BITES Trial: A Randomized Controlled Pilot Trial to Determine the Effectiveness of Bite Technique to Decrease the Development of Postoperative Complications

Megan Holick*, 1 Lauren Simmons*, 1 Calder Young*, 1
Faculty: Sue Nyberg, 1 Gina M. Berg, PhD, MBA, 2,3 Clint Gates, MD 4

1 Department of Physician Assistant, College of Health Professions
2 Trauma Services, Wesley Medical Center
3 Department of Family and Community Medicine, University of Kansas School of Medicine
4 Department of Surgery, University of Kansas School of Medicine-Wichita

The incidence of incisional hernia following median laparotomies ranges from 11-20%. Risk factors include surgical technique. A Netherlands study found decreased wound complications with smaller stitch width and inter-suture spacing. Our study was a preliminary analysis of a pilot study to evaluate the 6-week rate of wound complications and feasibility of a larger trial. Inclusion criteria: adults aged 18-75 scheduled for a midline abdominal operation. Patients were randomized between closure techniques: large (1.0cm) versus small (0.5cm) tissue bite. Data collected included: demographics, surgery details, complications, and outcomes. Nine patients were included (4 small bite, 5 large bite). Postoperative complications included one blood transfusion, one superficial skin dehiscence, and one ileus from the large bite group; and two ileuses from the small bite group. Comparison analysis was unable to be performed due to sample size. Issues with enrollment, data collection, and participant loss were identified. A study coordinator is recommended.