

ABSTRACT NO. R9

OUTCOMES OF ACUTE APPENDICITIS IN THE ELDERLY

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BACKGROUND: Management of acute appendicitis (AC) in elderly patients (EP) continues to be challenging because of delayed and/or atypical presentations. CT scans are often used. Laparoscopic appendectomy (LA) may offer an advantage in EP. Our objective was to review outcomes of EP presenting with AC and to determine discharge destination (DD) after appendectomy.

METHODS: Retrospective chart review was performed of consecutive patients with AC. Demographic data, comorbidities, CT diagnosis, time to OR, operation, clinical outcomes, length of stay (LOS) and DD were collected. Comparisons of EP (age ≥ 65) with AC were made to younger patients, YP. All data are presented as mean \pm SEM. Univariate and multivariate analyses were performed.

RESULTS: From 2000-2007, 146 patients underwent appendectomies (EP=22, YP=124). The mean age was 74 ± 1.2 yrs for EP and 47 ± 1.1 yrs for YP, $p < 0.005$. There was a significant difference between EP and YP with regards to CAD [EP=27.3%, YP=7.3%; $p=0.012$], mean creatinine [EP= 2.1 ± 2.2 , YP= 1.2 ± 0.3 , $p < 0.001$], and ASA [EP=3, YP=2, $p < 0.001$]. 13.6 % of EP vs. 3.2% of YP had CHF ($p=0.07$). There were no differences between EP and YP with regards to other comorbidities, WBC, temperature, or BMI. Differences between EP and YP are shown in Table 1.

Multivariate analysis identified age ≥ 65 ($p < 0.001$), comorbidities ≥ 2 ($p=0.005$), and non procedure related complications ($p=0.013$) to be predictors of increased LOS and DD.

CONCLUSION: Our study demonstrates that EP were prone to more CT scans with increased time to OR but without change in operative plan. More EP had PA and underwent open appendectomies with resultant increase in LOS. EP with comorbidities who develop non procedure related complications are less likely to be discharged to home.

Table 1

Variable	EP	YP	p
CT Scan	82%	52%	0.01
Time to OR(hrs)	15 ± 1.3	11 ± 9	0.07
Laparoscopic	36%	61%	0.04
Perforated Appy	59%	32%	0.02
Morbidity	59%	31%	0.02
LOS(days)	12 ± 2	7 ± 1	0.02
Discharge to home	55%	96%	0.001