



شبكة المعلومات الجامعية  
التوثيق الإلكتروني والميكروفيلم

# بسم الله الرحمن الرحيم



**HANAA ALY**



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# شبكة المعلومات الجامعية التوثيق الإلكتروني والميكروفيلم



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# جامعة عين شمس

## التوثيق الإلكتروني والميكروفيلم

### قسم

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علي هذه الأقراص المدمجة قد أعدت دون أية تغيرات



### يجب أن

تحفظ هذه الأقراص المدمجة بعيدا عن الغبار



**HANAA ALY**



# **Early versus delayed enteral nutrition after gastrointestinal anastomosis in children: A Systematic Review and Meta-Analysis**

*Submitted for Partial Fulfillment of Master  
Degree in **General Surgery***

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قالوا

لسببائك لا علم لنا  
إلا ما علمتنا إنك أنت  
العليم العظيم

صدق الله العظيم

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# *List of Contents*

| Title                                        | Page No. |
|----------------------------------------------|----------|
| List of Tables .....                         | i        |
| List of Figures.....                         | ii       |
| List of Abbreviations .....                  | iv       |
| Introduction.....                            | 1        |
| Aim of the Work.....                         | 4        |
| Review of Literature                         |          |
| Intestinal Anastomosis.....                  | 5        |
| Embryology of the Alimentary Tract.....      | 31       |
| Surgical Anatomy & Histology .....           | 35       |
| Physiology .....                             | 50       |
| Gastrointestinal Healing .....               | 53       |
| Intestinal Microcirculation.....             | 76       |
| Enteral Nutrition .....                      | 80       |
| Enhanced Recovery After Surgery (ERAS) ..... | 96       |
| Patients and Methods.....                    | 104      |
| Results.....                                 | 109      |
| Discussion.....                              | 128      |
| Summary and Conclusion.....                  | 135      |
| References.....                              | 138      |
| Arabic Summary .....                         | ---      |

## *List of Tables*

| Table No.          | Title                                                                                                                                   | Page No. |
|--------------------|-----------------------------------------------------------------------------------------------------------------------------------------|----------|
| <b>Table (1):</b>  | Reported risk factors for anastomotic leak .....                                                                                        | 16       |
| <b>Table (2):</b>  | Constituents of the alimentary canal with their blood supply and fuction.....                                                           | 34       |
| <b>Table (3):</b>  | Factors affecting anastomotic healing .....                                                                                             | 60       |
| <b>Table (4):</b>  | Included studies. ....                                                                                                                  | 109      |
| <b>Table (5):</b>  | Study characteristics .....                                                                                                             | 110      |
| <b>Table (6):</b>  | Intervention in the study group amongst studies. ..                                                                                     | 111      |
| <b>Table (7):</b>  | Intervention in the control group amongst studies. ....                                                                                 | 112      |
| <b>Table (8):</b>  | Outcomes regarding efficacy: time to first bowel movement, time to reach full intake and length of hospital stay .....                  | 113      |
| <b>Table (9):</b>  | Outcomes regarding safety: surgical site infection, fever and anastomotic dehiscence, nausea and vomiting and abdominal distension..... | 114      |
| <b>Table (10):</b> | Demographic characteristics and primary diagnosis of the patients in the included studies ....                                          | 115      |
| <b>Table (11):</b> | Characteristics of time to first bowel movement variant.....                                                                            | 117      |
| <b>Table (12):</b> | Characteristics of time to full intake variant.....                                                                                     | 118      |
| <b>Table (13):</b> | Characteristics of length of hospital stay variant...                                                                                   | 119      |
| <b>Table (14):</b> | Characteristics of SSI variant.....                                                                                                     | 120      |
| <b>Table (15):</b> | Characteristics of fever variant .....                                                                                                  | 121      |
| <b>Table (16):</b> | Characteristics of anastomotic dehiscence variant.....                                                                                  | 122      |
| <b>Table (17):</b> | Characteristics of nausea and vomiting variant .....                                                                                    | 123      |
| <b>Table (18):</b> | Characteristics of abdominal distension variant ....                                                                                    | 124      |
| <b>Table (19):</b> | Summary of the seven studies included.....                                                                                              | 125      |



