

## **Title: Fasting audit in orthopaedic and orthogeriatric unit patients**

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### Background:

Frequent and prolonged fasting has been observed in some orthopaedic patients. Fasting increases the energy deficit and can increase the risk of dehydration and hypoglycaemia.

The purpose of the audit was to determine pre-operative fasting practices in orthopaedic and orthogeriatric unit patients, to establish the frequency and circumstances surrounding fasting and to determine if the development of a Western Health fasting procedure was indicated.

### Methods:

- Ethics approval was granted by Western Health ethics committee
- The audit methodology and data collection tools were developed by the dietitians
- Data collection was completed by 2 Victoria University Masters Dietetics students
- A survey was completed by 1 West nursing and medical staff
- Data analysis was completed by the dietetics students and the supervising dietitian

### Results:

- 86 patients were fasted for theatre on 157 occasions during the 4 week audit period
- Mean duration of fasting prior to theatre was ~11 hours for both elective and non elective patients (range 0.5 – 24.5 hours)
- The longest cumulative duration of fasting prior to theatre for a patient over their admission was 68 hours
- Comparing fasting practices to Australia and New Zealand College of Anaesthetists guidelines, no patients received clear fluids within 3 hours prior to theatre and only 7% of patients received solids within 7 hours prior to theatre
- 54% of non elective patients had their theatre cancelled or rescheduled at least once during their admission
- All nurses, except a bank nurse believed that frequent and/or prolonged fasting is a problem for orthopaedic/orthogeriatric unit patients

### Discussion:

The audit highlighted that pre-operative fasting practices in orthopaedic and orthogeriatric unit patients can be improved upon. A Western Health Fasting Procedure for All Patients Requiring Anaesthesia has since been developed and is being implemented in these units.

(299 words)