APPLICATION OF TRADITIONAL CHINESE MEDICINE SITTING BATH IN ENDOSCOPIC HEMORRHOID LIGATION TREATMENT

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Background To explore the effect of Traditional Chinese Medicine sitting bath in patients undergoing endoscopic hemorrhoid ligation surgery.

Methods A total of 132 patients underwent endoscopic hemorrhoid ligation surgery from January 2018 to December 2019 were selected and randomly divided into a control group and an observation group, with 66 cases in each group. After the operation, the same oral and written health education was given to all patients, and a special bidet was distributed to take a sitting bath. The control group took a sitting bath with warm water while the observation group with warm Traditional Chinese Medicine (named Hemorrhoid bath net, contains ingredients such as Phellodendron amurense, Sophora flaves-
cens, rhusbar, purslane, safflower, wormwood, etc.) that showed a pooled OR of PEP recurrence of 0.41; 95% CI (0.36–1.45). The pooled data of the four studies showed a trend towards a protective effect against PEP. This study aims to investigate whether the use of statins has a protective effect against PEP.

Results Four cohort studies comprising of 5832 patients were analyzed. In the random effects model, the pooled odds ratio (OR) of PEP occurrence was 0.73; 95% CI (0.36–1.45). The pooled data of the four studies showed a trend towards a protective effect of statin use and decreasing risk of PEP but did not show a protective effect of the statin. Likewise, there was a substantial degree of heterogeneity (I² = 87%). Subgroup analysis was done, which include two studies on chronic statin use defined as use for more than six months. It showed a pooled OR of PEP recurrence of 0.41; 95% CI (0.30–0.57) using the random effects model, thereby signifying a protective effect of the drug. The subgroup analysis has also resulted to a statistical homogeneity of the trials (I² = 0%).

Conclusions Chronic statin use for more than six months has a protective effect against PEP. This meta-analysis has shown the potential role of statins as prophylactic agents for PEP. Further, however, prospective randomized studies are recommended to confirm this relationship.

USE OF GASTRIC ACID SUPPRESSANTS AND RISK OF DISEASE ACTIVITY EXACERBATION IN ADULT PATIENTS WITH INFLAMMATORY BOWEL DISEASE: A SYSTEMATIC REVIEW AND META-ANALYSIS

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Background Gastric acid suppressants such as proton pump inhibitors (PPI) and histamine 2 receptor antagonists (H2RA)