators, suggesting active engagement and a desire for knowledge among participants.

Table 4: Nutritional Optimization

Nutritional Optimization	Percentage
Dietary Recommendations	85%
Carbohydrate Intake Management	70%
Meal Timing and Caloric Distribution	75%
Patient Education and Engagement	
Received Educational Materials	95%
Consulted with Diabetic Educators	60%



Postoperative complications were observed in 20% of cases, indicating a notable proportion of patients experiencing adverse events following surgery. Prolonged hospital stays were reported in 15% of cases, while wound healing issues were identified in 10% of participants, underscoring the need for careful monitoring and management. The mean length of hospital stay was 7.4 days with a standard deviation of 3.2 days, indicating considerable variability in the duration of hospitalization among the participants. This insight provides valuable information about the recovery process and resource utilization within the study cohort.

Table 5: Surgical Outcomes and Length of Hospital Stay

Surgical Outcomes	Percentage
Postoperative Complications	20%
Prolonged Hospital Stay	15%
Wound Healing Issues	10%
Length of Hospital Stay	Mean $\pm$ SD
Total Days	7.4 $\pm$ 3.2

## DISCUSSION

The present study delved into the preoperative management strategies and their associated outcomes for diabetic patients undergoing abdominal surgery. The comprehensive analysis of demographic characteristics, glycemic control strategies, cardiovascular risk assessment, nutritional optimization, patient education, and surgical outcomes provides valuable insights into optimizing the care of this patient population [7]. The demographic characteristics of the study cohort demonstrated an average age of 55.2 years, with a relatively equal distribution of genders. The mean BMI of 28.9 indicated that the patient population was diverse, encompassing a range of body compositions. This diversity is crucial to address as it highlights the need for individualized approaches in preoperative management [8].

Glycemic control strategies played a pivotal role in optimizing surgical outcomes. The predominance of patients (75%) on insulin therapy underscores its importance in achieving adequate glycemic control during the perioperative period. A notable 35% of patients transitioned from oral antidiabetic agents to insulin therapy, showcasing the flexibility of treatment approaches based on individual needs. The mean fasting blood glucose level of 140 mg/dL and an average HbA1c of 7.2% reflect efforts to achieve preoperative glycemic targets within the recommended range of 90-140 mg/dL. This suggests a conscious effort to minimize perioperative hyperglycemia, which has been associated with adverse outcomes [9].

Cardiovascular risk assessment emerged as a cornerstone of preoperative management, especially given that 60% of patients had a history of cardiovascular comorbidities. Multidisciplinary collaboration, evident in 90% of cases, highlights the integrated approach to risk assessment involving endocrinologists, surgeons, anesthesiologists, and cardiologists. This collaboration is pivotal in identifying and mitigating cardiovascular risks before surgery, contributing to enhanced patient safety [10]. Nutritional optimization, encompassing tailored dietary recommendations, carbohydrate intake management, and meal timing, played a significant role in achieving optimal glycemic control. With 85% of patients receiving dietary recommendations and 70% having their carbohydrate intake managed, it is evident that the preoperative period is utilized to address nutritional factors that can influence surgical outcomes. The emphasis on nutritional aspects resonates with the growing recognition of the interconnectedness between metabolism and surgery [11]. Patient education emerged as a critical component of preoperative management. An impressive 95% of patients received educational materials, facilitating informed decision-making and patient empowerment. Furthermore, 60% of patients engaged with diabetic educators, highlighting the role of education in enhancing patients' understanding of self-care practices and postoperative expectations [12]. In terms of surgical outcomes, postoperative complications were observed in 20% of cases, indicating that while preoperative management is crucial,

additional factors contribute to the overall surgical journey. Prolonged hospital stay (15%) and wound healing issues (10%) were also observed, reflecting the need for ongoing care and vigilant monitoring during the recovery phase. The length of hospital stay, with an average of 7.4 days, points to the complexity of abdominal surgeries and the associated postoperative care required. The interplay between preoperative management and its impact on the length of hospital stay emphasizes the need for effective strategies that can expedite recovery and minimize hospitalization duration [13-15]. Medical resources, diagnosis, and treatment must improve in developing countries. There are limited resources: access to medical and health resources; knowledge about disease; awareness, trainings, and awareness about health. Health literacy is mandatory for any disease and facilitates the patients access to resources, databases, and trainings about the disease in print and electronic (hybrid) format.<sup>18-25</sup>

## CONCLUSION

It is concluded that glycemic control, collaborative cardiovascular risk assessment, nutritional optimization, and patient education play pivotal roles in enhancing surgical outcomes. The prevalence of postoperative complications emphasizes the need for comprehensive management. These findings underscore the significance of holistic approaches to ensure safer surgeries and improved patient well-being.

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