

# Inhalation Anesthetics for Postoperative Nausea and Vomiting in General Anesthesia Patients

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**Submission date:** 20-Feb-2023 03:15PM (UTC+0700)

**Submission ID:** 2018709090

**File name:** 1227-Article\_Text-3324-1-10-20230220.pdf (1.09M)

**Word count:** 2932

**Character count:** 15857

Available online on 15.02.2023 at <http://ajprd.com>

## Asian Journal of Pharmaceutical Research and Development

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## Inhalation Anesthetics for Postoperative Nausea and Vomiting in General Anesthesia Patients

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### ABSTRACT

Background: Postoperative nausea and vomiting is an anesthetic complication which is related to various factors. Patients who experience postoperative nausea and vomiting have worse quality of recovery which causes delay in patient discharge from the hospital which will increase the cost of care. Objective: To knowing the effect of inhalation anesthetics on postoperative nausea and vomiting in general anesthesia patients at Dr Soedirman Hospital Kebumen. Method: The study is a quasi-experimental quantitative study with a pre-test-post-test design with a control group design. The population of the study were all patients undergoing general anesthesia at Dr Soedirman Hospital Kebumen. The study was conducted in September - October 2022 with a sample of 56 respondents for each group which was determined using a purposive sampling technique. Data analysis using the Wilcoxon test. Result: Results of analysis of the effect of inhalational anesthesia on postoperative nausea and vomiting in general anesthesia patients at Dr Soedirman Hospital Kebumenp (sig) 0.000. Conclusion: There is an effect of inhalation anesthetics on postoperative nausea and vomiting in general anesthesia patients

**Keywords:** anesthesia inhalation, postoperative, general anesthesia

ARTICLE INFO: Received 28 Dec. 2022; Review Complete 11 Jan. 2023; Accepted 02 Feb. 2023; Available online 15 Feb. 2023



#### Cite this article as:

Saifuddin I, Destiana, Abdul Aziz MA, Palestin B, Inhalation anesthetics for postoperative nausea and vomiting in general anesthesia patients, Asian Journal of Pharmaceutical Research and Development. 2023; 11(1):04-07.

DOI: <http://dx.doi.org/10.22270/ajprd.v11i1.1227>

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### INTRODUCTION

The World Health Assembly Strengthening Emergency and Essential Surgical Care and Anesthesia as a Component of Universal Health Coverage 2015 estimates that at least 11% of the disease burden in the world comes from diseases or conditions that can actually be treated with surgery. Patients undergoing surgical procedures require anesthesia. Anesthetic action means an action to relieve pain when surgical procedures and various other procedures that cause pain in the body are carried out. Most patients recover from anesthesia and surgery without special events, but a small number of patients develop an unpredictable number of complications. Complications that occur after anesthesia and surgery are hypoxemia, hypotension, hypertension, nausea and vomiting.<sup>1-3</sup>

Postoperative Nausea and Vomiting (PONV) or postoperative nausea and vomiting is defined as nausea, retching, or vomiting that occurs during the first 24-48 hours

after surgery. Postoperative nausea and vomiting is one of the most common causes of patient dissatisfaction after anesthesia, with a reported incidence of 30% in all postoperative patients and up to 80% in high risk patients undergoing surgical procedures. Every three to four patients suffer postoperative nausea and vomiting following general anesthesia. The risk of postoperative nausea and vomiting is 9 times smaller in patients with regional anesthesia than in patients with general anesthesia.<sup>4-7</sup>

The incidence of postoperative nausea and vomiting is caused by several factors. These factors are categorized into influencing risk factors including patient factors, anesthetic factors, and surgical factors.<sup>3</sup> Post-surgical nausea and vomiting that can be a serious complication of surgery. Patients with postoperative nausea and vomiting clinically have poorer quality of recovery and require twice as many antiemetic treatments. Vomiting three or more times and prolonged duration of nausea are key factors in clinically defining postoperative nausea and vomiting. These data are

used to obtain a scale of the intensity of postoperative nausea and vomiting. Based on this scale, 18% of patients experienced the severity of postoperative nausea and vomiting. Another study using a postoperative nausea and vomiting intensity scale conducted by Dalila et al stated that 25% of patients experienced severe nausea and vomiting at 6 hours after surgery and 34% experienced severity of nausea and vomiting at 24 hours after surgery.<sup>8-10</sup>

The Central Surgical Installation of Dr Soedirman Kebumen Hospital has developed a system for documenting perianesthesia procedures. The documentation develops a scoring system for risk assessment of postoperative nausea and vomiting and the degree of postoperative nausea and vomiting assessment as a basis for preparation to prevent complications of postoperative nausea and vomiting anesthesia. The information obtained was that the average number of operations in one month was 400 cases, with 200-300 cases of surgery using general anesthesia, while 100-200 cases of regional anesthesia. Description of the incidence of postoperative nausea and vomiting, which is about 30% of cases per month.

