

Effectiveness of ALVARADO scoring in diagnosis of acute appendicitis

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Statement of the Problem: Appendix is a vestigial organ of the body. Since, it has not got any specific inevitable function the surgical removal of the organ does not have any negative impact on the body. Acute appendicitis is one of the commonest causes of abdominal pain and needs prompt diagnosis for decreasing morbidity and mortality. Diagnosis is mainly based on careful history and physical examination. Alvarado scoring is one the diagnostic method for the diagnosis of appendicitis. Unlike, other diagnostic methods Alvarado is noninvasive, feasible and less expensive and can be conducted in places where the specific scanning machines or other diagnostic aids are not available. Alvarado score which is based on sophisticated statistical analysis of symptoms signs and laboratory data. The purpose of this study was to evaluate the effectiveness of Alvarado scoring in diagnosis of acute appendicitis.

Methodology & Theoretical Orientation: This was a retrospective cross sectional study done on patients who presented with symptoms of acute appendicitis in the department of general surgery in a tertiary care hospital. Patients in the age group of >10years who underwent appendectomy were included and patients who were managed conservatively were excluded. Calculated sample size was 296 in this study.

Findings: In our study 55.84% of the patients who had a score above 7 had undergone appendectomy without any further diagnostic techniques. Total negative appendectomy rate in our study was 19.12% of which 64.91% had Alvarado score of < 4. **Conclusion & Significance:** Alvarado scoring is found to be the easiest, non-invasive and relevant diagnostic method. The rate of negative appendectomy can be reduced with it. Even though for more accuracy and finalization other diagnostic methods like laparoscopy, CT scan, USG abdomen can be used, these diagnostic methods can be unaffordable for majority of the patients.

Biography

Harris Mohammed P is an Academician and Consultant laparoscopic surgeon in a reputed Medical College in southern India who is passionate in the recent advances and research works in the field of surgery. He is a certified trainer for trainees in the Association of Surgeons of India and is committed in the refinement and teaching of surgical skills to the upcoming young surgeons.

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