# *List of Figures*

| Fig. No.            | Title                                                                                                                                                | Page No. |
|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| <b>Figure (1):</b>  | Types of anastomosis .....                                                                                                                           | 7        |
| <b>Figure (2):</b>  | Valtrac™ biodegradable anastomosis ring .....                                                                                                        | 9        |
| <b>Figure (3):</b>  | Magnamosis technique: laparoscopic jejunojejunostomy .....                                                                                           | 11       |
| <b>Figure (4):</b>  | The Magnamosis is one example of magnetic compression anastomosis by using endoscopically deployed magnets in the stomach or duodenum and colon..... | 12       |
| <b>Figure (5):</b>  | End- loop stoma.....                                                                                                                                 | 20       |
| <b>Figure (6):</b>  | Single layer seromuscular anastomosis .....                                                                                                          | 27       |
| <b>Figure (7):</b>  | (A) Inverting anastomosis (B) Everting anastomosis.....                                                                                              | 30       |
| <b>Figure (8):</b>  | Parts of primitive gut .....                                                                                                                         | 31       |
| <b>Figure (9):</b>  | Parts of the stomach .....                                                                                                                           | 36       |
| <b>Figure (10):</b> | Layers of gastric wall .....                                                                                                                         | 37       |
| <b>Figure (11):</b> | Blood supply of the stomach .....                                                                                                                    | 38       |
| <b>Figure (12):</b> | Overview diagram of the small intestine.....                                                                                                         | 41       |
| <b>Figure (13):</b> | Blood supply of large intestine .....                                                                                                                | 44       |
| <b>Figure (14):</b> | Layers of small intestine .....                                                                                                                      | 47       |
| <b>Figure (15):</b> | Layers of large intestine .....                                                                                                                      | 49       |
| <b>Figure (16):</b> | The exudative wound healing phase.....                                                                                                               | 55       |
| <b>Figure (17):</b> | The proliferative phase of anastomotic healing.....                                                                                                  | 57       |
| <b>Figure (18):</b> | The remodeling phase of anastomotic healing .....                                                                                                    | 58       |
| <b>Figure (19):</b> | Intestinal microcirculation .....                                                                                                                    | 78       |
| <b>Figure (20):</b> | Basics of Enhanced Recovery .....                                                                                                                    | 97       |
| <b>Figure (21):</b> | PRISMA flow diagram for study selection .....                                                                                                        | 108      |

## *List of Figures (Cont...)*

| Fig. No.            | Title                                                                         | Page No. |
|---------------------|-------------------------------------------------------------------------------|----------|
| <b>Figure (22):</b> | Forest plot random effects model regarding time to first bowel movement ..... | 117      |
| <b>Figure (23):</b> | Forest plot random effects model regarding time to reach full intake .....    | 118      |
| <b>Figure (24):</b> | Forest plot random effects model regarding length of hospital stay .....      | 119      |
| <b>Figure (25):</b> | Forest plot fixed effect model regarding SSI.....                             | 120      |
| <b>Figure (26):</b> | Forest plot fixed effect model regarding fever .....                          | 121      |
| <b>Figure (27):</b> | Forest plot fixed effect model regarding anastomotic dehiscence .....         | 122      |
| <b>Figure (28):</b> | Forest plot fixed effect model regarding nausea and vomiting .....            | 123      |
| <b>Figure (29):</b> | Forest plot fixed effect model regarding abdominal distension .....           | 124      |

# *List of Abbreviations*

| <b>Abb.</b>         | <b>Full term</b>                                                              |
|---------------------|-------------------------------------------------------------------------------|
| <i>ARM</i> .....    | <i>Anorectal malformation</i>                                                 |
| <i>CI</i> .....     | <i>Confidance interval</i>                                                    |
| <i>DEF</i> .....    | <i>Delayed enteral feeding</i>                                                |
| <i>DEN</i> .....    | <i>Delayed enteral nutrition</i>                                              |
| <i>DF</i> .....     | <i>Delayed feeding</i>                                                        |
| <i>EEA</i> .....    | <i>End-to-end anastomosis</i>                                                 |
| <i>EEF</i> .....    | <i>Early enteral feeding</i>                                                  |
| <i>EEN</i> .....    | <i>Early enteral nutrition</i>                                                |
| <i>EF</i> .....     | <i>Early feeding</i>                                                          |
| <i>EN</i> .....     | <i>Early nutrition</i>                                                        |
| <i>ERAS</i> .....   | <i>Enhanced recovery after surgery</i>                                        |
| <i>ESA</i> .....    | <i>End-to-side anastomosis</i>                                                |
| <i>GI</i> .....     | <i>Gastro-intestinal</i>                                                      |
| <i>LOS</i> .....    | <i>Length of stay</i>                                                         |
| <i>MD</i> .....     | <i>Mean difference</i>                                                        |
| <i>MMC</i> .....    | <i>Migrating motor complex</i>                                                |
| <i>NG</i> .....     | <i>Nasogastirc</i>                                                            |
| <i>NS</i> .....     | <i>Non specified</i>                                                          |
| <i>NSAIDs</i> ..... | <i>Nonsteroidal anti-inflammatory drugs</i>                                   |
| <i>OR</i> .....     | <i>Odds ratio</i>                                                             |
| <i>POD</i> .....    | <i>Postoperative day</i>                                                      |
| <i>PRISMA</i> ..... | <i>Preferred reporting items for systematic<br/>reviews and meta-analysis</i> |
| <i>RCT</i> .....    | <i>Randomised controlled trials</i>                                           |
| <i>SSA</i> .....    | <i>Side-to-side anastomosis</i>                                               |
| <i>SSI</i> .....    | <i>Surgical site infection</i>                                                |