## RESULTS

**Table 1:** Distribution of respondent characteristics in the experimental and control groups

No	Characteristics	Experiment Group		Control Group	
		f	%	f	%
1	Age				
	< 50 years	26	52	41	82
	≥ 50 years	24	48	9	18
2	Gender				
	Women	23	46	33	66
	Man	27	54	17	34
3	Smoking History				
	No	34	68	39	78
	Yes	16	32	11	22
4	History of sickness in Land/Sea/Air Travel				
	Yes	5	10	7	14
	No	45	90	43	86

Table 1 shows that most of the research respondents were aged <50 years, namely 52% in the experimental group and 82% in the control group, while the respondents were dominated by women, 46% in the experimental group and 66% in the control group. Thirtyfour (68%) in the

Based on these data, patients who experience nausea and vomiting after surgery can cause delays in patient discharge from the hospital, thereby increasing treatment costs. These patients need effective treatment, especially in patients who experience the severity of postoperative nausea and vomiting.<sup>11</sup>

## METHODS AND MATERIALS

This research is a quasi-experimental study with a pre test-post test with control group design. Taking place at Dr Soedirman Kebumen Hospital which was carried out from September to October 2022. The population in this study were all patients undergoing general anesthesia at the Surgical Installation of Dr Soedirman Hospital Kebumen. The sampling technique in this study used purposive sampling, where in this study the respondents were two groups of patients with general anesthesia at Dr. Soedirman Kebumen Hospital as many as 56 in each of the intervention group and the control group. Data analysis used the Wilcoxon hypothesis test.

experimental group and thirty nine (78%) in the control group said they had no history of smoking. Respondents who stated that they had no history of land/sea/air travel sickness were 90% in the experimental group and 86% in the control group.

**Table 2:** Distribution of history of nausea and vomiting before anesthesia in the intervention and control groups

History of Nausea and Vomiting	Experiment Group		Control Group	
	f	%	f	%
Yes	16	32	8	16
No	34	68	42	84

Based on the table above, it shows that most of the respondents in the experimental group and the control group

did not have a history of nausea and vomiting, namely 68% and 84% respectively.

**Table 3:** Distribution of postoperative nausea and vomiting assessment results in the intervention and control groups

Postoperative nausea and vomiting assessment	Experiment Group		Control Group	
	f	%	f	%
Score ≥ 50 (clinically important nausea and vomiting)	38	76	9	18
Score < 50 (normal nausea and vomiting)	12	24	41	82

Table 3 shows that the majority of respondents had an assessment of postoperative nausea and vomiting with a score of  $\geq 50$  which means clinically important postoperative nausea and vomiting, namely 76% in the

experimental group, while in the control group, an assessment of postoperative nausea and vomiting was 82% of respondents with a score  $< 50$  which means normal nausea and vomiting.

**Table 4:** Data Analysis Test Results Differences in the Assessment of nausea and vomiting between the Pre-test and Post-test in the Experiment Group and the Control Group in Patients with General Anesthesia

Variable	Group		p (sig)
Assessment of Postoperative Nausea and Vomiting	Experiment	Pre-test	0,000
		Post-test	
	Control	Pre-test	0,000
		Post-test	

The table above shows that nausea and vomiting between the pre-test and post-test in the experimental group and the control group with a p (sig) value of 0.000  $< 0.05$ , then  $H_a$  is accepted and  $H_o$  is rejected so that there is a difference between pre-test and post-test nausea and vomiting in the experimental group and the control group. Data analysis test results using Wilcoxon the effect of inhalational anesthesia on postoperative nausea and vomiting in patients with general anesthesia at Dr Soedirman Kebumen Hospital with a p (sig) value of 0.000  $< 0.05$  means there is a significant effect of inhalational anesthesia on postoperative nausea and vomiting surgery in patients under general anesthesia

