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Post Gastrointestinal Surgery, Enteral Feeding When and What?

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Traditionally, the post-operative (post-op) management of patients undergoing gastrointestinal (GI) surgery has been to keep them “nil by mouth” and provide gastric decompression by nasogastric tube “NGT” until the post-op ileus resolves and bowel function resumes. However, clinical trials do not support this and showing the early oral feeding is safe and effective, also it’s the preferred mode of nutrition for surgical patients. Delaying feeding increase the risk of underfeeding during the post-operative course after surgery. Considering that malnutrition and underfeeding are risk factors for post-op complications. The focus of this lecture is to cover nutritional aspects of the Enhanced Recovery after Surgery (ERAS) and the special nutrition needs of patients undergoing major surgery.

Biography:

Dr. Abdullah Al Ghamdi was graduated from King Faisal University, AL Khobar Obtained his MBBS in 2006 and completed the General Surgery Residency Training Program at King Abdulaziz Hospital, Al Ahsa from 2007 to 2012. He obtained a Saudi Board in General Surgery in 2012. He completed a Clinical Fellowship in Trauma at the Surgery Department at McMaster University Canada from 2015 to 2016. Upon his return to King Abdulaziz Hospital, Al Ahsa in 2017, he was appointed as Consultant in Trauma and General Surgery Department. He was credentialed as Joint Appointed, Assistant Professor, General Surgery at the College of Applied Medical Sciences, Al Ahsa, King Saud Bin Abdulaziz University for Health Sciences on April 2017. Likewise, he was appointed as Associate Dean, Academic & Student Affairs at the COAMS-A, KSAU-HS on June 2017.