## INTRODUCTION

**E**lective intestinal anastomosis is a frequently used surgical procedure in pediatric surgery. This option is used to restore intestinal continuity (ileostomy or colostomy closure), resolve an inflammatory disease or functional or anatomic congenital malformation. Some aspects must be considered to perform a good anastomosis. Many factors can affect anastomosis site healing or leakage, for example intraoperative contamination, circulation of intestinal bounds, anemia, surgical technique, type of surgery (elective or emergency), tension in suture line; a meticulous effective anastomosis technique is necessary to optimize surgical outcome and minimize anastomotic complications (*Pérez et al., 2013*).

It is a common practice to avoid oral feeding in children after intestinal anastomosis surgery, even though there is little scientific evidence supporting this practice (*Mamatha and Alladi, 2015*). This is justified by the perception that the fasting would protect the anastomosis from any complication such as abdominal distention, vomiting, ileus, anastomotic dehiscence or leaks, wound infection and would allow a hermetic closure of the anastomosis before the beginning of enteral feeding (*Perez et al., 2013*).

The duration of post-operative fasting is variable but can range from 0 to 5 days depending on the operation. The ramifications of this period of fasting are not insignificant and

may include prolonged length of stay, increased use of parenteral nutrition (PN), social effects and significant costs to the health system. In neonates and infants there are additional issues with delayed feeding including cholestatic jaundice, sepsis, delayed gut development, and metabolic disease (**Peng et al., 2021**).

Over the past decade a significant number of studies have been published in the adult surgical literature, showing that early postoperative feeding does not increase the number of complications, but actually improves intestinal motility, and enhances the patient's recovery. Consequently, early feeding has become widely accepted practice following gastrointestinal surgery in the adult population. Relevant pediatric surgical literature to support early enteral nutrition is scarce and indicates that traditional postoperative starvation strategies remain standard practice in children. Studies in animal models also suggest that early feeding may improve wound healing and anastomotic strength and reduce morbidity from sepsis (**Braungart and Siminas, 2020**).

Most of the clinical research into the beneficial effects of early feeding has occurred in adult patients. In infants, there is conclusive evidence in favor of early feeding after one operation - pyloromyotomy. This has changed practice such that many centers now advocate for feeding within 4 hours, with a significant reduction in length of stay. However, evidence regarding the safety and benefits of EEN in the

recovery from other abdominal procedures in children is less common (*Sullivan et al., 2016*).

The concept of Enhanced Recovery after Surgery (ERAS) has increasingly been embraced by our adult surgical colleagues, but has been slow to crossover to pediatric surgical subspecialties. ERAS<sup>®</sup> improves outcomes through multiple, incremental steps that act synergistically throughout the entire surgical journey including EEN. There are increasing numbers of surgical teams exploring ERAS<sup>®</sup> in children and there is mounting evidence that this approach may improve surgical care for children across the globe. The first World Congress in Pediatric ERAS<sup>®</sup> in 2018 has set the stage for a new era in pediatric surgical safety (*Brindle et al., 2019*).



## AIM OF THE WORK

**T**he aim of this study is to determine whether early enteral nutrition following elective gastro-intestinal (GI) anastomosis surgery in children leads to improved patient outcome measures; such as time to first bowel movement, time to full intake and length of hospital stay and to assess whether this practice increases the risk of postoperative complications; such as surgical site infection, fever, anastomotic dehiscence, nausea, vomiting and abdominal distension, according to literature published in the period from 2010- 2020.