MANAGEMENT OF FOREIGN BODY INGESTION AND FOOD IMPACTION IN ADULTS AND ITS COMPLICATIONS IN TERTIARY CARE CENTRE

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BACKGROUND AND AIM:

• Foreign body ingestion are relatively common gastrointestinal emergencies, but have been more widely studied in the pediatric population than in adults.
• The majority of ingested FBs (80–90%) pass through the GI tract spontaneously and only 10–20% require endoscopic intervention and Oesophagogastroduodenoscopy (OGD) is generally regarded as a safe and efficacious treatment for foreign body removal with success rates ranging from 78–94%.
• Complications such as perforation are rare (2.8–6.9%), and surgery is required in only 1.1–6.5% of cases.
• Endoscopy has become the preferred choice to remove FBs because it is less invasive than surgery, and also it uses conveniently accessible technical devices and advanced visualization, may simultaneously diagnosis other diseases, and is cost efficient in comparison to other methods.
• In this study, we aimed to evaluate the management of patients with foreign body ingestion and food impaction.

METHOD:

• This is a retrospective study, with duration from January 2019 to January 2022.
• All the patients with history of foreign body ingestion and food bolus impaction admitted during this period, after taking detailed history and performing a physical examination, were sent for necessary radiological investigations.
• Then, patients needing OGD were identified and performed endoscopic intervention.
• In this study, patients who underwent endoscopic removal on OGD were included.

RESULTS:

• Out of all patients admitted with history of foreign body ingestion, in 76 patients with help of OGD foreign body are identified and successfully removed. It is most commonly seen in males 53.9%(41) and females 46.1(35).
• Most common age group is 46-55 year old 25%(19), followed by 36-45 year old 22%(17). Only one patient was >85 year old.
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• Multiple foreign bodies seen in two patients and both are taking treatment for schizophrenia.
• Abnormal foreign body like tooth brush seen in one patient and he is also suffering with psychiatric illness.
• Impacted food particle was seen in 5 patients. Two were removed directly with help of rat tooth forceps. In other three patients food bolus was pushed into stomach. Out of five patients three had post corrosive stricture and in remaining two patients esophageal growth was identified.
• Two patients were admitted after 48 hours, in both there was an ulcer at site of foreign body impaction site and both were managed conservatively.
• Most of foreign body removed by rat tooth forceps.
• Sharp pin was found in two patients, in one patient after removal suspected as having perforation after removal, taken surgical gastroenterologist opinion and did radiological test found to be no perforation and treated conservatively.
• Out of 14 denture impaction, difficulty in removal encountered for 4 cases.
• None of the patient needed surgical intervention.
• In 6 patients after removal had mild hematemesis.
• No death occurred.

CONCLUSIONS:

• Although foreign body ingestions rare in adults, early endoscopic intervention leads to fewer complications. Most of the complications after removal are mild. However, care should be taken while removing sharp objects. If impacted food bolus found look for underlying structural diseases of esophagus.

REFERENCES:

• Esophageal foreign bodies in adults with different durations of time from ingestion to effective treatment Xiaowen Zhang et.al. PMID: 28660025.