## DISCUSSION

Based on Table 1 it shows that some of the respondents in the experimental group had a history of nausea and vomiting, namely 32%, while based on Table 2 it shows that most of the respondents had postoperative nausea and vomiting with a score of  $\geq 50$  which means postoperative nausea and vomiting is clinically important, namely 76% in the experimental group. This is in accordance with the opinion of Tinsley and Barone that patients with a history of motion sickness or postoperative nausea and vomiting previously have a lower tolerance threshold, which can increase the risk of postoperative nausea and vomiting episodes in the future two to three times.<sup>12</sup> In addition, there are most respondents aged  $< 50$  years with female sex. Respondents with a history of non-smoking and no history of land/sea/air travel sickness. These results are in accordance with Tinsley and Barone, Pierre and Whelan the incidence of postoperative nausea and vomiting decreases after the age of 50 years in adult patients.<sup>11,12</sup> In pediatric patients, age increase the risk of postoperative vomiting (POV), children over 3 years of age have a higher risk of postoperative vomiting compared to children under 3 years of age, so patients between the ages of 3 and 50 are most at risk of experiencing postoperative nausea and vomiting. According to Fujii, female patients have an incidence of postoperative nausea and vomiting 1.5-3 times greater than that of males, due to increased plasma progesterone levels during the menstrual cycle. Opinion of Sweis et al the high risk of postoperative nausea and vomiting in women is influenced by fluctuations in hormone levels with the highest risk occurring in the third and fourth week of the menstrual cycle and the fourth and fifth day of the menstrual period. During the menstrual and preovulatory phases of the menstrual cycle exposure to follicle stimulating hormone (FSH), progesterone, and estrogen on the chemoreceptor

trigger zone (CRTZ) and vomiting center can result in postoperative nausea and vomiting. Whereas Yi et al patients who do not smoke have a higher risk of experiencing post-operative nausea and vomiting than smokers. Volatile anesthetic substances are a factor in postoperative nausea and vomiting during the early postoperative period. Volatile anesthetic agents are metabolized by cytochrome P450 2E1, which can be induced by nicotine and polycyclic aromatic hydrocarbons from smoking. Thus, increased hepatic enzyme induction in patients who smoke may contribute to a higher metabolic rate and to a quicker recovery from general anaesthesia. Nicotine inhibits 5HT3 receptor function, which will also affect postoperative nausea and vomiting.<sup>13-15</sup>

The results showed that nausea and vomiting between the pre-test and post-test in the experimental group and the control group with a p-value (sig) 0.000  $< 0.05$ , then  $H_a$  was accepted and  $H_o$  was rejected so that there was a difference between pre-test and post-test nausea and vomiting in the group experimental and control groups. These results are in accordance with the opinion of Pierre and Whelan; Shaikh, Nagarekha, Hegade, and Marutheesh stated that the use of volatile anesthetics can double the risk of postoperative nausea and vomiting. The volatile effects of anesthetics are prominent in the first 2-6 hours after surgery depending on the dose administered.<sup>11,16</sup> In addition to the use of volatile anesthetics, the use of nitrous oxide gas increases the risk of postoperative nausea and vomiting by 20%. The study of Myles et al showed a higher risk of severe postoperative nausea and vomiting with increasing exposure time to nitrous oxide when surgery was more than 2 hours. In addition, in the study by Aziz et al, the results showed that patients using volatile anesthetics had the opportunity to get a postoperative nausea and vomiting assessment with a score of  $\geq 50$ , which means nausea and vomiting are clinically important by 41 times compared to patients who do not use anesthetic volatiles.<sup>17-19</sup>

Anesthesiologists must understand the use of volatile anesthetics and their association with postoperative nausea and vomiting. This is important so that when using volatile anesthetics, the anesthetist can choose based on the side effects that arise related to nausea and vomiting when using volatile anesthetics. From this description it can be concluded that the effect of inhalation anesthesia is significant on postoperative nausea and vomiting in patients with general anesthesia at Dr Soedirman Kebumen Hospital.



## CONCLUSION

Based on the results of the above study, it can be concluded that there is an effect of inhalational anesthesia on postoperative nausea and vomiting in general anesthesia patients at Dr Soedirman Hospital Kebumen.

## ACKNOWLEDGMENTS

The author would like to thank the Director of Health Polytechnic of Yogyakarta and all participants and research assistants.

## CONFLICT OF INTEREST

The authors declare that they have no conflict of interest.

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